

The Menu



Salad

Keto Bowl 🍷 65

Grilled chicken with baby spinach, roasted pumpkin, broccolini, French beans and avocado, topped with feta cheese, sumac, pomegranate and za'atar.

Pomegranate and Date 🌿 61

Quinoa with pomegranate pearls, baby spinach, rocket, fresh dates and crushed pistachios; topped with vegan feta cheese and Italian dressing.

Roasted Pumpkin and Goat Cheese 🌿 62

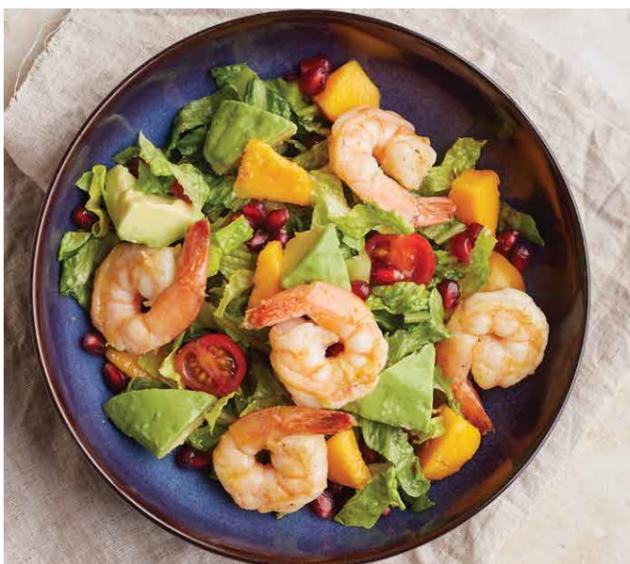
Roasted pumpkin, goat cheese, spinach, quinoa, cherry tomatoes, pine nuts and sultanas; topped with crushed pistachios and Italian dressing.

Vegan Quinoa 🌿🌿🔥 59

Black beans, quinoa, chickpeas, chili, cherry tomatoes, cucumber, broccolini, red onion, vegan feta cheese and kale, in lemon and olive oil dressing.

Prawn and Avocado 🍷 63

Roasted prawns, avocado, fresh mango, cherry tomatoes, Romaine lettuce and pomegranate, in lemon dressing.



Soup

Moroccan Lentil Soup 🌿🌿 39

Creamy soup of green lentils and chick peas cooked with traditional spices.



Breakfast

Acai Bowl 🌿🌿 50

Acai berry purée topped with peanut butter, banana, blueberries, strawberries, coconut chips, pumpkin and chia seeds.



Chia Pudding 🌿 46

Almond milk and coconut cream infused chia seeds layered with berries and mango, topped with crushed strawberries, coconut and pumpkin seeds.

Chili Beef Scrambled Egg 🍷🔥 59

Ground beef enriched with sautéed green chili, crushed tomatoes, and black beans; mixed with scrambled eggs, topped with avocado and labneh.

Big Keto Breakfast 🍷 76

Your choice of eggs, Angus beef patty, veal bacon, sautéed spinach, avocado, button mushroom and cherry tomatoes; served with your choice of a hot coffee or tea.

Poached Eggs and Avo Smash on Portobello Mushrooms 🍷 57

Poached eggs and avocado smash on roasted Portobello mushrooms, garnished with rocket and za'atar.

Burger

Vegetarian Caesar Schnitzel Burger 🌿🌿 67

Plant-based protein Schnitzel, vegan Caesar sauce, lettuce, tomato in a vegan bun; served with sweet potato fries.

Impossible Burger 🌿🌿 67

Impossible™ burger patty with vegan cheese, vegan mayonnaise, lettuce and tomatoes in a vegan bun; served with sweet potato fries.

Beyond Burger 🌿🌿 65

Beyond Meat® burger patty with vegan cheese, vegan mayonnaise, lettuce and tomatoes in a vegan bun; served with sweet potato fries.



Pizza

Margherita Keto Pizza 🍷 65
A low calorie pizza made of almond flour base, topped with marinara sauce and mozzarella cheese.

Truffle Pizza 64
Creamy black truffle and porcini mushrooms with mozzarella cheese, topped with rocket leaves.

Mushroom and Bell Pepper Keto Pizza 🍷 65
A low calorie pizza made of almond flour base, topped with mushrooms, bell peppers, rocket, mozzarella and Grana Padano cheese, topped with olive oil and chili flakes.

Pasta

Penne Arrabbiata 🌱🔥 52
Penne pasta in a traditional spicy tomato sauce.

Spinach and Mushroom Fusilli 59
Fusilli with homemade spinach pesto, pine nuts, garlic and olive oil mixed with cherry tomatoes and mushrooms, topped with savory biscuit crumble.

Truffle Porcini Fettucine 60
Fettuccine with creamy black truffle and porcini mushroom sauce, topped with shaved parmesan and parsley.



Mains

Pesto Chicken Vegetable Stir-fry 🍷 64
Thyme roasted chicken breast mixed with zucchini, cherry tomatoes, broccolini and French beans pesto salad; served on a labneh base.

Plant-based Pesto Vegetable Stir-fry 72
Thyme roasted plant-based protein chunks mixed with zucchini, cherry tomatoes, broccolini and French beans pesto salad; served on a labneh base.



Harissa Salmon 🍷🔥 86
Harissa marinated grilled salmon atop a mixed salad of kale, fennel, edamame, cherry tomatoes and radish.

Plant-based Kung Pao 🌱 59
Stir fried plant-based chunks with onions, chili, red and yellow bell peppers and peanuts. Served with rice.



Plant-based Schnitzel with Mash and Gravy 🌱 62
Plant-based Schnitzel served with mash potatoes and green beans, accompanied with a Gravy sauce.



Drinks

Beetroot and Pomegranate Cooler 32

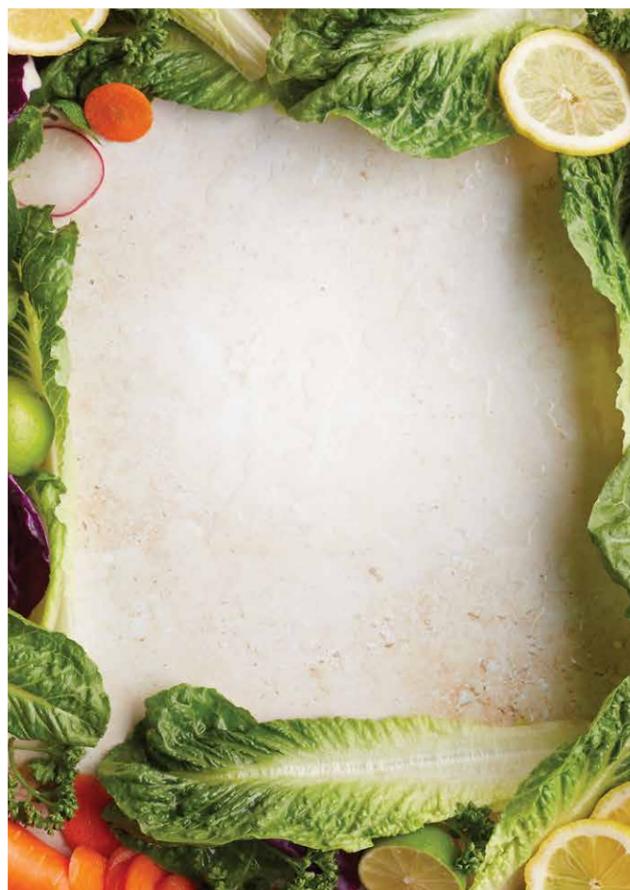
Orange Booster 32

Drink Your Greens 27
Spinach, ginger, celery and orange.

Lean Green Power Juice 27
Celery, kale, spinach, ginger, and apple.

Kale, Pear and Cucumber Punch 27
Kale, pear and cucumber.

Super Greens 27
Cucumber, broccoli, kale, pear and apple.



Know what you're eating!

Scan the QR code for the nutritional information of all the dishes in this menu.

