



JEAN-GEORGES DUBAI



Avocado: Enriches your microbiome with free radical-fighting vitamin E, folate, potassium, magnesium and soluble dietary fiber. Heart loving good fats balance blood sugar and help maintain a healthy weight.



Turmeric: A tapestry of health benefits include curcumin, a powerful polyphenol which regulates inflammation, protects cell oxidation, and reduces blood sugar and blood fat levels. Absorption may improve when combined with black pepper.



Lemon: Contains cell-rejuvenating vitamin C and is a folk cure for colds and digestive complaints. The peaceful morning ritual of drinking warm water with lemon will serve to detoxify, rehydrate, and alkalize your bloodstream.



Artichoke: Edible flower buds were once used in folk medicine to remedy the liver. Modern science has now confirmed that a mandala of antioxidants, including silymarin and cynarin, do just that.



Parsley: Fiercely anti-cancer herb flavonoid, apigenin, has been shown to slow cancer growth in humans. Her oils, especially myristicin, act as a force field against environmental carcinogens and free radical damage.



Garlic: Anti-inflammatory, antibiotic, anti-fungal, and anti-viral. Keeps your blood vessels open and blood pressure down. Used in folk remedies to ward off illness and evil spirits. Chop and let sit for 10 minutes to receive the most powerful anti-cancer compound allicin, created when exposed to air.



Mushroom: The fruiting body of a fungus provides you with B vitamins, helping to manage physical and emotional stress. Mushrooms, essential to a strong immune system, have been found to combat the flu and viruses.

Jean-Georges Vegan Menu

Light & Fresh

Delicata Squash, Tahini, Sumac, Mint, Fresh Pita	55
Sweet Pea Guacamole and Warm Crunchy Tortillas	65
Pine Nut and Lemon, Harissa, Dried Apricot, Fresh Pita	65
Avocado Lettuce Cups, Sprouts Toasted Seed-Yogurt Dressing (D)	55
Wood-Roasted Beets, Dijon, Chili Aioli, Pickles, Herbs	70

Warm & Hot

Roasted Cauliflower, Turmeric-Tahini Sauce, Pistachios	80
Rich Mushroom-Barley Soup, Celery, Dill	55
Fresh Spinach Spaghetti , Broccoli, Kale Lemon, Garlic, Parmigiano, Saffron Crumbs (D)	90
Beluga Lentils, Sweet Potatoes, Broccoli Stems Cilantro, Chili Oil	55

Desserts

Salted Caramel Chocolate Tart	55
Caramelized Bananas and Pomegranate	
Vegan Coconut Custard, Tropical Fruits	55
Seasonal Fruit & Berries, Iranian Rose Sugar	60
Assorted Home Made Sorbets	40