

## All-Day Breakfast

### Steak & Eggs

AED 32

Delicious, lean and marinated beef striploin served on three whole scrambled eggs **Kcal 498**

## Soups & Salads

### Spinach Soup

AED 17

Packed with flavour and the goodness of fresh baby spinach & sweet potato **Kcal 135**

## Burgers & Wraps

### Lean Beef Burger

AED 34

Grilled, juicy beef patty with a helping of rocket, tomato and beetroot, topped with a spicy Tahini Sauce **Kcal 458**

## Super Bowls

### Romesco Quinoa

AED 36

Sweet roasted pepper sauce, quinoa, avocado, cucumber, Kalamata olives & feta **Kcal 471**



### Avocado Smash

AED 32

Toasted wholegrain bread, smothered with delicious avocado and feta smash on scrambled egg **Kcal 488**

### Acai Bowl

AED 45

Superfood acai berries blended with bananas topped with dragon fruit, kiwi, pomegranate and toasted granola **Kcal 430**

### Mediterranean Omelette

AED 30

Whole egg omelette stuffed with fresh artichoke, olives, feta cheese and finished with a fresh roast tomato sauce **Kcal 461**

### Purple Hash

AED 38

Sweet potato rosti, beetroot hummus, wilted spinach leaves, ripe avocado topped with soft poached eggs & low fat feta **Kcal 495**

### Kale & Lentil Soup

AED 17

Nutritious kale and lentil soup mixed with tomatoes, fresh onions and carrots **Kcal 363**

### Chicken Teriyaki

AED 45

Soy & honey marinated chicken breast, quinoa, perfectly ripe hass avocado, cherry tomato, cucumber & Rocca salad **Kcal 459**

### Lean Steak & Kale

AED 47

Tender lean marinated beef combined with healthy kale, zucchini, asparagus, mushrooms and bell peppers, drizzled with balsamic dressing and chia seeds **Kcal 396**

### Salmon Tzatziki

AED 50

Garlic & herb marinated salmon fillet, chargrilled asparagus, cucumber & spring lettuce salad, zesty tzatziki & crumbled feta **Kcal 358**

### Grilled Chicken Burger

AED 34

Tender grilled chicken breast with iceberg lettuce, purple onion, sun-dried tomato and our spicy tahini **Kcal 410**

### Grilled Salmon Burger

AED 40

Healthy grilled salmon patty with avocado slices, baby rocket, spicy tahini & a fresh tzatziki dressing **Kcal 489**

### Chicken Basil Wrap

AED 28

Grilled marinated organic chicken, with our signature pesto sauce, goat cheese, lettuce and fresh tomatoes **Kcal 439**

### Lean Steak Wrap

AED 32

Juicy, marinated lean striploin in UNDER500 sauce, eggplant and capsicum, topped with a refreshing low-fat yogurt and cucumber dressing **Kcal 485**

### Roasted Root Veg Wrap

AED 24

Freshly roasted, zucchini, eggplant, sweet potato, red onions finished with feta cheese & a spicy tahini dressing **Kcal 366**

### Chicken Burrito

AED 47

Juicy organic chicken cubes tossed with quinoa, avocados, diced tomatoes, organic beans, red onions, jalapeños, topped with low fat feta cheese and dressed with a dash of freshly squeezed lemon **Kcal 432**

### Greek Chicken Quinoa

AED 42

Marinated & grilled chicken breast with a classic Greek salad of cucumber, tomato, onion, Kalamata olives, feta & quinoa, dressed with our unique Greek sauce **Kcal 250**

### Texan Chunky Chilli

AED 45

Slow-cooked tender striploin cubes, black beans and red kidney bean, perfectly spiced and finished with dark chocolate, served with braised wild rice and light sour cream **Kcal 445**

### Honey Mustard Salmon

AED 50

Pan-roasted salmon fillet, kale, quinoa, pomegranate, avocado & honey mustard dressing **Kcal 497**

#### Add on Protein

110g of Chicken	AED 13
110g of Striploin	AED 15
110g of Salmon	AED 20
150g of Vegan Chilli	AED 12

#### Extras

Asparagus	AED 8	Wild Mushroom	AED 10
Broccoli	AED 6	Mushroom Rice	AED 10
Avocado	AED 8	Quinoa	AED 10
Beetroot	AED 6	Risotto	AED 10

#### Sides

Sweet Potato Wedges	AED 15
Mediterranean Salad	AED 10
Roasted Vegetables	AED 11
Coleslaw	AED 10



## Mains

### Steak Mushroom Rice **AED 47**

Juicy lean striploin beef with fresh asparagus and mushroom brown rice, topped with a hint of toasted almonds, and a sprinkle of sesame seeds **Kcal 445**

### Chicken & Crushed Sweet Potato **AED 40**

Tender chunks of chicken marinated in our signature 500 sauce, crushed sweet potato & steamed broccoli, served with our signature dressing & toasted sesame seeds **Kcal 488**

### Chicken Pesto Pasta **AED 40**

Fusilli protein pasta with grilled organic chicken tossed in our delicious signature pesto sauce topped with fresh basil leaves **Kcal 456**

### Salmon Quinoa **AED 50**

A perfect match of grilled salmon steak topped with sautéed vegetables on a bed of organic quinoa **Kcal 410**

## Vegan

### Loaded Sweet Potato **AED 45**

Three bean chilli served on a crispy baked sweet potato **Kcal 448**

### Spicy Lentil Ragù **AED 47**

Puy lentils, garlic, mushroom, leek and tomato, slowly braised and served on a bed of wild rice **Kcal 249**

### Wild Mushroom Risotto **AED 45**

Creamy risotto topped with sautéed wild mushrooms **Kcal 314**

### Vegan Jambalaya **AED 36**

A slow cooked, sweet & smoky vegetable cassoulet, in a Louisiana style creole sauce, served with wilted spinach **Kcal 304**

## Snacks

### Slimmed-down Brownie **Kcal 286 AED 14**

### Peanut Butter Surprise **Kcal 300 AED 12**

### Fresh Fruit Salad **Kcal 221 AED 19**

## Build Your Own

### Choose Your Protein



#### CHICKEN

(per 100g) **AED 34**

(per 150g) **AED 40**

(per 200g) **AED 46**



#### STRIPLOIN

(per 100g) **AED 36**

(per 150g) **AED 45**

(per 200g) **AED 54**



#### SALMON

(per 100g) **AED 41**

(per 150g) **AED 52**

(per 200g) **AED 62**

### Choose Any 2 Sides



MUSHROOM RICE



QUINOA



AVOCADO



RISOTTO



SWEET POTATO



WILD MUSHROOMS



BROCCOLI



MEDITERRANEAN SALAD



BEETROOT



ASPARAGUS



ROASTED VEG

## Drinks

### Lean Green **AED 17**

Kale, grapefruit, spinach, green tea, apple and cucumber

### Beat Blast **AED 17**

Beetroot, apple, raspberry, blueberry, carrot, mint and lime

### Tropical Orange **AED 17**

Orange, pineapple, lime and carrot

### Grapefruit Mint **AED 17**

Grapefruit, mint, agave, raspberry and soda

### Fresh Orange Juice **AED 15**

Water (500ml) **AED 5**  
Coke Zero **AED 7**  
Coke Light **AED 7**  
Sprite Light **AED 7**

Espresso **AED 15**  
Latte **AED 17**  
Americano **AED 15**  
Cappuccino **AED 17**