Be Healthy

MENU

Breakfast

Breakfast



WHITE OMELETTE

A delicious White Omelette featuring Eggs Raw, Pepper Black, Table Salt, perfect forBreakfast

CAL **132,** PRO **24,** CARB **2,** FAT **2**

AED 28



VEGETABLE OMELETTE

A delicious Vegetable Omelette featuring Eggs Raw,Capsicum, Mushrooms, Pepper Black, & Table Salt, perfect for breakfast.

CAL **237,** PRO **23.3,** CARB **4.6,** FAT **12.8**

AED 28



OMELETTE WITH BREAD

A delicious Omelette With Bread featuring Eggs Raw, Cheddar cheese & Tomato, perfect for breakfast.

CAL **358,** PRO **29.9,** CARB **17.4,** FAT **16.9**

AED 28



OMELETTE WITH CHEESE

A delicious Omelette With Cheese featuring Eggs Raw,Cheese, Pepper Black, Table Salt, perfect for breakfast.

CAL **362,** PRO **29.6,** CARB **3.4,** FAT **25.2**

AED 28

Breakfast



SUNNY EGG

Freshly cooked with a bright golden yolk and simple, rich flavor

CAL **71.5,** PRO **6.3,** CARB **0.4,** FAT **5**

AED 8



EGG ROLL

A delicious Egg Roll featuring Eggs Raw, Pepper Black, olive oil, Capsicum , perfect forBreakfast

CAL **220,** PRO **22.8,** CARB **3.6,** FAT **11.8**

AED 28



PLAIN OMELETTE

A delicious Plain Omelette featuring Eggs Raw, Pepper Black & Table Salt, perfect for breakfast.

CAL **210,** PRO **22.5,** CARB **1.6,** FAT **11.7**

AED 28



HALLOUMI OMELETTE

Fluffy Omelette filled with eggs, fresh veggies, grilled halloumi and melted cheddar cheese_rich, satisfying and high in protein.

CAL **553,** PRO **41,** CARB **7,** FAT **40**

AED 29

Breakfast



BEEF OMELETTE

Fluffy Omelette Filled with Beef steak, eggs raw and light seasoning a hearty, high protein meal.

CAL **389,** PRO **44,** CARB **2,** FAT **22**

AED 29



MUSHROOM OMELETTE

A delicious Mushroom Omelette featuring Eggs Raw, Pepper Black & Mushrooms, perfect for breakfast.

CAL **264,** PRO **26.2,** CARB **3.2,** FAT **15.6**

AED 28



SCRAMBLED EGG

A delicious Scrambled Egg featuring Eggs Raw, Cooking Cream,English Muffins, Cheddar Slice & Pepper Black, perfect for breakfast.

CAL **468,** PRO **29.8,** CARB **27.4,** FAT **25**

AED 28



EGGS BENEDICT

A delicious Eggs Benedict featuring Eggs Raw, Mustard Mayo Sauce, Button White Mushrooms & English Muffins, perfect for breakfast

CAL **463,** PRO **17,** CARB **32,** FAT **15**

AED 28

Breakfast



FALAFEL SANDWICH

Falafel Sandwich features Falafel, Saj Bread, Romaine Lettuce Raw, Tomatoes, Turnip Pickled layered together to create a satisfying & flavorful sandwich.

CAL **475,** PRO **12,** CARB **43,** FAT **21**

AED 25



FALAFEL SALAD

A Fresh and healthy falafel salad made with air fried falafel, crispy vegetables and a light tahini dressing_ flavorful, Balanced and guilt free.

CAL **377,** PRO **15,** CARB **23,** FAT **25**

AED 28



SMASH FALAFEL

Smashed falafel served in a toasted English muffin, topped with Falafel,eggplant for a flavorful and satisfying bite.

CAL **458,** PRO **22,** CARB **39,** FAT **23**

AED 28



PORTOBELLO CREAMY EGG

A delicious Portobello Creamy Egg featuring Portabella Raw,Eggs Raw, Cheese, Pomegranates, Cooking Cream, perfect for breakfast.

CAL **459,** PRO **25,** CARB **33,** FAT **26**

AED 39

Breakfast



HALLOUMI WRAP

A delicious Halloumi Wrap featuring Halloumi Cheese, Rocca & Tomatoes, perfect for breakfast.

CAL **520,** PRO **28,** CARB **39,** FAT **28**

AED 28



EGG PROTEIN WRAP

Fluffy sunny egg with fresh tomato, cucumber and cheese rolled in soft protein bread for a wholesome bite.

CAL **590.4** , PRO **51.2 ,** CARB **10.3 ,** FAT **35.4**

AED 28



BOILED EGG SALAD

A light, Protein Rich salad with boiled eggs creamy avocado & a zesty Lemon touch, perfect for breakfast

CAL **336,** PRO **23,** CARB **11,** FAT **24**

AED 29



EGG WRAP

A delicious Egg Wrap featuring Eggs Raw, Feta Cheese, Table Salt, perfect for breakfast.

CAL **536,** PRO **28.5,** CARB **38.6,** FAT **28.7**

AED 28

Breakfast



AVOCADO POWER UP

A delicious Avocado Power Up featuring Wheat Bread, Eggs Boiled & Avocados, perfect for breakfast

CAL **544,** PRO **25,** CARB **33,** FAT **35**

AED 29



AVOCADO MORNING POWER MUFFIN

A delicious Avocado Morning Power Muffin featuring White Omelette & Feta Cheese, perfect for breakfast

CAL **353,** PRO **27.7,** CARB **25.4,** FAT **13**

AED 29



CHICKEN SANDWICH

A delicious Chicken Sandwich featuring Lemon Raw, Olive Oil & Chicken Breast Raw, Perfect For Breakfast.

CAL **401,** PRO **29.5,** CARB **36,** FAT **13**

AED 33



MORNING POWER MUFFIN

A delicious Morning Power Muffin featuring White Omelette, Cheddar Cheese & Bacon Raw, Perfect For Breakfast.

CAL **371,** PRO **31.8,** CARB **24.6,** FAT **14.5**

AED 31

Breakfast



HONEY HALLOUMI MUFFIN

Soft muffin bread layered with fluffy omelet, grilled halloumi cheese, and a touch of sweet honey for the perfect balance of savory and sweet flavors.

CAL **410,** PRO **23.5,** CARB **32.8,** FAT **19.2**

AED 31



PESTO HALLOUMI MUFFIN

Soft muffin bread layered with grilled halloumi cheese, creamy feta, fresh tomatoes, and rich pistachio pesto sauce for a perfectly balanced savory bite.

CAL **414,** PRO **20.4,** CARB **26.5,** FAT **23.8**

AED 33



OAT MEAL

A delicious Oat Meal featuring Yogurt Low fat, Blueberries,Honey & Cream Fresh, perfect for breakfast.

CAL **490**, PRO **22**, CARB **49**, FAT **23**

AED 28

Breakfast



FRENCH TOAST

A delicious French Toast featuring Olive Oil, eggs, low fat milk, Cooking Cream, Strawberries Raw, perfect for breakfast.

CAL **174,** PRO **8,** CARB **22,** FAT **6**

AED 28



SWEET POTATO PANCAKE

A delicious Sweet Potato Pancake (Baking) featuring Eggs raw , low fat milk, Olive Oil Baking Powder & Strawberries perfect for breakfast.

CAL **198,** PRO **6,** CARB **23,** FAT **4**

AED 28



BANANA PANCAKE

A delicious Banana Pancake (Baking) featuring Olive Oil, egg raw, low fat milk, Baking Powder & Strawberries Raw, perfect for breakfast.

CAL **178,** PRO **6,** CARB **23,** FAT **4**

AED 28

Chicken

Chicken



SHISH TAWOOK

Juicy marinated chicken skewers grilled to perfection, served with tasty sauce and flavorful pesto rice.

CAL **523.2,** PRO **36.7,** CARB **42,** FAT **22**

AED 52



CRISPY CHICKEN

Golden fried chicken with a crunchy coating, served with Fluffy white rice & dipping sauce.

CAL **790,** PRO **57.5,** CARB **87,** FAT **14**

AED 49



CHICKEN FAJITA

Grilled fajita-spiced chicken breast served with flavorful beetroot rice for a wholesome, protein-rich meal.

CAL **415,** PRO **40,** CARB **40,** FAT **9**

AED 52



CILANTRO CHICKEN

Grilled chicken tossed in a fresh cilantro-lime marinade, served with a fluffy white rice, beans and avocado.

CAL **590.5,** PRO **38,** CARB **56.2,** FAT **19.5**

AED 52

Chicken



CHICKEN N' FLAKES

Crispy cornflake-coated chicken served with zesty special sauce for a crunchy, flavorful bite.

CAL **566,** PRO **43.4,** CARB **72.6,** FAT **9.7**

AED 49



CHICKEN CURRY

Tender chicken cooked in a rich, creamy spiced tomato curry, served with fluffy white rice.

CAL **610.5,** PRO **41.8,** CARB **51.4,** FAT **23.5**

AED 49



CHICKEN BUFFALO

Crispy Chicken toassed in a fiery Buffalo sauce, served with tasty sauces (blue cheese sauce &hot sauce)

CAL **501,** PRO **46.4,** CARB **49.2,** FAT **10.7**

AED 51



ORIGINAL CHICKEN

Simple Grilled chicken seasoned with herbs and served juicy and tende. served with a tasty white rice.

CAL **405,** PRO **32,** CARB **45,** FAT **10**

AED 48

Chicken



CHICKEN STIR FRY

Tender chicken stir fried with mixed vegetables in a rich oyster sauce with a hint of BBQ Served with vegetable rice ,topped with white sesame seeds.

CAL **509.5,** PRO **50,** CARB **49.4,** FAT **10.5**

AED 49



CHICKEN STROGANOFF

Tender grilled chicken strips cooked in a light creamy mushroom sauce with onions and spices served with fluffy white rice for a warm and comforting.

CAL **576.5,** PRO **52.2,** CARB **45.7,** FAT **18.33**

AED 49



DRAGON CHICKEN

Crispy chicken breast tossed in our signature Dragon sauce, delivering a bold, rich, and irresistible flavor, served with a vegetable rice for a warm and comforting.

CAL **779.5,** PRO **43.3,** CARB **51.5,** FAT **44.6**

AED 51



BBQ CHICKEN

Juicy chicken grilled and glazed with a smoky barbecue sauce, served with a warm and fluffy white rice.

CAL **411,** PRO **33,** CARB **45.5,** FAT **11**

AED 49

Chicken



CHICKEN SHAWARMA PLATE

Juicy marinated chicken slices, roasted to perfection, served with rice and garlic sauce.

CAL **554,** PRO **40,** CARB **56,** FAT **18.3**

AED 49



TANDOORI CHICKEN

Chicken marinated in yogurt and aromatic spices, grilled and served with Broccoli rice.

CAL **437,** PRO **39.4,** CARB **39,** FAT **13**

AED 52



CHICKEN SWEET CHILI

Succulent chicken pieces coated in a sweet chili glaze, served with a warm and fluffy white rice.

CAL **529.5,** PRO **49.3,** CARB **64.4,** FAT **5.7**

AED 49



SIZZLING CHICKEN

Stir-fried chicken served on a hot sizzling platter with vegetables, paired with fluffy white rice.

CAL **568.2,** PRO **53.5,** CARB **52.2,** FAT **8.5**

AED 49

Chicken



CHICKEN NUGGETS (9 PCS)

Tender, golden-crispy chicken nuggets, lightly seasoned and perfectly fried for a delicious bite-sized snack.

CAL **351,** PRO **27,** CARB **32.4,** FAT **12.6**

AED 15



CHICKEN NUGGETS (6 PCS)

Tender, golden-crispy chicken nuggets, lightly seasoned and perfectly fried for a delicious bite-sized snack.

CAL **234,** PRO **18,** CARB **21.6,** FAT **8.4**

AED 12



SPICY CHICKEN RISO

Spicy rice cooked together with tender chicken pieces for a rich, well-blended flavor.served with shish tawook

CAL **485,** PRO **28.6,** CARB **44,** FAT **10.5**

AED 49



CHICKEN TIKKA CURRY

Juicy shish tawook pieces gently simmered in a rich and creamy tomato sauce- served with fluffy white rice.

CAL **694.4** PRO **41.4,** CARB **56.6,** FAT **33**

AED 49

Beef

Beef



CILANTRO BEEF

Juicy beef strips tossed in a tangy cilantro-lime marinade and served witth fluffy white rice, beans and Avocado.

CAL **629.5,** PRO **33.2,** CARB **55.4,** FAT **26.4**

AED 69



BEEF STEAK

Premium beef steak grilled to perfection, finished with rich mushroom sauce and served with fluffy white rice.

CAL **509.5,** PRO **32.5,** CARB **42.14,** FAT **22**

AED 63



POMEGRANATE STEAK

Grilled beef steak glazed with pomegranate molasses, garnished with fresh pomegranate arils- served with a creamy mashed potato.

CAL **532.6,** PRO **30.3,** CARB **61.7,** FAT **17.8**

AED 63



BEEF KEBAB

Charcoal-grilled spiced beef kebab served with creamy tahini sauce and fluffy white rice.

CAL **438.5,** PRO **29,** CARB **48.2,** FAT **12.5**

AED 65

Beef



TEXAS FRIES

Crispy golden fries seasoned with texas- style spices, minced beef, topped with melted cheese and jalapenos.

CAL **552.8,** PRO **33.1,** CARB **65.7 ,** FAT **19.5**

AED 46



SIZZLING BEEF

Thinly sliced beef stir-fried with peppers and onions, served on a hot sizzling platter with fluffy white rice.

CAL **587.9,** PRO **35.2,** CARB **60.8,** FAT **21.33**

AED 57



BEEF STROGANOFF

Tender beef strips simmered in a rich, creamy mushroom sauce with sautéed onions and delicate spices, paired with a warm and creamy mashed potato.

CAL **466.6,** PRO **32.1,** CARB **27.8,** FAT **24.5**

AED 57



BEEF SHAWARMA PLATE

Juicy marinated beef slices, roasted to perfection, served as a shawarma platter with garlic sauce and fluffy white rice

CAL **503.6,** PRO **40,** CARB **48.2,** FAT **14.8**

AED 57

Beef



BEEF STIR FRY

Stir fried beef strips with vegetables , toassed in bbq and pomegranate sauce, served with white rice

CAL **468.5,** PRO **32.6,** CARB **55.1,** FAT **10.33**

AED 57



MINCED BEEF

A light Minced beef meal made with tender beef, fresh onions, tomato, jalapeno, olive oil and zesty lemon vinaigrette served with white rice

CAL **491,** PRO **22,** CARB **46,** FAT **24**

AED 52



SWEET & BEEF

Tender Beef sauteed with veggies and served over roasted sweet potatoes for a light , flavorful meal.

CAL **416,** PRO **20,** CARB **27,** FAT **24**

AED 43



YOGURT KEBAB

Juicy grilled kebab pieces served in a creamy, tangy yogurt sauce with subtle spices a warm and authentic middle eastern favorit served with white rice

CAL **445,** PRO **33,** CARB **55,** FAT **9**

AED 58

Beef



LAMB SHAKERIYA

Tender lamb shanks simmered in a rich, tangy yogurt sauce infused with garlic and spices, served with fluffy white rice.

CAL **542,** PRO **54,** CARB **47,** FAT **14**

AED 65



TOMATO MEAT BALLS

Tender meatballs simmered in a rich tomato sauce, served with fluffy white rice.

CAL **600,** PRO **22,** CARB **53,** FAT **32**

AED 52

Seafood

Seafood



GRILLED WHITE FISH

Delicate white fish fillet seasoned with lemon and herbs, grilled to flaky perfection served with corn rice.

CAL **458.5,** PRO **33,** CARB **44.6,** FAT **14.8**

AED 48



GRILLED SHRIMP

Marinated shrimp grilled to tender perfection, served with fresh broccoli rice.

CAL **304,** PRO **28.5,** CARB **43.3,** FAT **2.3**

AED 58



GRILLED SALMON

Grilled salmon fillet seasoned with special spices, served with lemon mustard sauce and steamed mixed vegetables.

CAL **442.8,** PRO **30.5,** CARB **9.15,** FAT **28.4**

AED 55



BBQ SALMON

Grilled salmon glazed with rich barbecue sauce, served with warm fluffy white rice.

CAL **607.5,** PRO **31,** CARB **55,** FAT **28.2**

AED 55

Seafood



SHRIMP STIR FRY

Shrimp stir fry cooked with vegetables in a flavorful barbecue and panda oyster sauce served with steamed vegetables

CAL **258.8,** PRO **28.2,** CARB **44,** FAT **6.6**

AED 55



WHITE FISH CURRY

Tender white fish simmered in a creamy coconut curry sauce with aromatic spices served with corn rice.

CAL **525.7,** PRO **29,** CARB **73.5,** FAT **12.25**

AED 48



ATLANTIC SHRIMP

Grilled shrimp seasoned to perfection, served with Atlantic side, tasty sauce, and flavorful yellow rice.

CAL **400.8,** PRO **32,** CARB **64,** FAT **11**

AED 69



ATLANTIC SALMON

Grilled Salmon seasoned to perfection, served with Atlantic side, tasty sauce, and flavorful yellow rice.

CAL **488,** PRO **28.11,** CARB **64.4,** FAT **22.4**

AED 69

Seefood



SIZZLING SHRIMP

shrimp stir fried with peppers and onions, served on a hot sizzling platter with fluffy white rice.

CAL **458.4,** PRO **37.5,** CARB **63.3,** FAT **4.5**

AED 57



BLACK TERIYAKI SALMON

Tender grilled salmon glazed with light teriyaki sauce, served with fluffy white rice for a perfectly balanced meal.

CAL **395,** PRO **24,** CARB **49,** FAT **10**

AED 58



Pasta & Pizza

Pasta & Pizza



CHICKEN PIZZA

Classic hand-tossed pizza topped with succulent grilled chicken, tangy tomato sauce, and melted mozzarella, finished with fresh basil.

CAL **884,** PRO **57.1,** CARB **59.5,** FAT **44.8**

AED 48



BUFFALO PIZZA

Crispy crust layered with tasty buffalo sauce, Chicken pieces and gooey mozzarella.

CAL **941,** PRO **59.1,** CARB **82.9,** FAT **38.9**

AED 49



VEGETABLE PIZZA

Vibrant vegetable pizza stacked with roasted bell peppers, mushrooms, olives, and fresh mozzarella on a garlic-infused crust.

CAL **708,** PRO **35,** CARB **58.6,** FAT **35.6**

AED 44



SHRIMP PIZZA

Flavorful pizza topped with garlic-marinated shrimp, cherry tomatoes, and a sprinkle of Parmesan over a crisp crust.

CAL **643,** PRO **48,** CARB **69,** FAT **26**

AED 57

Pasta & Pizza



DRAGON PIZZA

Spicy creamy chicken with our signature Dragon sauce, melted cheese, and colorful capsicum on light pizza dough.

CAL **1148,** PRO **56.5,** CARB **86.7,** FAT **63.9**

AED 49



CHICKEN PASTA RED SAUCE

Tender Pasta toassed in a rich tomato and basil marinade sauce with grilled chicken breast and a hint of garlic

CAL **485,** PRO **43.9,** CARB **41.1,** FAT **15.5**

AED 49



CHICKEN PASTA PINK SAUCE

Creamy tomato - cream sauce envelops al dente pasta and juicy chicken pieces, garnished with Parmesan and parsley.

CAL **502,** PRO **42.6,** CARB **41,** FAT **17.7**

AED 49



CHICKEN PASTA WHITE SAUCE

Pasta toassed in a rich, creamy white sauce, topped with tender grilled chicken and finished with a touch of freshly grated parmesan

CAL **598,** PRO **43.6,** CARB **38.4,** FAT **28.6**

AED 49

Pasta & Pizza



SHRIMP PASTA WHITE SAUCE

Penne pasta bathed in a creamy sauce, topped with sautéed shrimp and garnished with fresh parsley.

CAL **567,** PRO **38.8,** CARB **37.8,** FAT **27.6**

AED 55



SHRIMP PASTA PINK SAUCE

Penne pasta in a creamy tomato, cream sauce, studded with tender shrimp and finished with a sprinkle of basil.

CAL **472,** PRO **37.8,** CARB **40.3,** FAT **16.9**

AED 55



SHRIMP PASTA RED SAUCE

Pasta drenched in a zesty Tomato sauce brimming with garlic, herbs, and plump,succulent shrimp.

CAL **532,** PRO **45.8,** CARB **50.5,** FAT **15.5**

AED 55



BEEF PASTA RED SAUCE

Tender Pasta toassed in a rich tomato and basil marinade sauce with beef steak and a hint of garlic

CAL **681,** PRO **54.1,** CARB **52.5,** FAT **26.2**

AED 57

Pasta & Pizza



BEEF PASTA PINK SAUCE

Creamy tomato infused sauce coating pasta and savory beef strips, balanced with a touch of cream and Parmesan.

CAL **727,** PRO **54.6,** CARB **51.3,** FAT **31.4**

AED 57



BEEF PASTA WHITE SAUCE

Pasta toassed in a rich, creamy white sauce, topped with tenderlion beef steak and finished with a touch of freshly grated parmesan

CAL **803,** PRO **52.7,** CARB **48.2,** FAT **41.5**

AED 57



SPAGHETTI BOLOGNESE

Classic spaghetti served with a slow simmered meat sauce of ground beef, tomatoes, and aromatic herbs.

CAL **331,** PRO **38.6,** CARB **18.7,** FAT **9.9**

AED 54



FETTUCCINE PESTO

Fettuccine tossed in a vibrant basil pesto sauce with garlic, olive oil, and grated Parmesan.

CAL **778,** PRO **52.5,** CARB **45.9,** FAT **41.9**

AED 49

Pasta & Pizza

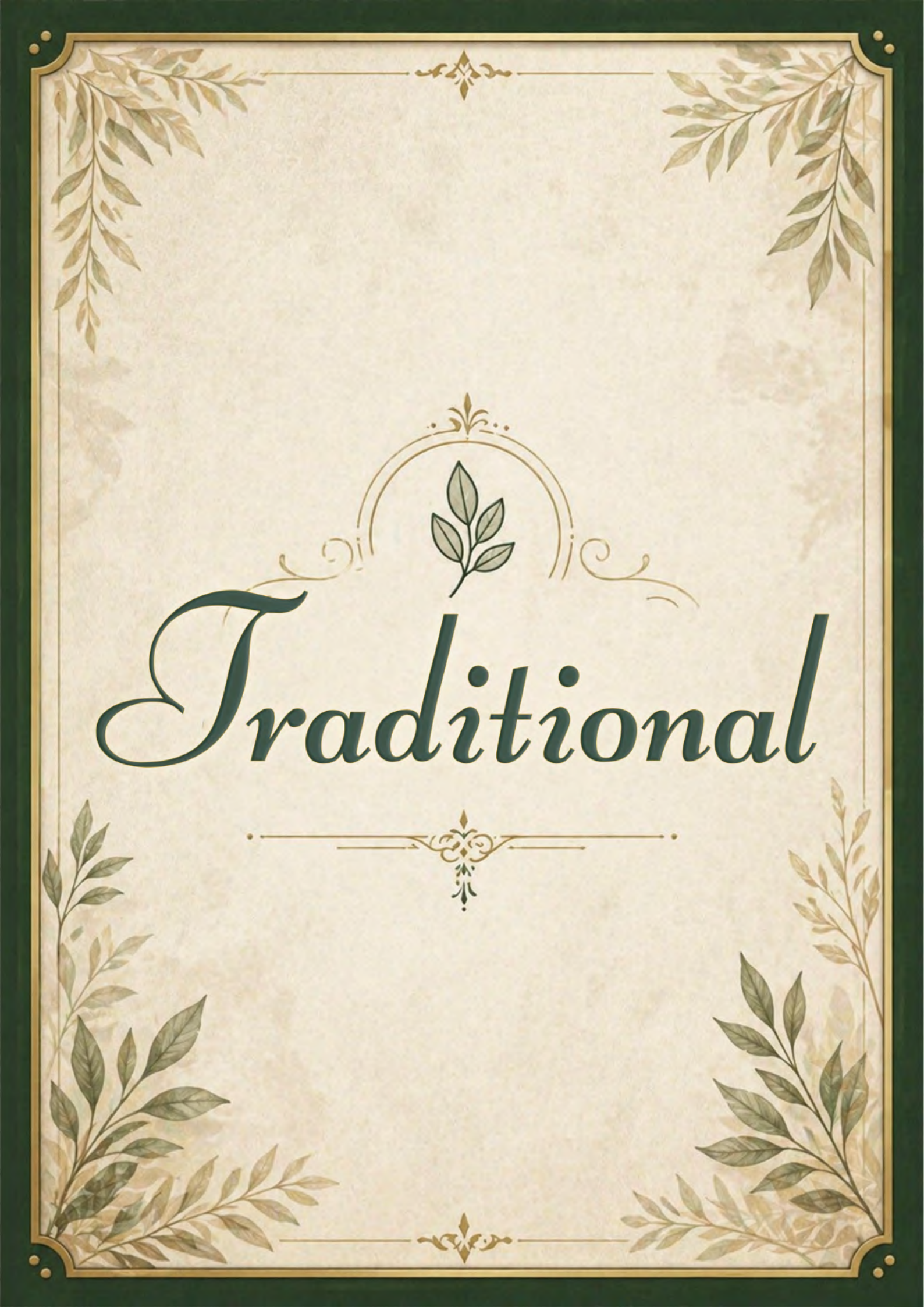


RICH TRUFFLE RIGATONI

Rigatoni drenched in a decadent truffle cream sauce, topped with grilled chicken and finished with a drizzle of truffle oil.

CAL **590,** PRO **36.3,** CARB **45.1,** FAT **27.5**

AED 49


Traditional

Traditional Dishes



LAMB BIRYANI

Aromatic basmati rice layered with marinated lamb saffron, and spices, slow-cooked to perfection

CAL **527,** PRO **33.2,** CARB **74,** FAT **8**

AED 55



LAMB MAJBOUS

Traditional Emirati beef rice dish cooked with aromatic spices, tomatoes, and caramelized onions.

CAL **612,** PRO **34.3,** CARB **47.9,** FAT **29.2**

AED 54



CHICKEN BIRYANI

Aromatic basmati rice layered with marinated chicken breast and spices, slow-cooked to perfection.

CAL **593,** PRO **54.3,** CARB **73.9,** FAT **6.6**

AED 48



SHRIMP (SEAFOOD) BIRYANI

Aromatic basmati rice layered with marinated cooked shrimp and spices, slow-cooked to perfection.

CAL **515,** PRO **44.5,** CARB **74,** FAT **2.3**

AED 57

Traditional Dishes



FISH MAJBOUS

Traditional Emirati Fish rice dish cooked with aromatic spices, tomatoes, and caramelized onions.

CAL **474,** PRO **51,** CARB **55,** FAT **3**

AED 55



Happy healthy meal

Happy Healthy Meals



CHICKEN NUGGETS

Crispy Chicken Nuggets, a healthy and filling meal for kids, served with air -fried fries, ketchup and small toy.

CAL **380.8,** PRO **14.8,** CARB **39.1,** FAT **17.6**

AED 18



BEEF BURGER

Grilled beef Burger, a healthy and filling meal for kids, served with air fried fries, ketchup and small toy.

CAL **484.8,** PRO **19,** CARB **55.9,** FAT **19.1**

AED 25



CHICKEN BURGER

Crispy chicken Burger, a healthy and filling meal for kids, served with air fried fries, ketchup and small toy.

CAL **443.8,** PRO **20.5,** CARB **57.1,** FAT **13.8**

AED 20



CHICKEN NUGGETS

Crispy Chicken Nuggets, a healthy and filling meal for kids, served with air -fried fries, ketchup, fresh juice and small toy.

CAL **470.8,** PRO **16.2,** CARB **59.5,** FAT **18**

AED 24

Happy Healthy Meals



CHICKEN BURGER

crispy Chicken Burger, a healthy and filling meal for kids, served with air -fried fries, ketchup, fresh juice and small toy.

CAL **665,** PRO **38,** CARB **88,** FAT **17**

AED 26



BEEF BURGER

Grilled Beef Burger, a healthy and filling meal for kids, served with air -fried fries, ketchup, fresh juice and small toy.

CAL **574.8,** PRO **20.4,** CARB **76.3,** FAT **19.5**

AED 31

Sandwich

Sandwiches



CHICKEN WRAP

Chicken wrap made with original chicken breast, cheddar cheese, sweet corn, fresh lettuce, and a touch of hot sauce for a flavorful bite.

CAL **506,** PRO **33.6,** CARB **42.8,** FAT **22**

AED 29



BUFFALO WRAP

Buffalo Wrap features Chicken Buffalo, Blue Cheese Sauce and a touch of hot sauce layered together to create a satisfying and flavorful sandwich.

CAL **487,** PRO **31.1,** CARB **59.8,** FAT **11.7**

AED 35



BEEF WRAP

Beef wrap with beef steak, mushrooms, onions, and colorful bell peppers for a flavorful bite.

CAL **695,** PRO **45.1,** CARB **41.4,** FAT **38.1**

AED 33



SHRIMP WRAP

Shrimp wrap with grilled shrimp, yellow mustard, and avocado for a tasty and satisfying bite.

CAL **511,** PRO **34.2,** CARB **47.6,** FAT **20.8**

AED 35

Sandwiches



TUNA SANDWICH

Tuna sandwich made with white tuna, celery, bell peppers, onions, and fresh lettuce for a light & flavorful bite.

CAL **666,** PRO **22.6,** CARB **44.9,** FAT **43.1**

AED 35



BEEF SHAWRMA SANDWICH

Beef shawarma sandwich made with tender beef, saj bread, fries, beef shawarma sauce, and tahini for a rich & savory bite.

CAL **638,** PRO **41.7,** CARB **54.6,** FAT **26.2**

AED 37



CHICKEN SHAWRMA SANDWICH

Chicken shawarma sandwich made with chicken breast , saj bread, fries, chicken shawarma sauce, and tahini for a rich & savory bite.

CAL **587,** PRO **42,** CARB **55.3 ,** FAT **20.1**

AED 33



MUSAKHAN ROLL

Musakhan roll made with saj bread, Chicken Breast, onions, mozzarella, and a touch of Falvorful sauce.

CAL **474,** PRO **29,** CARB **54.2,** FAT **14.8**

AED 29

Sandwiches



CHICKEN LETTUCE WRAP

Chicken lettuce wrap made with grilled chicken, cheddar cheese, sweet corn, crisp lettuce, and a touch of hot sauce.

CAL **429,** PRO **33.7,** CARB **9.5,** FAT **28**

AED 29



BUFFALO LETTUCE WRAP

Buffalo lettuce wrap with buffalo chicken, romaine lettuce, hot sauce, and blue cheese sauce for a spicy & flavorful bite.

CAL **346,** PRO **31.8,** CARB **33.6 ,** FAT **7.3**

AED 35



BEEF LETTUCE WRAP

Beef lettuce wrap with beef steak, mushrooms, onions, and colorful bell peppers for a savory & flavorful bite.

CAL **481,** PRO **40,** CARB **5.6,** FAT **32.2**

AED 33



SHRIMP LETTUCE WRAP

Shrimp lettuce wrap with romaine lettuce, grilled shrimp, avocado, yellow mustard, and light mayonnaise for a fresh & flavorful bite.

CAL **297,** PRO **29,** CARB **11.7,** FAT **14.9**

AED 35

Sandwiches



CHICKEN CLUB SANDWICH

A delicious Club Sandwich featuring Original Chicken, Cheddar Cheese, Iceberg Lettuce, for a fresh & flavorful bite

CAL **578,** PRO **44.2,** CARB **38,** FAT **25**

AED 33



CHICKEN TURKEY SANDWICH

A delicious Chicken Turkey Sandwich featuring Original Chicken, Smoked turkey, Cheddar Cheese, Iceberg Lettuce, for a fresh & flavorful bite

CAL **468,** PRO **41.2,** CARB **35,** FAT **15.5**

AED 29



BEEF STEAK SANDWICH

Juicy beef steak with fresh mushrooms, cheddar cheese, onion & a hint of mushroom sause-all layered inside toasted bread

CAL **709,** PRO **53.4,** CARB **38.5 ,** FAT **34.8**

AED 33



BEEF PROTEIN WRAP

Juicy beef patty with cheddar cheese, truffle paste, mayonnaise, and jalapeños all wrapped in soft protein bread.

CAL **681,** PRO **56.2,** CARB **11.7,** FAT **43.4**

AED 33

Sandwiches



BBQ BEEF TOAST

Tender Beef with Peppers, onions & BBq sauce in toasted brown bread with cheddar.

CAL **528,** PRO **38.5,** CARB **45.1,** FAT **19.4**

AED 38



CHICKEN FAJITA TOAST

Toasted bread stuffed with seasoned chicken fajita, colorful peppers, sweet corn, mustard, and creamy garlic sauce warm, rich, and full of flavor.

CAL **522,** PRO **42.3,** CARB **55.2,** FAT **11.8**

AED 35



PESTO BEEF TOAST

Toasted Bread filled with tender beef strips , sauteed vegetables and creamy pesto sauce for a rich & flavorful bite.

CAL **572,** PRO **42.2,** CARB **37.7,** FAT **26.2**

AED 38



PESTO CHICKEN TOAST

Warm toasted bread stuffed with juicy grilled chicken, mixed mushroom and smooth pesto sauce for a delicious & fesh taste.

CAL **536,** PRO **43.3,** CARB **37.7,** FAT **20.8**

AED 35

Sandwiches



LOADED TAWOOK WRAP

Soft saj wrap loaded with juicy tawook chicken, crispy french fries, pickles, spicy hot sauce, and creamy garlic sauce for a rich and flavorful bite.

CAL **435,** PRO **24.1,** CARB **34,** FAT **21.3**

AED 33



BLACK BEEF BURGER - COMBO

Juicy beef patty served with grilled eggplant, cheese layered with rich flavors for a hearty and satisfying bite.

CAL **781.96,** PRO **44.63,** CARB **64.8,** FAT **33.1**

AED 60



CRISPY BURGER - COMBO

Crispy burger made with chicken breast, crispy coating, low-fat Laban, tomatoes and sliced cheese for a tasty bite.

CAL **829,** PRO **38.9,** CARB **107.5,** FAT **17.2**

AED 49



BUFFALO BURGER - COMBO

Buffalo burger made with chicken breast, buffalo coating, low-fat Laban, tomatoes and sliced cheese for a flavorful bite.

CAL **868,** PRO **40.5,** CARB **108.5,** FAT **20.1**

AED 49

Sandwiches



S M L

ABU RASHED BURGER - COMBO

Abu Rashed burger made with a chicken patty, tomatoes, cheddar cheese, romaine lettuce, and signature Abu Rashed sauce for a flavorful bite.

CAL **579.8,** PRO **31,** CARB **60.3,** FAT **15**

AED 52



S M L

BEEF BURGER - COMBO

Beef Burger features Cheddar Cheese, Burger Bun,Onions and Button White Mushrooms... layered together to create a satisfying and flavorful sandwich.

CAL **778.69,** PRO **33.73,** CARB **53.7,** FAT **40.6**

AED 69

Salad

Salad



HALLOUMI SALAD

Grilled Halloumi with crisp greens and a balsamic drizzle.

CAL **559,** PRO **26.3,** CARB **10.3,** FAT **45.6**

AED 32



CAESAR SALAD

Crisp romaine lettuce tossed with parmesan cheese, crunchy croutons, and cherry tomatoes, served with grilled chicken and creamy Caesar dressing.

CAL **325,** PRO **30.5,** CARB **15.1,** FAT **15.6**

AED 32



HONEY CRISPY SALAD

Crisp fresh greens topped with golden crispy chicken, drizzled with a light honey dressing for the perfect balance of crunch and sweetness.

CAL **770,** PRO **61.9,** CARB **72.9,** FAT **23**

AED 39



TEXAS SALAD

Fresh mixed greens with vibrant vegetables, topped with tender grilled chicken and finished with a flavorful signature dressing.

CAL **398,** PRO **31,** CARB **14.1,** FAT **24**

AED 39

Salad



GREEK SALAD

Fresh romaine lettuce with tomatoes, cucumber, olives, and feta cheese, served with grilled chicken and a light lemon dressing.

CAL **468,** PRO **29.1,** CARB **11.8,** FAT **33.2**

AED 39



GREEN SALAD

Fresh romaine lettuce with mixed vegetables, served with grilled chicken and a light, refreshing dressing.

CAL **377,** PRO **24.6,** CARB **12.1,** FAT **24.7**

AED 36



ARABIC TABBOULEH SALAD

A refreshing parsley with bulgur, tomato and bright lemon finish.

CAL **365,** PRO **4,** CARB **13.6,** FAT **32.3**

AED 31



FLAX SEED SALAD

Fresh romaine lettuce topped with grilled chicken, walnuts, flax seeds, pumpkin seeds, pomegranate, and carrots, finished with a light dressing.

CAL **606,** PRO **32.2,** CARB **28.1,** FAT **38.3**

AED 39

Salad



FATTOUSH SALAD

Fresh Mixed Vegetables with pomegranate, herbs and sumac, served with lebanese bread.

CAL **226,** PRO **4.2,** CARB **21.3,** FAT **13.7**

AED 32



TABBOULEH QUINOA SALAD

A refreshing mix of quinoa and fresh vegetables with herbs and a light lemon dressing.

CAL **399,** PRO **9.9,** CARB **30,** FAT **25.4**

AED 31



AVOCADO SALAD

Fresh avocado salad with crunchy walnuts, cherry tomatoes, quinoa, and crisp lettuce served with our light signature dressing for a perfectly balanced, nutritious meal.

CAL **696,** PRO **12.8,** CARB **20.6,** FAT **61**

AED 39



ROCCA SALAD

A vibrant romaine salad with fresh greens, seasonal fruits, feta and balsamic glaze.

CAL **586,** PRO **17.3,** CARB **25.2,** FAT **45.5**

AED 44

Salad



CRUNCH AVOCADO SALAD

Fresh romaine lettuce with creamy avocado, crunchy bread, cashews, and mixed vegetables, served with grilled chicken and a refreshing dressing.

CAL **711,** PRO **35.8,** CARB **32.1,** FAT **48.2**

AED 39



KALE SALAD

Fresh kale salad with quinoa, beets, pomegranate, and a zesty dressing a perfect balance of flavor and nutrition.

CAL **506,** PRO **27.9,** CARB **32.9,** FAT **26.9**

AED 39

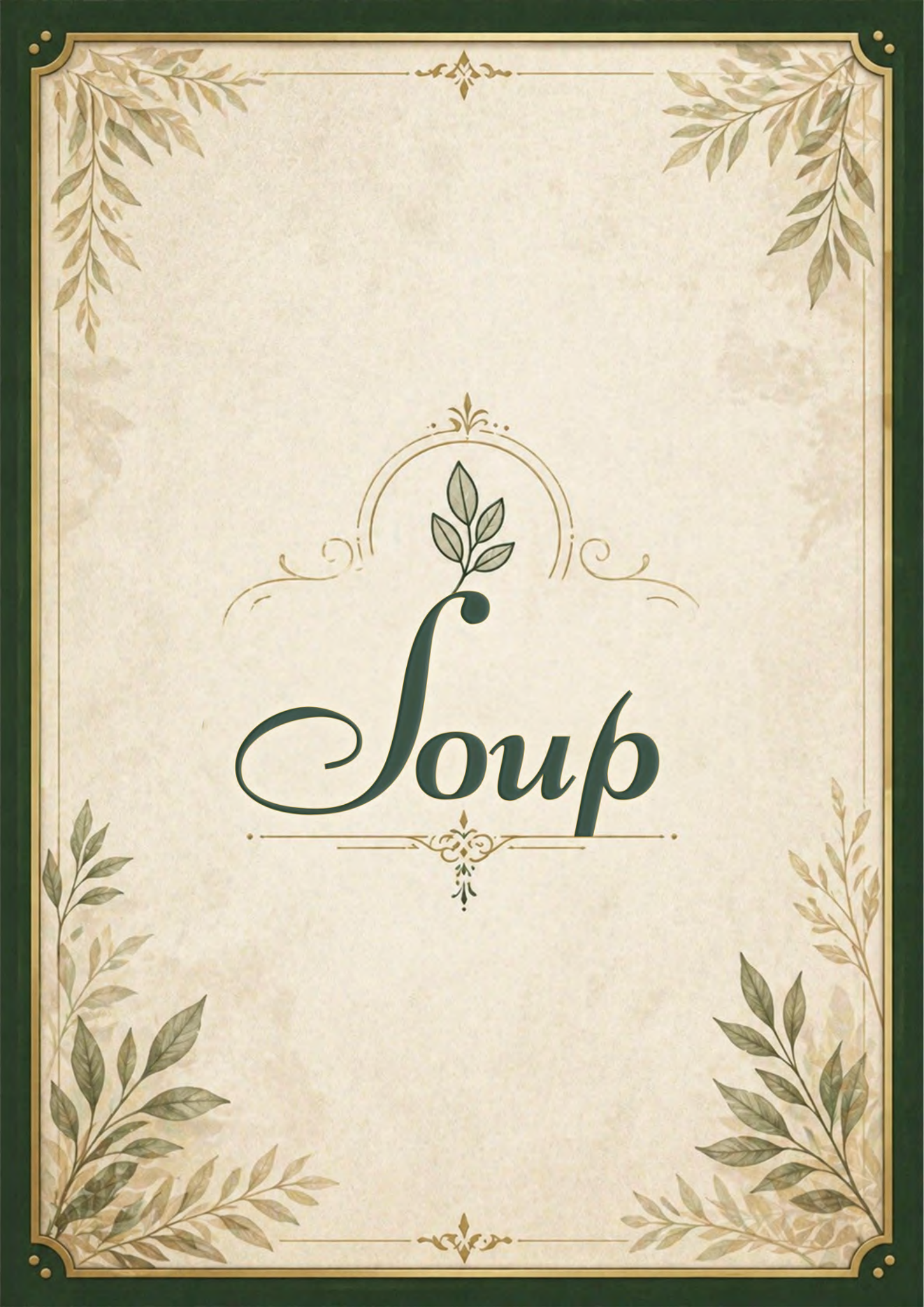


SIDE SALAD

A crisp romaine salad with Fresh Vegetables and lemon vinaigrette.

CAL **199,** PRO **2.3,** CARB **9.8,** FAT **16.4**

AED 17


Soup

Soup



LENTIL SOUP

A warm and comforting lentil soup blended with fresh carrots, onions, and ripe tomatoes for a rich homemade flavor.

CAL **288,** PRO **16.1,** CARB **36.6,** FAT **6.3**

AED 19



SEAFOOD SOUP

A creamy seafood soup loaded with shrimp, calamari, carrots, and delicate herbs for a rich and satisfying taste.

CAL **259,** PRO **23.7,** CARB **8.9,** FAT **13.7**

AED 22



SWEET CORN SOUP

A creamy sweet corn soup with tender chicken pieces and onions, perfectly balanced with comforting flavors.

CAL **106,** PRO **19,** CARB **2.6,** FAT **2**

AED 19

Side dish

Side Dishes



SWEET POTATO FLUFF (150 G)

Soft oven-roasted sweet potato finished with a touch of honey.

CAL **201,3,** PRO **11,** CARB **22,5,** FAT **7,4**

AED 28



CURLY FRIES

Crispy curly fries, seasoned to perfection, light and crunchy, perfect as a snack or a side with your favorite meal.

CAL **211,** PRO **3,** CARB **24,** FAT **9**

AED 20



BAKED POTATO

Golden roasted potatoes, crispy on the outside and soft on the inside.

CAL **84.96,** PRO **2.63,** CARB **19.1,** FAT **0.3**

AED 12



SWEET POTATO

Naturally sweet, wholesome, and perfectly roasted.

CAL **123.94,** PRO **1.87,** CARB **22.87,** FAT **3**

AED 12

Side Dishes



SWEET POTATO FRIES

Baked sweet potato fries naturally sweet, perfectly crispy, and packed with goodness.

CAL **174,** PRO **3,** CARB **27,** FAT **6**

AED 12



FRENCH FRIES

Golden air-fried fries, perfectly crispy and irresistibly delicious.

CAL **144.8,** PRO **2.24,** CARB **23.2,** FAT **4.2**

AED 12



CORN RICE

Fluffy white rice with a touch of sweet corn

CAL **129,** PRO **2.4,** CARB **28.2,** FAT **0.3**

AED 12



WHITE RICE

Soft, fluffy white rice with a classic comforting taste.

CAL **121.66,** PRO **2.37,** CARB **26.36,** FAT **0.22**

AED 12

Side Dishes



YELLOW RICE

Fluffy yellow rice, delicately seasoned and infused with a hint of saffron for a rich golden color and aromatic flavor.

CAL **122.7,** PRO **2.42,** CARB **26.88,** FAT **0.25**

AED 12



MUSHROOM RICE

Fluffy rice mixed with earthy mushrooms for a rich & savory flavor

CAL **111.97,** PRO **2.43,** CARB **23.47,** FAT **0.7**

AED 16



VEGETABLE RICE

Fluffy white rice mixed with colorful fresh vegetables, light, healthy, and full of flavor.

CAL **127.69,** PRO **2.15,** CARB **23.43,** FAT **2.57**

AED 12



BEETROOT RICE

Vibrant pink rice infused with fresh beetroot, nutritious, light, and naturally flavorful

CAL **118.47,** PRO **2.32,** CARB **25.26,** FAT **0.5**

AED 16

Side Dishes



BROCCOLI RICE

Light, fluffy rice mixed with fresh and healthy broccoli.

CAL **113.31,** PRO **2.43,** CARB **23.88,** FAT **0.7**

AED 16



PESTO RICE

Fragrant rice tossed with fresh basil pesto, rich in flavor and deliciously wholesome.

CAL **128.73,** PRO **2.36,** CARB **25.24,** FAT **1.74**

AED 16



MASHED POTATO

Creamy, smooth mashed potatoes with a comforting homemade taste.

CAL **116.43,** PRO **2,** CARB **14.19,** FAT **6**

AED 12



MASHED SWEET POTATO

Creamy mashed sweet potato, smooth and naturally comforting.

CAL **141.2,** PRO **1.72,** CARB **21,** FAT **5.89**

AED 16

Side Dishes



AVOCADO

Fresh avocado, creamy, wholesome, and full of natural goodness.

CAL **160,** PRO **2,** CARB **8.53,** FAT **14.66**

AED 12



ASPARAGUS

Fresh asparagus with a tender texture and delicate earthy flavor.

CAL **22,** PRO **2.4,** CARB **4.11,** FAT **0.22**

AED 34



MUSHROOM

Fresh mushrooms with a soft texture and rich taste

CAL **28,** PRO **3.74,** CARB **4.28,** FAT **0.46**

AED 12



STEAMED VEGGIES

Lightly steamed vegetables, fresh, tender, and naturally flavorful.

CAL **35.2,** PRO **2.17,** CARB **6.66,** FAT **0.23**

AED 12

Side Dishes



BROCCOLI

Lightly cooked broccoli, fresh and nutritious

CAL **35,** PRO **2.38,** CARB **7.18,** FAT **0.41**

AED 12

ALL SIDE DISHES ARE SERVED IN (100 G) PORTIONS

Appetizers

Appetizers



PLAIN HUMMUS

Smooth and creamy hummus made from chickpeas and fresh tahini, topped with a drizzle of olive oil for an authentic classic taste.

CAL **318,** PRO **10.9,** CARB **17.6,** FAT **21.2**

AED 12



HUMMUS WITH MINCED BEEF

Smooth and creamy hummus topped with seasoned minced beef and finished with a drizzle of olive oil for a rich traditional flavor.

CAL **383,** PRO **19.7,** CARB **18.3,** FAT **24**

AED 16



BEETROOT HUMMUS

Creamy hummus blended with boiled beetroot, offering a smooth texture and a mildly sweet, earthy flavor.

CAL **232,** PRO **8,** CARB **15,** FAT **14**

AED 14



PESTO HUMMUS

Classic creamy hummus blended with fresh Pesto Sauce, offering a rich, herby flavor with a smooth finish.

CAL **300,** PRO **10,** CARB **16,** FAT **21**

AED 14

Snack

Snack



APPLE MUFFINS

Freshly baked apple muffins with a soft texture and rich homemade flavor.

CAL **272,** PRO **5.8,** CARB **33,** FAT **10**

AED 8



BLUEBERRY MUFFINS

Freshly baked blueberry muffins made with whole grain wheat flour and wholesome oats for a soft and satisfying bite.

CAL **247,** PRO **5.2,** CARB **32,** FAT **9.5**

AED 8



VANILLA CHEESECAKE

Smooth and creamy no-bake vanilla cheesecake with a rich velvety texture and delicate vanilla flavor.

CAL **252,** PRO **2.4,** CARB **5.9,** FAT **18.2**

AED 17



CHOCOLATE CHEESECAKE

Decadent no-bake chocolate cheesecake with rich dark chocolate and a smooth creamy texture.

CAL **349,** PRO **4.3,** CARB **14.9,** FAT **23.8**

AED 17

Snack



SHOUFAN

Healthy and delicious shoufan with honey granola and coconut powder, perfect for an energizing start to your day.

CAL **463.9,** PRO **10.37,** CARB **67.86,** FAT **17.22**

AED 17



CINNAMON ROLL

A bite-sized treat with the warm, comforting taste of cinnamon and a soft, satisfying texture.

CAL **437.6,** PRO **6.3,** CARB **54.7,** FAT **20.1**

AED 17



FRUIT SALAD

A refreshing fruit salad made with juicy pineapple, sweet mango, and fresh strawberries.

CAL **82.6,** PRO **1.14,** CARB **20.84,** FAT **0.46**

AED 17



FRUIT CUSTARD

Rich and creamy fruit custard topped with fresh seasonal fruits for a refreshing finish.

CAL **199.7,** PRO **5,** CARB **29,** FAT **5.4**

AED 17

Snack



NUTS CLUSTER

Wholesome, crunchy snacks packed with natural energy.

CAL **288.8,** PRO **6.18,** CARB **28.16,** FAT **17.6**

AED 12



PEANUT BUTTER STICK

Smooth and indulgent peanut butter dessert with coconut milk, almonds, and a touch of honey.

CAL **170.2,** PRO **6.3,** CARB **12.33,** FAT **10.62**

AED 5



ALMOND ENERGY BALL

Soft and satisfying almond energy bites with a rich nutty flavor and delicate sweetness.

CAL **88.4,** PRO **3.08,** CARB **10.23,** FAT **4.55**

AED 5



DATE ENERGY BALL

Delicious date energy bites packed with natural sweetness and a rich nutty flavor.

CAL **108.9,** PRO **2.34,** CARB **18.29,** FAT **4.07**

AED 5

Snack



VANILLA WHITE CHOCOLATE COOKIES

A delicious Vanilla White Chocolate Cookies featuring Almond Flour, Quaker Whole Wheat Natural Cereal Dry, Butter for a rich nutty flavor

CAL **196.1,** PRO **4.62,** CARB **12.55,** FAT **14.69**

AED 10



VANILLA DARK CHOCOLATE COOKIES

Delicious vanilla cookies blended with rich dark chocolate for a perfectly sweet and indulgent bite.

CAL **196,** PRO **4.14,** CARB **15.2,** FAT **13.8**

AED 10



CHOCO HAZELNUT COOKIES

Soft and delicious chocolate hazelnut cookies with a rich nutty flavor and satisfying crunch.

CAL **196.1,** PRO **4.63,** CARB **12.55,** FAT **14.69**

AED 10



CHOCO PISTACHIO COOKIES

Rich chocolate cookies infused with roasted pistachio flavor for a unique and delicious taste.

CAL **207,** PRO **4.5,** CARB **17.8,** FAT **13.1**

AED 10

Snack



RED VELVET COOKIES

Soft and rich red velvet cookies with a smooth texture and irresistible flavor.

CAL **202,** PRO **4.3,** CARB **17.4,** FAT **12.7**

AED 10



MATCHA COOKIES

Delicate matcha cookies with a smooth texture and a rich earthy flavor.

CAL **201,** PRO **4.2,** CARB **17.2,** FAT **12.6**

AED 10



VANILLA COOKIES

Delicious vanilla cookies made with butter and fresh eggs, baked to a soft and comforting finish.

CAL **167,** PRO **3.1,** CARB **20.5,** FAT **7.7**

AED 7



CHOCOLATE COOKIES

Rich chocolate cookies baked with butter and cocoa for a soft texture and indulgent flavor.

CAL **168,** PRO **3.4,** CARB **20,** FAT **7.7**

AED 7

Snack



CLASSIC MILK CAKE

Soft and fluffy milk cake with a light texture and delicate sweetness.

CAL **372,** PRO **11.2,** CARB **43.6,** FAT **16.1**

AED 22



SAFFRON MILK CAKE

Light and fluffy milk cake infused with aromatic saffron for a rich and elegant flavor.

CAL **373,** PRO **11.2,** CARB **43.6,** FAT **16.1**

AED 26



DATES PUDDING

Soft and comforting date pudding made with rich dates for a naturally sweet flavor.

CAL **158,** PRO **2.4,** CARB **21,** FAT **8**

AED 8



BANANA BREAD

A delicious Banana Bread soft and tasty with a touch of Honey.

CAL **289,** PRO **5.4,** CARB **32.6,** FAT **15.6**

AED 17

Snack



CARROT CUPCAKES

Soft and moist carrot cake made with wholesome wheat flour and warm comforting flavors.

CAL **304,** PRO **6.44,** CARB **23.41,** FAT **20**

AED 8



PISTACHIO DATES

Soft date balls blended with fig, walnuts, pistachio, coconut, chia, and sesame seeds, finished with a pistachio topping.

CAL **84,** PRO **1,** CARB **12,** FAT **4**

AED 7



ALMOND MOIST BROWNIES

Rich and moist brownies topped with crunchy almonds.

CAL **314,** PRO **8.2,** CARB **22.1,** FAT **20.6**

AED 8



ACAI CUP

A delicious Acai Cup beverage to enjoy anytime.

CAL **584,** PRO **17,** CARB **74,** FAT **31**

AED 35

Snack



CHIA SEEDS

A delicious Chia Seeds featuring Chia Seeds, Coconut Milk Powder and Water- healthy and tasty snack.

CAL **411.4,** PRO **9.66,** CARB **35,** FAT **16.4**

AED 17



BLUEBERRY SUNRISE CHIA

A delicious Blueberry Jam featuring Blueberries, Stevia Liquid, Lemon Juice Raw.

CAL **235.8,** PRO **5.18,** CARB **30.22,** FAT **11.5**

AED 19



MILKY RICE KHEER

A delicious Milky Rice Kheer featuring Rice White, Milk Low-fat, Water for a reach flavor

CAL **203,** PRO **4.8,** CARB **30.2,** FAT **4.25**

AED 15



MATCHA DATE BALLS

Date balls with mixed nuts and fig, coated in matcha white chocolate ganache and topped with pistachio.

CAL **109,** PRO **2,** CARB **11,** FAT **6**

AED 7

Snack



NUTS ENERGY BAR

A delicious Nuts Energy Bar featuring Almonds, Almond Flakes, Walnuts for a naturally sweet flavor

CAL **203.2,** PRO **4.46,** CARB **27.88,** FAT **9.5**

AED 11



HEALTHY GLOW SAN SEBASTIAN

A delicious San Sebastian featuring Cream Cheese, Stevia Liquid, Eggs Raw for a soft texture

CAL **302,** PRO **13,** CARB **11,** FAT **19**

AED 20



CHOCO BANANA PROTEIN TIRAMISU

A rich and healthy protein-boosted tiramisu blend, combining creamy banana layers with smooth chocolate for a delicious, guilt-free treat.

CAL **192,** PRO **5,** CARB **25,** FAT **8**

AED 18



COOKIES & CREAM CHEESECAKE

Creamy cheesecake layered with crunchy cookies and topped with a mix of nuts for extra texture and flavor.

CAL **235,** PRO **3,** CARB **15,** FAT **19**

AED 17

Snack



COCONUT FIG BALLS

A wholesome blend of dates, dried figs, walnuts, sesame, chia seeds, pistachios, and cinnamon.

CAL **130,** PRO **2,** CARB **22,** FAT **5**

AED 7


Drinks

Drinks



LEMON MINT

A delicious Lemon Mint beverage to enjoy anytime.

CAL **37,** PRO **0.13,** CARB **9.5,** FAT **0.1**

AED 17



ORANGE MOJITO

A fresh Orange mojito packed with nutrients for a health boost.

CAL **169,** PRO **3.6,** CARB **34.3,** FAT **0.6**

AED 28



CLASSIC MOJITO

A classic Mojito with fresh mint, lime, and soda water for a crisp, lively drink.

CAL **64,** PRO **1.3,** CARB **14.3,** FAT **0.2**

AED 28



STRAWBERRY MOJITO

A classic Strawberry Mojito with fresh mint, lime and soda water for a crisp, lively drink.

CAL **0.2,** PRO **1.3,** CARB **10.8,** FAT **0.5**

AED 28

Drinks



BLUEBERRY MOJITO

A classic Blueberry Mojito with fresh mint, lime and soda water for a crisp, lively drink.

CAL **73,** PRO **1.3,** CARB **16,** FAT **0.5**

AED 28



PEACH MOJITO

A classic Peach Mojito with fresh mint, lime and soda water for a crisp, lively drink.

CAL **52,** PRO **1.1,** CARB **12,** FAT **0.3**

AED 28



PASSION FRUIT MOJITO

A classic Passion Fruit Mojito with fresh mint, lime and soda water for a crisp, lively drink.

CAL **144,** PRO **3.4,** CARB **21.9,** FAT **1.1**

AED 28



ACAI PROTEIN

An Acai Protein packed with protein powder and milk for muscle recovery.

CAL **336,** PRO **31.9,** CARB **40.4,** FAT **5.9**

AED 39

Drinks



VLAD PROTEIN

A Vlad Protein packed with protein powder and milk for muscle recovery.

CAL **262,** PRO **22.4,** CARB **41.1,** FAT **1.9**

AED 39



ULTRA PROTEIN

Ultra Protein shake made with protein powder and milk for muscle recovery.

CAL **394,** PRO **31.3,** CARB **61.5,** FAT **4.6**

AED 39



REGAIN PROTEIN

A Regain Protein packed with protein powder and milk for muscle recovery.

CAL **407,** PRO **33.65,** CARB **44.45,** FAT **11.8**

AED 39



HULK PROTEIN

A Hulk Protein packed with protein powder and milk for muscle recovery.

CAL **264,** PRO **27.6,** CARB **30.4,** FAT **3.9**

AED 39

Drinks



SLUSH PROTEN MIX

A fusion of pineapple and blueberry slush with whey protein for a perfect balance of taste and fuel.

CAL **135,** PRO **18,** CARB **16,** FAT **0.1**

AED 18



SLUSH PROTEIN PINEAPPLE

A refreshing Pineapple ice slush blended with whey protein for a tropical Boost.

CAL **135,** PRO **18,** CARB **16,** FAT **0.1**

AED 18



SLUSH PROTEN BLUEBERRY

A cool Blueberry Ice Slush Mixed with whey Protein for a fruity energy kick.

CAL **135,** PRO **18,** CARB **16,** FAT **0.1**

AED 18



BERRY POWER

A delicious mix of berries, banana, apple juice, and vanilla protein for a refreshing, protein-packed smoothie.

CAL **429,** PRO **22.7,** CARB **73.3,** FAT **3.6**

AED 39

Drinks



SPINACH SHAKE

A smooth blend of banana, dates, spinach, peanut butter, coconut water, and vanilla protein.

CAL **503,** PRO **34,** CARB **61.8,** FAT **14.7**

AED 39



AVOCADO SMOOTHIE

A fresh Avocado Juice packed with nutrients for a health boost.

CAL **520,** PRO **23.1,** CARB **55,** FAT **27.1**

AED 20



STRAWBERRY BANANA SMOOTHIE

Fresh strawberries blended with ripe banana for a naturally sweet and creamy smoothie

CAL **207,** PRO **3.2,** CARB **43.4,** FAT **1.2**

AED 20



BANANA SHAKE

Creamy banana shake blended for a smooth, satisfying taste.

CAL **464,** PRO **11.8,** CARB **105.3,** FAT **3.4**

AED 39

Drinks



MANGO SMOOTHIE

A fresh Mango Juice packed with nutrients for a health boost.

CAL **156,** PRO **2.1,** CARB **34.8,** FAT **1**

AED 20



STRAWBERRY SMOOTHIE

A refreshing strawberry smoothie with fresh mint, lime, and sparkling soda.

CAL **83,** PRO **1.7,** CARB **14.8,** FAT **0.8**

AED 17



ACAI SMOOTHIE

A fresh Acai Juice packed with nutrients for a health boost.

CAL **555,** PRO **14.7,** CARB **54.7,** FAT **30.7**

AED 39



ORANGE JUICE

Freshly squeezed orange juice full of vibrant citrus flavor.

CAL **113,** PRO **2,** CARB **28 ,** FAT **0**

AED 17

Drinks



SUPER KALE SMALL

A delicious Super Kale Small beverage to enjoy anytime.

CAL **301,** PRO **6.2,** CARB **72.5,** FAT **1.2**

AED 28



SUPER KALE BIG

A delicious Super Kale Big beverage to enjoy anytime.

CAL **361,** PRO **7,** CARB **87,** FAT **1**

AED 39



GINGER SHOT

A concentrated Ginger shot to boost wellness and digestion.

CAL **65,** PRO **0.5,** CARB **17.3,** FAT **0.1**

AED 12



LEAN GREEN

A delicious Lean Green beverage to enjoy anytime.

CAL **158,** PRO **2.1,** CARB **40.2,** FAT **0.6**

AED 17

Drinks



HIBISCUS

A delicious Habiscus beverage to enjoy anytime.

CAL **28.8,** PRO **0.13,** CARB **8.1,** FAT **0**

AED 23



IMMUNITY JUICE

A fresh Immunty Juice packed with nutrients for a health boost.

CAL **157,** PRO **2.9,** CARB **38.2,** FAT **0.6**

AED 17



BEET JUICE

A fresh Beet Juice packed with nutrients for a health boost.

CAL **130,** PRO **2.1,** CARB **31.4,** FAT **0.4**

AED 17


Coffee

Coffee



ESPRESSO DOUBLE

A concentrated shot of rich espresso with a layer of crema, offering a bold and intense coffee experience.

AED 13



AMERICANO

A smooth Americano with rich espresso diluted with hot water for a balanced, mellow coffee flavor.

AED 15



CAFÉ LATTE

A delicious Café Late beverage to enjoy anytime.

AED 20



CAPPUCCINO

A balanced cappuccino with equal parts espresso, steamed milk, and milk foam, delivering a rich and airy texture.

AED 20

Coffee



CARAMEL LATTE

A delicious Caramel Late beverage to enjoy anytime.

AED 20



VANILLA LATTE

A delicious Vanilla Late1 beverage to enjoy anytime.

AED 20



ESPRESSO MACHIATO

A concentrated shot of rich espresso with a layer of crema, offering a bold and intense coffee experience.

AED 19



MOCACHINO

A delicious Ice Mochacino beverage to enjoy anytime.

AED 15

Coffee



CORTADO

A cortado with equal parts espresso and warm milk for a smooth, balanced taste.

AED 17



PICOLO

A piccolo latte served in a small glass, featuring a ristretto shot and steamed milk.

AED 20



FLAT WHITE

A velvety flat white with ristretto shots and silky steamed milk.

AED 20



SPANISH LATTE (HOT)

A delicious Spanish Late Hot beverage to enjoy anytime.

AED 20

Coffee



ESPRESSO SINGLE

A concentrated shot of rich espresso with a layer of crema, offering a bold and intense coffee experience.

AED 13



GOLDEN LATTE

A delicious Golden Late beverage to enjoy anytime.

AED 15



MATCHA TEA HOT

A traditional matcha tea whisked to a frothy consistency, rich in antioxidants.

AED 39



V- 60 COLD

A pour over V60 coffee highlighting delicate flavors and clarity.

AED 20

Coffee



ICED LATTE

A delicious Ice Late beverage to enjoy anytime.

AED 18



ICED MOCHACCINO

A delicious Ice Mochacino beverage to enjoy anytime.

AED 17



COLD DRIP

Cold drip coffee brewed drop by drop over hours, delivering a smooth, rich, and perfectly balanced flavor.

AED 20



MATCHA TEA COLD

A traditional matcha tea whisked to a frothy consistency, rich in antioxidants.

AED 41

Coffee



ICED VANILLA LATTE

A delicious Vanilla Late beverage to enjoy anytime.

AED 22



SPANISH LATTE COLD

A delicious Spanish Late, Cold beverage to enjoy anytime.

AED 22



ICED AMRICANO

A smooth Americano with rich espresso diluted with hot water for a balanced, mellow coffee flavor.

AED 18

BE HEALTHY

Our Branches

DUBAI

- **Nadd Al Hammar** Main Branch
- **Hessa st.**
- **Al Rashidiya**
- **Max Burn GYM**
- **Ras Alkhoor** central kitchen
- **Arjan**
- **Business Bay**
- **Bel Remaitha Club**
- **Quoz Ind. Area 1** Head Office
- **Dubai Police Academy**
- **Al khawaneej**

ABU DHABI

- **Mushrif Mall** Abu Dhabi
- **Al Forsan Mall** Abu Dhabi

OTHER EMIRATES

- **Sharjah Branch**

INTERNATIONAL

- **Syria** Damascus

800 234 325849

www.behealthydxb.com