DRINK WELL LIVE WELL

Available Daily Until 2 PM



THYME TO SHINE (52 KCAL)

green apple juice, green tea & thyme, beetroot

a powerful antioxidant boost that enhances energy, circulation, and immunity.

VITAMIN SEA (72 KCAL)

pink grapefruit juice, honey, lemon juice, chamomile tea

refreshing and calming, supports hydration, digestion, and overall wellness.

BASIL & THE BEACH (75 KCAL)

fresh pineapple juice, lemon juice, fresh basil

rich in vitamin c and antioxidants to aid digestion, detoxification, and immunity.

THE AFTER SUN (60 KCAL)

spinach leaves, cucumber, lemon juice, watermelon juice

deeply hydrating and revitalizing, supports detox, energy, and glowing skin.

RED ALERT (102 KCAL)

carrot juice, pomegranate juice, ginger, lemon juice

packed with antioxidants and anti-inflammatory benefits for immunity, digestion, and skin health.



45 AED

MAKE YOUR OWN HEALTHY BOWL

SET PRICE
120

BASE (Choice of 1)

- [ ] Mediterranean Greens 12 kcal | 1g protein (V V)
- [ ] Mixed Quinoa, Brown Rice, Red Beans, Farro, Sesame Seeds 215 kcal | 8g protein (V V)
- [ ] Pea, Mint & Avocado Purée 333 kcal | 7.3g protein (V V)

PROTEIN (Choice of 1)

- [ ] Feta Cheese 119 kcal | 6.4g protein (D)
- [ ] Seared Salmon 144 kcal | 15.4g protein (F)
- [ ] Grilled Halloumi 125 kcal | 9g protein (D)
- [ ] Eggs 156 kcal | 12.6 protein (E)
- [ ] Teriyaki Chicken 160 kcal | 20g protein (G, SE, SO)
- [ ] Grilled Shrimps 65 kcal | 10 g protein (SF)

TOPPINGS (Choice of 4)

- [ ] Cherry Tomato 8 kcal | 0.4g protein (V V)
- [ ] Pumpkin Seeds 56 kcal | 3g protein (V V)
- [ ] Holland Cucumber 2 kcal | 0.1g protein (V V)
- [ ] Sun-Dried Tomato 13 kcal | 0.7g protein (V V)
- [ ] Beetroots 7 kcal | 0.2g protein (V V)
- [ ] Kalamata Olives 48 kcal | 0.3g protein (V V)
- [ ] Pickled Tomatoes 10 kcal | 0.4g protein (V V)
- [ ] Mushrooms 35 kcal | 1.4g protein (V V)
- [ ] Rocket Leaves 9 kcal | 0.9g protein (V V)
- [ ] Red Onion 8 kcal | 0.2g protein (V V)
- [ ] Edamame 55 kcal | 5.4g protein (SO)
- [ ] Sweet Corn 43 kcal | 1.5g protein (V V)

DRESSING (Choice of 1)

- [ ] Citrus 82 kcal (V V)
- [ ] Beetroot 97 kcal (V V)
- [ ] White Balsamic Vinegar 27 kcal (V V)
- [ ] Passion Fruit 105 kcal (V V)

********** Total Calories .....

(GF) Gluten Free . (S) Sesame .(TN) Tree Nuts . (P) Peanuts . (D) Dairy . (E) Egg (SF) Shellfish . (A) Alcohol . (V) Vegetarian . (VV) Vegan . (F) Fish

For any food allergies and intolerances, please speak to a member of our team before placing your order. Food may contain shellfish, peanuts, soybeans, sesame, fish, eggs, celery, mustard, milk, gluten, and sulphites.

Consumption of raw or undercooked meat, poultry, seafood, and eggs may increase your risk of foodborne illness.