



A vegan, gluten free, soy free and sugar free café

## PRE

### AVO TOASTIE

599 Calories  
(Protein 15, Carb 39, Fat 49)  
AED 38

### EGGLESS OMELETTE

*lentil based omelette drizzled with mayo and a side of pineapple salsa*  
368 Calories  
(Protein 17, Carb 51, Fat 13)  
AED 46

### BANANA PROTEIN PANCAKES

400 Calories  
(Protein 45, Carb 50, Fat 3)  
AED 46

### ACAI BOWL

Rawnola, Chia seeds, Blueberries  
AED 44

### OATS

*Hot/Cold*  
247 Calories  
(Protein 7, Carb 44, Fat 5)  
AED 46

## SAVORY

### MAKE YOUR OWN

Choose from our seasonal salad bar: your choice of base, mains and add-ons resulting in the exact macros for your needs  
AED 47

### GRILLED PEACH SALAD

280 Calories  
(Protein 2, Carb 15, Fat 25)  
AED 38

### CITRUS BEETS

*citrus balsamic glazed beets paired with sweet lime*  
287 Calories  
(Protein 6, Carb 35, Fat 16)  
AED 44

### QUINOA BIRYANI

*simmered in Indian spices*  
Calories  
(Protein , Carb , Fat )  
AED 41



### **THREE BEAN MEXICAN SALAD**

*kidney beans, white beans and black beans with a schezwan dressing*

519 Calories  
(Protein 27, Carb 77, Fat 13)  
AED 41

### **ROCKET AVOCADO**

471 Calories  
(Protein 4, Carb 19, Fat 45)  
AED 46

### **LENTIL SALAD**

*green lentils, crunchy hazelnuts tossed in a raspberry vinaigrette*

521 Calories  
(Protein 17, Carb 47, Fat 32)  
AED 40

### **BRUSCHETTA**

482 Calories  
(Protein 14, Carb 34, Fat 38)  
AED 38

### **WHITE BEAN FALAFEL WITH CAULI RICE**

606 Calories  
(Protein 24, Carb 70, Fat 28)  
AED 48

### **ROASTED SWEET POTATO AND BROCCOLI**

*with a homemade pesto*

464 Calories  
(Protein 17, Carb 39, Fat 31)  
AED 42

### **PIZZA**

*our homemade cheese topped with peppers, olives and broccoli*

558 Calories  
(Protein 13, Carb 90, Fat 13)  
AED 50

### **PULLED JACKFRUIT TACOS**

*drizzled with spicy mayo*

249 Calories  
(Protein 6, Carb 56, Fat 2)  
AED 48

### **SWEET POTATO GNOCCHI**

*with kale simmered in a béchamel sauce*

212 Calories  
(Protein 5, Carb 46, Fat 1)  
AED 41



### **BEETROOT SLIDERS**

554 Calories  
(Protein 16, Carb 36, Fat 44)  
AED 48

## **SLURPS**

### **BROCCOLI ALMOND SOUP**

315 Calories  
(Protein 9, Carb 19, Fat 25)  
AED 30

### **BUTTERNUT SOUP**

214 Calories  
(Protein 2, Carb 18, Fat 16)  
AED 30

## **GAINS**

### **KEY LIME PIE**

185 Calories  
(Protein 3, Carb 21, Fat 11)  
AED 21

### **CHOCOLATE CUPCAKE**

127 Calories  
(Protein 3, Carb 27, Fat 2)  
AED 21

### **PEANUT BUTTER CUP**

334 Calories  
(Protein 9, Carb 15, Fat 26)  
AED 16

### **PROTEIN CHOCOLATE BITES**

161 Calories  
(Protein 5, Carb 5, Fat 5)  
AED 21

### **LEMON COOKIES**

197 Calories  
(Protein 4, Carb 12, Fat 16)  
AED 30

### **VANILLA NUTTER CUPCAKE**

Calories  
(Protein 4, Carb 12, Fat 16)  
AED 21



### **CHOCOLATE DOUGHNUTS**

510 Calories  
(Protein 6.2g, Carb 62g, Fat 26g)  
AED 30

### **PROTEIN PEANUT BUTTER**

Calories  
(Protein g, Carb g, Fat g)  
AED 24

### **TRU FRUIT NATURAL ICECREAM**

AED 11

## **QUENCH**

### **RAW COFFEE**

*Espresso, American, Cappuccino, Latte, Spanish Latte, affogato*  
AED 15/17/19

### **FRESHLY SQUEEZED JUICE**

AED 20

### **CHOCO LOCO SMOOTHIE**

AED 31

### **FRUIT SMOOTHIE**

AED 30

### **MILKSHAKE**

AED 20

### **TEA**

*Chamomile, Earl Grey, Green Tea, Fruit Fusion*  
AED 15

### **TEA**

*Lemon Iced Tea*  
AED 16