

ALL DAY BREAKFAST

PORRIDGE & MORE

ALL OUR SEEDS & NUTS ARE ACTIVATED FOR OPTIMAL NUTRITIONAL ABSORPTION. WE USE ONLY NATURAL SWEETENERS, ORGANIC MAPLE SYRUP, HONEY, DATES, FRUITS & COCONUT PALM SUGAR.

HOMEMADE GRANOLA

31

Assorted tree nuts & seeds, oat flakes apricot & cranberries, slow roasted with honey
Vanilla yogurt, orange blossom strawberries, blueberries & black fig



ROLLED OATS

35

Khalas dates, fresh figs, pistachios, cashew butter & sweetened with honey



ROLLED OATS

26

Cooked in whole & coconut milk, sweetened with coconut sugar Pan grilled Banana, 80% Valrhona dark chocolate & hazelnut



LOADED RAINBOW TOAST

26

High in fiber, healthy fats and proteins
peanut butter, house strawberry jam, tarragon & almond crunch



EGGS



BREAKFAST WRAP
32
Lemon & parsley yogurt, zaatar, red capsicum, rocket, sliced avocado & scrambled eggs



TRUFFLE SHUFFLE
38
2 eggs scrambled with truffle oil, roasted Portobello mushroom & wilted spinach on a lightly toasted English muffin with Alkalizing green sauce



AVOCADO TOAST
44
Organic whole wheat bread topped with crushed avocado, roasted mushrooms, Kalamata olive tapenade & 3 egg scramble



2 POACHED EGGS
38
2 Poached eggs on English muffin, green asparagus, avocado, wilted spinach & yogurt hollandaise



2 POACHED EGGS
38
2 Poached eggs on Sweet potato hash brown , green asparagus, avocado, wilted spinach & yogurt hollandaise

BUILD YOUR OWN BREAKFAST PLATE WITH ANY OF THE BELOW:

2 Eggs any style	10
Additional egg	3
2 slices of Organic wheat bread	4
Cherry tomatoes / capsicum / fresh chili / caramelized onions / cucumber batons	6
English muffin / 100g Roasted potatoes	6
30g Mature cheddar / 40g low sodium feta / 40g Grana Padano / Yogurt Hollandaise	9
30g Baby spinach / ½ avocado / 100g green asparagus	12
100g assorted mushrooms / Classic waffle	15
50g / 100g Canadian beef bacon	9/18
100g flaked salmon	22

SOUPS

ALL OUR SOUPS ARE MADE FRESH DAILY AND SERVED WITH
OUR HOME BAKED ORGANIC BREADS

VICHYSOISE

28

Classic Vichyssoise jazzed up with saffron, peas, edamame, basil pesto and cashew butter

LENTIL SOUP WITH SPINACH & LEMON

28

Moroccan inspired flavours make up this rich soup of lentils & spinach



SNACKS

DESIGNED TO SHARE WITH FRIENDS AT EVERY VISIT

EDAMAME PODS

20

A delish finger food, steamed then glazed with low sodium soy, freshly squeezed lemon juice and dried chili flakes



CAULI CLUSTERS

26

Slightly spicy Cheddar stuffed Cauliflower & cabbage bites with cashew ranch dipping sauce





FIRE CRACKERS
26
House minced spicy beef
meat balls with ranch



GREEN POTSTICKERS
36
Avocado & edamame
potstickers, porcini mushroom
soil, fennel puree & soya
bubbles



DUMPLINGS
38
Mushroom, cauliflower
& truffle



DUMPLINGS
38
Prawn, spicy beef
chorizo, apple &
sesame served
with spicy dressing

ALL OUR FOOD EXCLUDES THE USE OF REFINED SUGAR & BUTTER
ALL OUR NUTS, SEEDS & GRAINS ARE ACTIVATED TO ENSURE MAXIMUM ABSORPTION OF NUTRIENTS

Prices are not inclusive of VAT

SALADS



Roasted beetroot, goats
chevre,pistachio, lentil du puy,
walnut, pomelo & lollo lettuce
with balsamic reduction
34



Broccoli, quinoa,
edamame pods,
butternut, avocado &
cranberry salad with
lemon black pepper
dressing
34



Add: 60g Karan beef
tenderloin
17

Add: 80g shredded
lemon chicken
12



Charred zucchini, pulled
chicken breast, low
sodium feta, shimeji
mushrooms,
lollo lettuce, hazelnuts
with zesty dressing
36



Quinoa, avocado, carrot,
spring onion, orange,
toasted cashew & rocket
salad served with spicy
dressing
36



Add: 80g shredded
chicken breast
12

Add: 50g flaked salmon
11

SIGNATURE SHARING PLATE



Prawn, avocado, fennel & rocket with orange-
mint dressing
58



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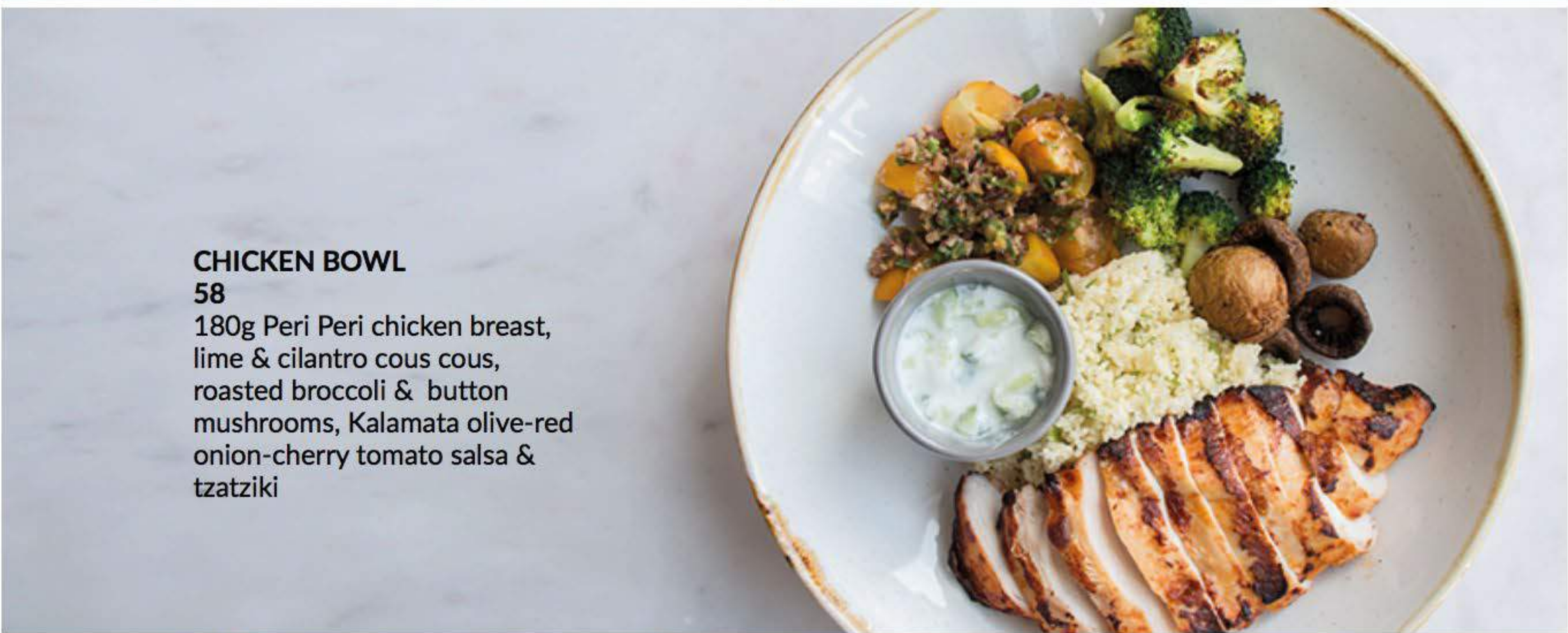
BALANCED BOWLS



FALAFEL BOWL

44

Pistachio Falafel, red cabbage & fennel kimchi, fennel puree, spicy mango dressed zoodles & cashew cheese



CHICKEN BOWL

58

180g Peri Peri chicken breast, lime & cilantro cous cous, roasted broccoli & button mushrooms, Kalamata olive-red onion-cherry tomato salsa & tzatziki



SALMON BOWL

64

160g Seared teriyaki salmon cubes, coconut jasmine rice, shaved red cabbage with pickled ginger sesame dressing, avocado, red capsicum & spring onion

Add: 50g flaked salmon

11



PRAWN BOWL

62

120g prawn tails, Thai peanut sauce, grilled pineapple, avocado, quinoa, red capsicum, toasted sesame & wild rocket

Add: 100g prawn tails

26



BEEF BOWL

54

120g Karan Beef tenderloin, brown basmati, coriander seeds & thyme, pumpkin, pepitas, wild rocket & sliced avocado

Add: 60g Karan beef tenderloin

17



NOURISH FAVOURITES

SALONA CHICKEN WITH RICE

48

180g chicken breast, slightly spicy salona sauce, green capsicum, saffron potatoes & white basmati rice



THAI STYLE VEGAN CURRY

44

Cauliflower & fennel curry, charred zucchini, broccoli, chick peas, cilantro & coconut cream served with GF tortilla



SLOW CARB BEEF LASAGNE

58

Roasted and stuffed sweet potato beef lasagna, basil pesto, fresh parmesan, lollo lettuce with house ranch dressing



BONELESS BEEF SHORT RIB RAGOUT

72

120g 16hour braised beef short-rib ragout, olive oil mashed, wilted spinach & Kalamata olive-parsley gremolata



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MEATS, FISH, MARINATIONS AND MORE

Choose a main & add a carb on us

FROM OUR GRILL

served with a complimentary sauce or marinade



180g CHICKEN BREAST
44
Peri Peri served with yogurt & cucumber



180g CHICKEN BREAST
44
Honey, chili & lime served with
tomato, onion & cilantro salsa



180g CHICKEN BREAST
44
Mushroom ricotta demi

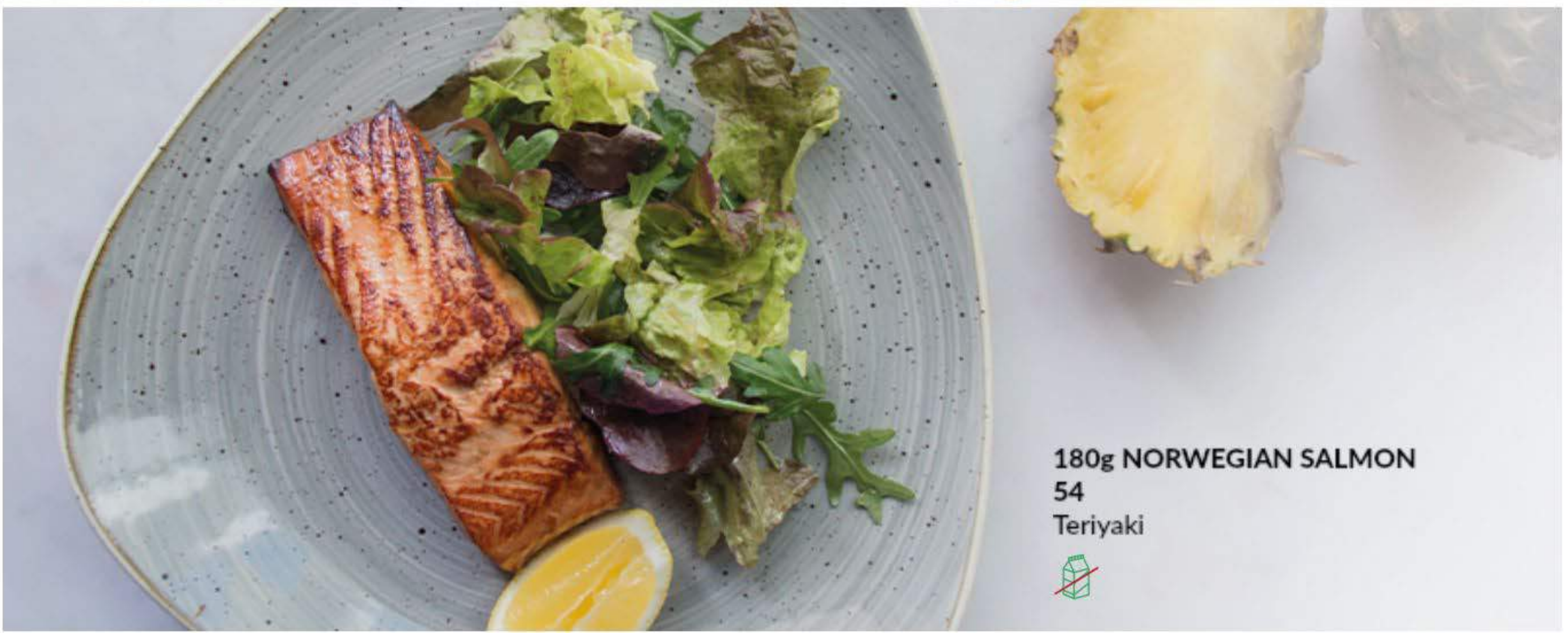


140g SEA BASS
48
Marinated with lemon, lime, chili
& thyme





180g NORWEGIAN SALMON
54
Lemongrass, ginger, lemon & lime



180g NORWEGIAN SALMON
54
Teriyaki



200g KARAN BEEF TENDERLOIN
Beef fillet au poivre et avocado
82



200g KARAN BEEF TENDERLOIN
Beef fillet with mushroom ricotta demi
86



SIDES

White Basmati rice	6
Coconut Jasmine rice / Olive mashed potato	8
Brown Basmati rice	8
Potato Wedges tossed in oregano & parmesan cheese	12
Grilled Zucchini / Roasted butternut / Side Salad	12
Broccoli with ginger, garlic & almonds	14
Cumin roasted sweet potato	18

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GUILTY PLEASURES

PALEO BROWNIE

34

Sweet potato pecan nut brownie with date & hazelnut frosting with dark chocolate sauce & vanilla ice cream



PALEO BROWNIE

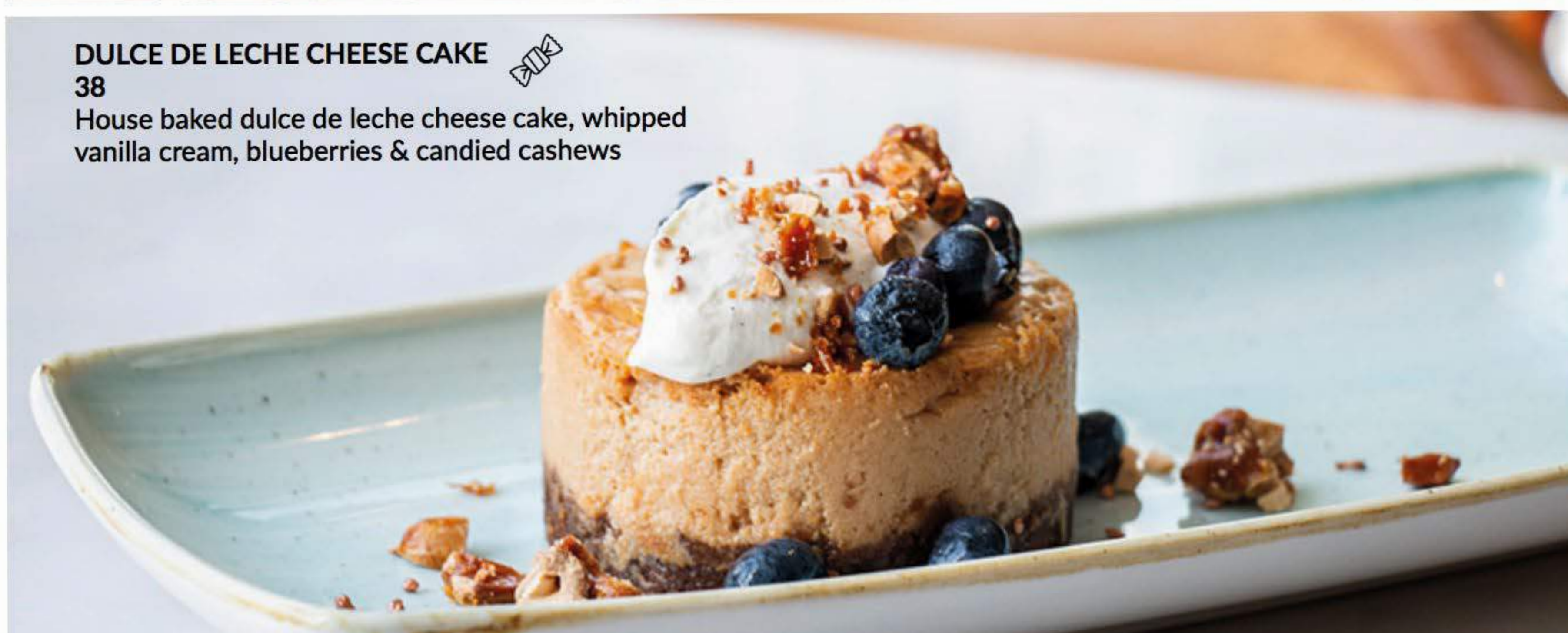
22

Sweet potato pecan nut brownie with date & hazelnut frosting

DULCE DE LECHE CHEESE CAKE

38

House baked dulce de leche cheese cake, whipped vanilla cream, blueberries & candied cashews



GINGERBREAD, APPLES & CUSTARD

36

Triple gingerbread, tea steeped apples, candied celery, apricot cardamom gel & orange custard



BANANA BREAD

31

Banana bread, cashew cream, salted date caramel, brûléed bananas & candied cashews



HAZELNUT MOUSSE & DARK CHOCOLATE BROWNIE

32

Gluten free Dark Chocolate brownie, activated hazelnut & cashew mousse, coffee-maple reduction, coconut cream & salted date caramel

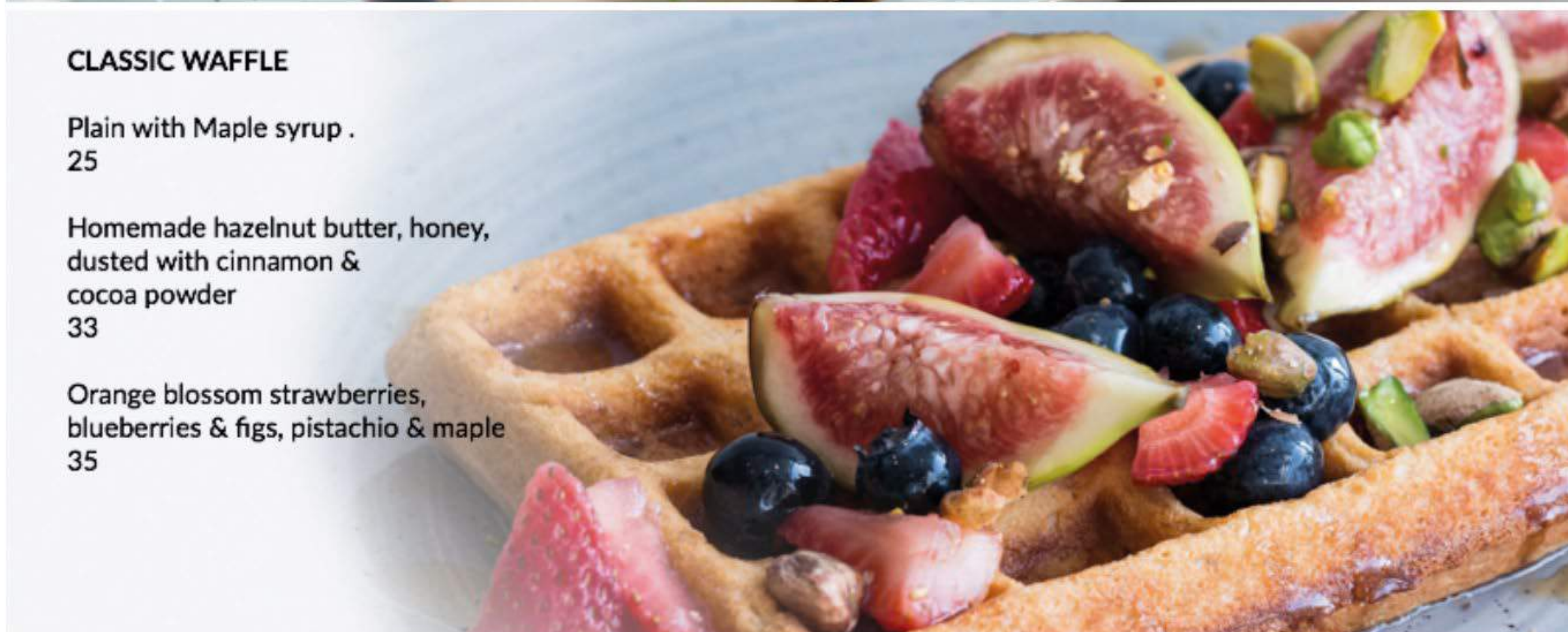


CLASSIC WAFFLE

Plain with Maple syrup .
25

Homemade hazelnut butter, honey,
dusted with cinnamon &
cocoa powder
33

Orange blossom strawberries,
blueberries & figs, pistachio & maple
35



CLASSIC WAFFLE

36

Hazelnut butter-80% Valrhona dark chocolate
sauce & grilled banana
(Waffle only)



Desserts indicated with (🍫) includes butter and unrefined sugar

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COFFEE . TEA . JUICES & SMOOTHIE . WATER

COFFEE

Our milk-based coffees are made with full fat, whole milk.
Homemade Almond milk available on request

70ml cup	
Single / Double espresso	18
Short Mac	18
Piccolo	19
Mezzo Latte	19
120ml cup	
Cortado	19
Canadian Cortado	23
150ml cup	
Long Black	18
Macchiato	19
Flat White	20
190ml cup	
Cappuccino	20
Café Latte	20
La vida Mocha	20
Hot Chocolate	19
COLD COFFEE	
Iced Shake - 8 oz	19
Iced Shake - 12 oz	26
Iced Black Coffee	18
Iced latte	20
Cold Latte	22
Cold latte with Maple syrup	22
Cold Mezzo	22
SPECIALTY COFFEE	
Choose your Weapon	
Chemex	22
V60 pour over	20
Aeropress	22
Kalita	23
Cold Drip	20
Cold Brew	18

single origin, brewed at room temp
overnight, sweet & syrupy, served over ice

TEA SELECTION

We serve a selection of Avantcha loose leaf teas, brewed for the perfect amount of time to create the perfect cup of tea

Moroccan Mint green tea	12
Organic winter apple green tea	12
Orange blossom Ginkgo green tea	12
Organic English breakfast black tea	12
Majestic Earl Grey black tea	12
Dates & Sandelwood black tea	12
Jasmine silver needle white tea	20

ICED TEAS

Herbal Infusions

Mediterranean herbs served with lemon, lime, passion & honey	22
Rooibos Vanilla Earl Grey served with lemon & honey	26
Apple Elderflower cocktail served with apple & orange	28

JUICES & SMOOTHIE

Freshly squeezed orange juice	18
Carrot & Mint frostie Carrot, orange, mint, honey	18
Watermelon juice Blended with a few cubes of ice	24
Carrot kick Juiced carrot & ginger blended with fresh pineapple and turmeric	22
Magically refreshing Watermelon & lime aqua fresca	24
Strapple Strawberry, banana & apple sweetened with honey then blended with sparkling water, served over ice cubes	26
The Green Smoothie A thicker blended drink of Avocado, spinach, honey, rosemary & orange	26

WATER

Sparkling San Pellegrino 250ml	8
Sparkling San Pellegrino 750ml	22
Still Aqua Panna 500ml	12
Mai Dubai Still 500ml	5