



## HOMEMADE SMOOTHIES (400ml)

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

## MORE SMOOTHIES (330ml)

Doctor Beet.....	AED 16
Beetroot, carrot, mango and apple juice	
Avo-Go-Go.....	AED 16
Avocado, broccoli, spinach, mango, coconut, ginger, lime and apple juice	
Detox King.....	AED 16
Ginger, courgette, banana, carrot, blueberry and apple juice	
Acai Dream.....	AED 16
Acai, banana and apple juice	
Passion and Shoot.....	AED 16
Mango, passionfruit, pineapple and apple juice	
Broccoli and Beast.....	AED 16
Broccoli, mango, banana, pineapple, spinach, cucumber and apple juice	

## WHEY PROTEIN SHAKES

Peanut Butter <b>N D</b> (Vegan option available).....	AED 26
Whey protein powder, almonds, peanut butter, banana and skimmed milk	
Double Berry and Banana <b>D</b> .....	AED 26
Whey protein powder, strawberries, blueberries, banana and skimmed milk	
Breakfast Banana Coffee Blend.....	AED 26
Whey protein powder, banana, oatmeal, espresso, pine seeds blended in almond milk	

## FRESH FRUIT JUICES

Apple.....	AED 13
Orange.....	AED 13
Watermelon.....	AED 13
Carrot.....	AED 13
ABG Detox.....	AED 13
Green apples, beetroot and ginger	
Energiser.....	AED 13
Red apples, carrots and orange juice	
Lemon Ginger Zinger.....	AED 13
Green apples, carrots, ginger and lemon	

## FRESH FRUIT

Whole Banana.....	AED 3
Whole Apple.....	AED 4
Whole Orange.....	AED 3
Half Avocado.....	AED 9

## BREAKFAST

Cut Fresh Fruits <b>V</b> .....	AED 15
Trio of melon, duet of grapes, duet of apple, strawberry, kiwi, orange and pineapple	
Banana Split Breakfast Bar <b>N V D</b> .....	AED 21
Whole banana, blueberries, blackberries, raspberries, strawberries, granola, Greek yoghurt, almonds and sliced coconut	
The Club's Muesli <b>N V D</b> .....	AED 18
Mixed oats with fruits, nuts, yoghurt and maple syrup	
Flaxseed Pancakes <b>V</b> .....	AED 19
Vegan yoghurt, blueberries and maple syrup	
Toasted Rye Slice <b>N V D</b> .....	AED 20
Topped with grilled halloumi cheese, sliced tomato and pesto	
Crushed Avocado on Sour Dough Toast <b>V</b> .....	AED 17
With smoked salmon.....	Add AED 9
With poached eggs <b>V</b> .....	Add AED 6
With grilled tomato <b>V</b> .....	Add AED 2
Three-Egg Omelette (with or without yolk)	
Choice of two fillings.....	AED 24
Choice of three fillings.....	AED 30
Choice of four fillings.....	AED 35
Tomato, mushroom, cheddar cheese <b>D</b> , spinach, turkey ham, veal bacon, onion, tuna flakes, green chilli, bell peppers	
Additional fillings.....	AED 4
Scrambled Eggs <b>V D</b> .....	AED 23
With grilled mushrooms and herbed tomatoes	
Philly Muffin.....	AED 28
Spicy beef chorizo, avocado, sautéed spinach, caramelised onion, cream cheese and poached egg on philly muffin served with breakfast potatoes	
Poached Eggs on Toast <b>V</b> .....	AED 29
With baked beans, hash browns, grilled tomatoes, mushrooms and wilted spinach	
Vegetarian Eggs Benedict <b>V D</b> .....	AED 28
Two poached eggs served on a whole wheat English muffin with grilled asparagus, spinach and hollandaise sauce	
Traditional Eggs Benedict <b>D</b> .....	AED 25
Two poached eggs served on a whole wheat English muffin with grilled turkey ham, spinach and hollandaise sauce	
Smoked Salmon Eggs Benedict <b>D</b> .....	AED 28
Two poached eggs served on a whole wheat English muffin with smoked salmon, spinach and hollandaise sauce	
Vegan Traditional Breakfast <b>V</b> .....	AED 29
Vegan sausage, hash browns, baked beans, sautéed spinach, mushroom, grilled tomato and vegan toast	
<b>BREAKFAST GRANOLA</b>	
<b>SMOOTHIE JARS</b>	
Blueberry Granola Jar <b>V N D</b> .....	AED 26
Blueberries, banana, cranberry juice, Greek yoghurt and granola	
Strawberry and Banana <b>V N D</b> .....	AED 26
Strawberries, banana, almond milk, Greek yoghurt and granola	
Acai Smoothie Jar <b>V N</b> .....	AED 26
Acai berry, banana, strawberries, blueberries, almond milk and granola	

## SOUPS

All served with gluten free or rye bread

Thick Lentil   .....AED 19


**NEW** Country-style Ox Tail and Vegetable Soup .....AED 20  
Carrot, leek, onion, garlic, potato, curry leaf, coriander and red lentil broth

## SALADS


All served with a wholemeal or gluten free bread

**NEW** Mediterranean Quinoa Salad   .....AED 30  
Arugula, grilled cherry tomato, cucumber, chickpeas, grilled peppers with basil vinaigrette

Warm Lentil Salad with Goji Berry and Black Pepper Chicken   .....AED 44  
Dressed in hazelnut and sherry vinegar, tossed with wild rocket leaves, cherry tomatoes and capers

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




With Chicken  .....AED 40


With Prawns  .....AED 47

Pumpkin, Feta, Baby Spinach, Avocado and White Bean Salad    .....AED 28

With Chicken   .....AED 34

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

**NEW** Mixed Green Leaf with Bocconcini    .....AED 32  
Roast pumpkin, baby spinach, arugula, candy tomato, mini mozzarella, pine nuts and drizzle with balsamic glaze

**NEW** Rainbow Salad with Sesame and Grilled Salmon  .....AED 40  
Julienne carrot, onion, peppers, duet of cabbage, candy tomato, sesame seed and lemon olive oil dressing

## WRAPS

All served with olives and vegetable crudité

Thai Coconut Curried Chicken, Crisp Lettuce and Carrot .....AED 25

Vegan Pesto Tossed Roast Eggplant  .....AED 24  
Semi dried tomato, roast onion and paprika mushroom

## 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 crudité

Roast Beef  .....AED 29  
Roast beef, lettuce, cheddar cheese, dill pickles & hot mustard

Tuna and Cucumber .....AED 27  
With low fat mayonnaise

**NEW** Plant-based Bolognese and Cheese on Toast  .....AED 24  
With Afghan tomato chutney


**NEW** Spicy Scrambled Egg and Spicy Pumpkin Seed  .....AED 22  
Scrambled egg with red onion, parsley, coriander leaf, green chilli and pumpkin seed

Hawaiian Chicken  .....AED 27  
Honey baked chicken breast, veal bacon, pineapple, iceberg lettuce and cheddar cheese

## GLUTEN FREE


Boot Camp Breakfast  .....AED 33



Two poached eggs with gluten free bread and three choices from the following:

Grilled mushroom, sautéed spinach, halloumi cheese  and grilled tomatoes


Deluxe Boot Camp Breakfast  .....AED 42



Two poached eggs with gluten free bread and four choices from the following:


Grilled mushroom, sautéed spinach, halloumi cheese , grilled tomatoes, smoked salmon and avocado


**NEW** Mexican Shredded Chicken and Vegetable Lettuce Wraps   .....AED 35  
Guacamole, Mexican salsa, cheddar cheese and corn tortilla chips


## MAIN MEALS

Middle Eastern Marinated Salmon Skewers  .....AED 44  
With shirazi salad, cucumber cilantro yoghurt and grilled flatbread

**NEW** Green Lentil and Tomato Bolognese   .....AED 38  
Rigatoni pasta, wild roquette and parmesan cheese


**NEW** Steamed Vegetable Parcels cooked in Soya Broth  .....AED 38  
Snow peas, beansprout, broccolini, baby bok choy, onion, ginger and soya stock


**NEW** Baked Salmon with Coconut and Lime  .....AED 55  
Zucchini ribbons, savoy cabbage, shimeji mushroom and sundried tomato

Sun-dried Tomato and Feta Stuffed Breast of Chicken   .....AED 42  
Served with garlic ratte potato, broccolini and creamy garlic sauce

## COOKIES

Chocolate Chip  .....AED 4

Double Chocolate  .....AED 4

Raisin & Oatmeal  .....AED 4

White Chocolate & Macadamia  .....AED 4

## MUFFINS

Breakfast Cinnamon Carrot & Walnut Muffin  .....AED 6

Blueberry Muffin .....AED 6

Rich Chocolate Muffin .....AED 7

## LOOSE LEAF TEA

English Breakfast Tea .....AED 16

Earl Grey Tea .....AED 16

Sencha Green Extra Special .....AED 16

Pure Peppermint Leaves .....AED 16

Natural Rosehip with Hibiscus .....AED 16

Moroccan Mint Green Tea .....AED 16

## SELECTION OF COFFEE

Cappuccino .....AED 12 / 18  
Fresh milk | \*Almond milk | \*Soya milk | \*Coconut milk | \*Oat milk

Latte .....AED 12 / 18

Flat White .....AED 12 / 18

American Coffee .....AED 8 / 15

Espresso .....AED 9 / 16

Hot Chocolate .....AED 7 / 13

Iced Coffee .....AED 13

\* Additional AED 2