

HOMEMADE SMOOTHIES (400ml)

Breakfast Banana and Oatmeal N	20
Oats, banana, peanut butter, chia seeds, honey and almond milk	
Blueberry Detox V	26
Blueberries, banana and cranberry juice	
Green Detox V	20
Baby spinach, celery, cucumber, ginger, coconut water and pineapple juice	
Supercharge Kale V	26
Coconut water, kale, spinach, avocado, dates and matcha powder	
Strawberry Fields V	20
Strawberries, pineapple juice and mango juice	
Pink Power Detox V	22
Coconut water, beetroot, avocado, strawberries, red apple and lemon juice	
Very Berry D	26
Mixed berries, banana, apple juice and Greek yoghurt	
Grapefruit Sunrise D	20
Strawberries, grapefruit juice, mango juice, banana, Greek yoghurt and honey	

MORE SMOOTHIES (330ml)

Almond milk S Soya milk S Coconut milk	
Oat milk	Additional 3
Raspberry Thrill	17
Raspberry, banana, blueberry and apple juice	
Black Detox	17
Blueberry, blackberry, black currant, cherry, activated charcoal and apple juice	
Strawberry Tropicana	17
Strawberry, mango, honeydew melon and apple juice	
Passion Shoot	17
Mango, pineapple, passion fruit and apple juice	
Acai Dream	17
Banana, mango, acai, blueberry and apple juice	
Beet The Heat	17
Beetroot, ginger, pineapple, blueberry and apple juice	

A Alcohol | **P** Pork | **V** Vegetarian | **D** Dairy | **F** Fish
SF Shellfish | **S** Soya | **E** Eggs | **TN** Tree Nuts | **N** Peanuts
V Vegan | **🔥** Spicy | **🌾** Gluten Free

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WHEY PROTEIN SHAKES

Almond milk **S** | Soya milk **S** | Coconut milk

Oat milk Additional 3

Vegan options:

Peanut Butter **N** **D** **V** 26

Whey protein powder, almonds, peanut butter, banana and skimmed milk

Double Berry and Banana **D** **V** 26

Whey protein powder, strawberries, blueberries, banana and skimmed milk

Banana Coffee Blend **TN** **V** 26

Whey protein powder, banana, oats, espresso, pine seeds and almond milk

FRESH FRUIT JUICES

Apple 13

Orange 13

Watermelon 13

Carrot 13

ABG Detox 13

Green apple, beetroot and ginger

Energiser 13

Red apple, carrot and orange

Lemon Ginger Zinger 13

Green apple, carrot, ginger and lemon

Green Juice 13

Green apple, cucumber, lime, ginger and celery

Pineapple Sunrise 13

Pineapple, carrot, red/green apple and lime

FRESH FRUIT

Whole Banana 3

Whole Apple 4

Whole Orange 3










































Half Avocado 9







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BREAKFAST

Cut Fresh Fruits 	16
Trio of melon, duet of grapes, duet of apple, strawberry, kiwi, orange and pineapple	
Egg Shakshuka  	22
Oven baked egg, capsicum, onion, Middle Eastern tomato sauce, served with flat bread	
Breakfast Burritos    	24
Avocado, cream cheese, spinach and scrambled eggs wrapped in tortilla bread, served with crudities and jalapeños	
Banana Split Breakfast Bar    	26
Whole banana, blueberries, blackberries, raspberries, strawberries, granola, Greek yoghurt, almonds and sliced coconut	
 Hungarian Beef Sausages   	36
Scrambled egg, sweet potato rosti, gluten free toast	
 Vegan Muesli    	20
Mixed oats with fruits, nuts, yoghurt and honey	
Flaxseed Pancakes  	22
Vegan yoghurt, blueberries and maple syrup	
Toasted Rye Slice   	20
Topped with grilled halloumi cheese, sliced tomato and pesto	
Crushed Avocado on Sour Dough Toast 	20
With smoked salmon 	32
With poached eggs  	25
With grilled tomato 	21
Three-Egg Omelette (<i>with or without yolk</i>)	
Choice of two fillings  	24
Choice of three fillings  	30
Choice of four fillings  	35
Tomato, mushroom, cheddar cheese  , spinach, turkey ham, veal bacon, onion, tuna flakes  , green chilli, bell peppers	
Additional fillings.....	3
Scrambled Eggs   	23
With grilled mushrooms and herbed tomatoes	

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- Sooji Uppuma & Spinach Omelet **E V**37
Fresh avocado, cherry tomato, asparagus and mushroom
- NEW**
Grilled Peppers & Mushrooms **V**22
Mixed Berry Chutney on Rye Bread
- Poached Eggs on Toast **V E**29
With baked beans, hash browns, grilled tomatoes, mushrooms and wilted spinach
- Traditional Eggs Benedict **D E**29
Two poached eggs served on a whole wheat English muffin with grilled turkey ham, spinach, tomato and hollandaise sauce
- Smoked Salmon Eggs Benedict **D E F**35
Two poached eggs served on a whole wheat English muffin with smoked salmon, spinach, tomato and hollandaise sauce
- Vegan Traditional Breakfast **V**32
Vegan sausage, hash browns, baked beans, sautéed spinach, mushroom, grilled tomato and vegan toast
- All-Day Boot Camp Breakfast **V D E** 34
Two poached eggs with gluten free bread and three choices from the following:
Grilled mushroom, sautéed spinach, halloumi cheese **D**, grilled tomatoes

BREAKFAST GRANOLA SMOOTHIE JARS

- Blueberry Granola Jar **V TN D**26
Blueberries, banana, cranberry juice, Greek yoghurt and granola
- Strawberry and Banana **V TN D**26
Strawberries, banana, almond milk, Greek yoghurt and granola
- Açai Smoothie Jar **V TN V**26
Açai berry, banana, strawberries, blueberries, almond milk and granola

SOUPS

served with gluten free or rye bread

- Thick Lentil **V**19
- NEW**
Chicken & Cauliflower Stilton **D**22
Smoked chicken, stilton blue cheese with basil oil



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SALADS



served with a wholemeal or gluten free bread

NEW

Du-Puy Lentil & Tofu Salad    36
Roquette, strawberry, beetroot, orange with vinaigrette

Smoked Salmon Niçoise Salad   40
French classic salad of onion, potato, boiled egg, kalamata olives, green beans, anchovy, candy tomato, French dressing




Caesar Salad    34
Cos lettuce hearts, croutons, grilled bacon, parmesan cheese, garnished with anchovy fillets tossed in garlic and anchovy aioli

With Chicken    42

With Prawns     52



Pumpkin, Feta, Baby Spinach,
Avocado and White Bean Salad    38

With Chicken   46

Cumin Roasted Prawn and
Brown Bulgur Salad    36
Courgette, bulgur, roasted cashews, rocket leaves and pomegranate



NEW














Tri-Coloured Quinoa & Teriyaki Beef Salad   46
Roasted sweet potato, broccoli, kidney beans, kale, mushroom

Rainbow Salad with Sesame and
Grilled Salmon   44
Julienne carrot, onion, peppers, duet of cabbage, candy tomato, sesame seed and lemon olive oil dressing

Grilled Salmon and Vegetable
Poke Bowl   54
Avocado, candy tomato, white beans, boiled egg, mango, mixed lettuce and cucumber in cilantro vinaigrette dressing

NEW

Corn-fed Chicken   45
duet of melon, edamame, baby spinach, cherry tomato, cucumber with red rice

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SANDWICHES

Choose your type of bread from panini, wholemeal ciabatta, sesame bagel or gluten free bread and ask for it toasted if preferred. All served with olives and crudités.

Roast Beef **D** 36

Roast beef, lettuce, cheddar cheese, dill pickles and hot mustard

Grilled Halloumi & Vegetables in Pita Pocket 32

Arugula, grilled peppers, sun dried tomato, artichoke, sautéed onion & chimichurri

Hawaiian Chicken **D** 27

Honey baked chicken breast, veal bacon, pineapple, iceberg lettuce and cheddar cheese

WRAPS

served with olives and vegetable crudités

Thai Coconut Chicken Wrap **F** 28

Coconut curried chicken, lettuce and carrot

NEW

Toasted Pita Pockets with Switch™ **S** 34

Locally produced sustainable plant based kofta, onion, garlic, Middle Eastern spice, parsley, served with vegan garlic sauce & salad

Edamame Falafel Wrap **V** 27

Gherkins, tahini, lettuce, onion, tomato and vegan garlic mayo dip

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MAIN MEALS

Middle Eastern Marinated

Salmon Skewers **D** **F** 48
With shirazi salad, cucumber cilantro yoghurt and grilled flatbread

Coriander and Garlic Chili Rubbed

Angus Steak **V** **C** 64
Pumpkin purée, grilled mushroom, tomato, broccoli and chimichurri

NEW

Veggie Bolognese **V** 34
Switch™ sustainable plant based Emirati mince & vegetables in a rich tomato sauce, served on basil tossed spaghetti

NEW

Mixed Lentil Risotto **V** **V** 40
sundried tomato, pumpkin, truffle oil & rocket leaf

Grilled Hammour Steak **F** 55
Garlic couscous, grilled vegetables, and peri peri sauce

Sun-dried Tomato and Feta Stuffed

Breast of Chicken **V** **D** 46
Served with garlic ratte potato, broccolini and creamy garlic sauce

COOKIES

Chocolate Chip **N** 4

Double Chocolate **N** 4

Raisin & Oatmeal **N** 4

White Chocolate & Macadamia **N** **TN** 4

MUFFINS

Coconut & Pineapple **D** **E** 8

Breakfast Cinnamon Carrot & Walnut **N** **TN** 8

Blueberry **N** 8

Rich Chocolate **N** **TN** 8

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TEA POUCHES

English Breakfast.....	7
Earl Grey.....	7
Chamomile.....	7
Peppermint.....	7
Green Tea.....	7

LOOSE LEAF TEA

(4 grams per serve)

English Breakfast.....	14
Earl Grey.....	14
Sencha Green.....	14
Pure Peppermint Leaves.....	14
Natural Rosehip with Hibiscus.....	14
Chamomile.....	14
Moroccan Mint.....	14
Jasmine Green.....	14

SELECTION OF COFFEE

Almond milk **S** | Soya milk **S** | Coconut milk

Oat milk.....	Additional 3
Cappuccino.....	13 / 19
Latte.....	13 / 19
Flat White.....	13 / 19
American Coffee.....	9 / 16
Espresso.....	10 / 17
Hot Chocolate.....	8 / 14
Unsweetened Hot Chocolate.....	8 / 14
Cafe Mocha.....	14 / 20

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