

**HUNGRY  
WOLVES**

**Disclaimer:**

Please be advised, we cannot guarantee the absence of allergens in our dishes due to it being produced in a kitchen that contains allergens.

Nutrition facts are based on U.S Department of Agriculture Nutrient Database (USDA)

## BREAKFAST

### EGGS ANY STYLE (D) (G) ————— 25

3 Eggs sunny side up, scrambled or poached Served with sautéed mushrooms, roasted cherry tomatoes and baby spinach

P: 20.88 GM | F: 16.87 GM | C: 45.16 GM | KCAL: 418.95

### EGGS BENEDICT

Choice of protein served on English muffins with homemade avocado hollandaise sauce and super seeds

#### SMOKED SALMON (D) (G) (N) ————— 43

P: 31.54 GM | F: 30.72 GM | C: 16.07 GM | KCAL: 205.5

#### SMOKED TURKEY (G) (N) ————— 38

P: 45.59 GM | F: 35.57 GM | C: 16.07 GM | KCAL: 622.5

#### MARINATED SHRIMP (G) (N) ————— 47

P: 29.75 GM | F: 23.59 GM | C: 16.32 GM | KCAL: 466.6

### LOADED OMELETTE (D) (G) (N) ————— 38

Cheddar, black beans and jalapenos, topped with pico de gallo

P: 37 GM | F: 38 GM | C: 73 GM | KCAL: 807

### EGG WHITE OMELETTE (D) (G) ————— 36

Pan cooked 3 eggs whites with feta cheese, onion, cherry tomato with toasted sourdough bread

P: 34.18 GM | F: 19.53 GM | C: 73.25 GM | KCAL: 608.26

### CHEESE & TURKEY OMELETTE (D) (G) ————— 39

Cheddar cheesy omelette filled with smoked turkey, served with sautéed mushroom and roasted cherry tomato

P: 30.71 GM | F: 21.69 GM | C: 40.8 GM | KCAL: 483.77

### EGGS & BEEF (D) (G) ————— 59

Scrambled eggs topped with marinated grilled tenderloin, sundried tomato and served with sourdough bread

P: 40.36 GM | F: 19.1 GM | C: 50.55 GM | KCAL: 524.01

### BREAKFAST OF THE BEASTS (D) (G) ————— 45

Sunny side up eggs with cooked beef sausage, cooked white beans with tomato sauce, grilled turkey bacon, sautéed mushroom served with sour bread

P: 43.83 GM | F: 53.71 GM | C: 70.84 GM | KCAL: 984.04

### OVERNIGHT OATS (G) (N) (V) ————— 26

Overnight soaked protein oats with almond milk and Hazelnut butter topped with banana and shredded coconut

P: 9.66GM | F: 23.52 GM | C: 37.35 GM | KCAL: 381.43GM

#### ADD ONS (50G)

##### GRILLED CHICKEN

P: 9.01 GM  
F: 6.64 GM  
C: 1.23 GM  
KCAL: 101.6  
12 AED

##### SMOKED SALMON

P: 9.14 GM  
F: 2.16 GM  
C: 0 GM  
KCAL: 58.5  
17 AED

##### TURKEY BACON

P: 14.75 GM  
F: 12.94 GM  
C: 2.12 GM  
KCAL: 184  
12 AED

## BOWLS

### FOUL MOUDAMMAS (G) (N) ————— 35

Our style Foul Moudammas serve with side vegetables and whole wheat pita bread

P: 21.42 GM | F: 42.33 GM | C: 60.19 GM | KCAL: 705.33

### BREAKFAST BOWL (D) (G) (N) ————— 43

Cooked quinoa, 2 sunny side up eggs, chorizo slice, mature cheddar cheese, black beans, guacamole scoop, sour cream, pico de gallo and tortilla chips

P: 50.36 GM | F: 43.73 GM | C: 103.39 GM | KCAL: 1016.14

### EXOTIC PARFAIT (D) (G) (N) ————— 52

Low fat Greek yoghurt topped with granola seeds, mango, pineapple, coconut, and kiwi

P: 30.7 GM | F: 33.95 GM | C: 70.5 GM | KCAL: 697.28

### ACAI BOWL RED FRUITS (N) ————— 55

Authentic acai bowl topped with red fruits, roasted almonds, and coconut chips

P: 6.14 GM | F: 19.15 GM | C: 21.62 GM | KCAL: 265.83

### ACAI BOWL (D) (G) ————— 45

Acai bowl mix topped with sliced banana, mango cubes, cashew and grounded pistachio

P: 6.4 GM | F: 17.81 GM | C: 33.55 GM | KCAL: 305.42

## PANCAKES

### CLASSIC PANCAKE (D) (G) (N) ————— 38

Seven-grain flour pancake topped with raspberries, blueberries and maple syrup

P: 17.49 GM | F: 4.06 GM | C: 79.33 GM | KCAL: 415.53

### DATES PANCAKE (D) (G) (N) ————— 38

Seven-grain flour pancake topped with banana, date syrup and grounded pistachio

P: 18.24 GM | F: 5.16 GM | C: 76.88 GM | KCAL: 424.94

### COCONUT PANCAKE (D) (G) (N) ————— 38

Seven-grain flour pancake topped with banana, maple syrup and coconut flakes

P: 21.81 GM | F: 27.75 GM | C: 88.32 GM | KCAL: 684.39

Please inform our waiter if you have any allergies.

(V) Vegetarian  
(VG) Vegan  
(GF) Gluten Free

(G) Gluten  
(N) Nuts  
(S) Sesame

(D) Dairy  
(P) Protein

## SOUP OF THE DAY

### CAULIFLOWER CHOWDER SOUP (VG) ————— 22

Mondays and Tuesdays

P: 10.22 GM | F: 8.29 GM | C: 10.53 GM | KCAL: 158.53

### GINGER BROCCOLI SOUP (G) (VG) ————— 22

Wednesdays and Thursdays

P: 7.01 GM | F: 18.12 GM | C: 22.08 GM | KCAL: 265.34

### PUMPKIN AND KALE SOUP (G) (VG) (N) ————— 22

Fridays

P: 5.25 GM | F: 19.84 GM | C: 20.03 GM | KCAL: 276.35

### WILD MUSHROOM SOUP (VG) ————— 25

Saturdays

P: 4.65 GM | F: 14.1 GM | C: 7.14 GM | KCAL: 166.97

### LENTIL SOUP (G) (VG) ————— 25

Sundays

P: 21.45 GM | F: 15.31 GM | C: 56.96 GM | KCAL: 450.91

## NIBBLES

### AIR FRIED POTATOES (VG)

#### CLASSIC POTATO THIN CUT FRIES ————— 14

P: 3.9 GM | F: 7.05 GM | C: 30 GM | KCAL: 207

#### SWEET POTATO FRIES ————— 14

P: 3.2 GM | F: 13.38 GM | C: 53.37 GM | KCAL: 273

### OVER LOADED WEDGES (D) ————— 32

Roasted potato topped with cheddar cheese, jack cheese, slow cooked shredded brisket, green jalapenos, spring onion and chimichurri sauce

P: 31.46 GM | F: 51.28 GM | C: 57.02 GM | KCAL: 801.29

### GUACAMOLE (G) (VG) (N) ————— 34

Homemade guacamole served with Cajun tortilla chips

P: 3.45 GM | F: 32.64 GM | C: 9.26 GM | KCAL: 349.86

### SHRIMP DUMPLING (G) (N) (S) ————— 26

Pan seared shrimp wonton style with teriyaki sauce, lemon grass and sesame seeds

P: 24.72 GM | F: 6.68 GM | C: 25.31 GM | KCAL: 268

### CHICKEN SATAY (G) (N) (S) ————— 24

Marinated chicken satay skewers with satay sauce served on cabbage slaw

P: 35.57 GM | F: 30.51 GM | C: 12.19 GM | KCAL: 465.73

## SALADS

### ROOTS SALAD (VG) (N) ————— 32

Marinated roasted beetroot, carrot, zucchini and eggplant mixed with spinach leaves dressed in chimichurri-style sauce

P: 12.02 GM | F: 20.83 GM | C: 50.06 GM | KCAL: 446.77

### KALE CHICKEN SALAD (D) (N) ————— 38

Marinated chicken breast with chopped kale, baby spinach, crumbled goat cheese, caramelized walnuts, green apple and served with raspberry vinegar dressing

P: 31 GM | F: 51 GM | C: 15.16 GM | KCAL: 677

### MARINATED STEAK SALAD (N) ————— 55

Marinated beef tenderloin steak served with carrots, beansprouts, cucumber, Chinese cabbage, red cabbage, fresh mint, Thai basil, and chili flakes with peanut butter dressing

P: 35.2 GM | F: 22.37 GM | C: 12.62 GM | KCAL: 401.7

### GRILLED CHICKEN SALAD (N) ————— 49

Marinated chicken cumin strips served with mix green leaves, fresh mint, red radish, cucumber, onion pickles, cherry tomato with creamy cilantro dressing

P: 23 GM | F: 14 GM | C: 4 GM | KCAL: 248

### PERI PRAWNS SALAD (N) (S) ————— 53

Marinated spicy grilled prawns, served with baby spinach, lettuce gem, avocado slices, green mango, grilled pineapple, and lime peri sauce

P: 11.88 GM | F: 22.01 GM | C: 27.78 GM | KCAL: 363.43

## PIZZETTE

### CHICKEN GRILLED (D) (G) ————— 25

Tortilla bread topped with grilled chicken, light mozzarella cheese, cooked spinach, red onion and coriander leaves

P: 34.97 GM | F: 24.24 GM | C: 38.67 GM | KCAL: 513.03

### SPICY PEPPERONI (D) (G) ————— 28

Tortilla bread topped with spicy beef pepperoni, tomato sauce, light mozzarella cheese and jalapenos slices

P: 25.41 GM | F: 30.14 GM | C: 37.64 GM | KCAL: 520.88

### TURKEY AND CHEESE (D) (G) ————— 28

Tortilla bread topped with smoked turkey, light mozzarella cheese, sauté mushrooms and fresh basil

P: 31.61 GM | F: 16.98 GM | C: 28.24 GM | KCAL: 393.43

### MARGHERITA PIZZA (D) (G) (V) ————— 22

Tortilla based margherita pizza with homemade tomato sauce, light mozzarella cheese and basil

P: 20.61 GM | F: 18.57 GM | C: 37.24 GM | KCAL: 394.53

### CHOOSE PINZA BASE ————— 15

P: 15.84 GM | F: 17.6 GM | C: 78 GM | KCAL: 556.8

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(N) Nuts  
(S) Sesame

(D) Dairy  
(P) Protein

## SANDWICHES

### CHICKEN CLUB (D) (G) (S) ————— 38

Authentic sourdough with grilled chicken, avocado mousse, cheddar cheese, turkey bacon, tomato slice, cucumber pickles, baby gem lettuce

P: 31.94 GM | F: 34.19 GM | C: 45.26 GM | KCAL: 614.02

### GRILLED TURKEY CHEESE SANDWICH (D) (G) — 48

Sourdough bread with smoked turkey, brie cheese, Dijon mustard, sundried tomato, baby spinach and sliced green apple

P: 42.38 GM | F: 28.27 GM | C: 53.62 GM | KCAL: 615.1

### COTTAGE CHEESE SANDWICH (D) (G) (S) ————— 35

Sesame bread open face sandwich topped with cottage cheese, avocado mash, grilled baby corn served with a mix green side salad

P: 11.13 GM | F: 11.65 GM | C: 26.1 GM | KCAL: 255.54

### BRISKET SANDWICH (D) (G) ————— 40

Shredded BBQ brisket in a potato bun with cucumber pickles, cheddar cheese and red coleslaw served with sweet wedge potato and guacamole dip

P: 25 GM | F: 23.27 GM | C: 36.17 GM | KCAL: 503.75

### BIG MOUTH BURGER (D) (G) ————— 65

A grilled potato bun with 200 gm of angus beef patty, cajun mayo sauce, smoked beef bacon, tomato slice, cucumber pickles, baby gem, cheddar cheese served with air fried potatoes

P: 25 GM | F: 23.27 GM | C: 36.17 GM | KCAL: 503.75

### CHICKEN BURGER (D) (G) ————— 42

Crispy oven baked chicken in potato bun with red coleslaw, cucumber pickles, onion pickles served with air fired sweet potatoes

P: 33.63 GM | F: 34.34 GM | C: 50.31 GM | KCAL: 748.31

### STEAK SANDWICH (D) (G) ————— 69

Open face tenderloin steak sandwich with sliced onion and mix capsicum topped with melted mix cheese served with air fried potatoes

P: 35.69 GM | F: 18.48 GM | C: 38.11 GM | KCAL: 457.73

### VEGGIE WRAP (G) (VG) ————— 25

Overnight Marinated grilled veggies, turmeric hummus, rocca leaves, sundried tomato, in a green spinach wrap served with homemade beetroot chips

P: 17.75 GM | F: 21.47 GM | C: 60.11 GM | KCAL: 490.16

## MAIN COURSES

### ROASTED SALMON (D) (N) (S) ————— 79

Oven baked salmon fillet topped with pumpkin seeds, served with sweet potato mash , sautéed spinach and dill cream sauce

P: 36.37 GM | F: 41.2 GM | C: 20.14 GM | KCAL: 613.66

### GRILLED SEABASS (D) (N) ————— 65

Grilled seabass filet with butter bean mash and garlic tender steamed broccoli

P: 27.38 GM | F: 8.95 GM | C: 7.88 GM | KCAL: 227.13

### CHICKEN SKEWERS PLATTER (D) (G) ————— 58

Chicken shish taouk, served on a markouk bread, grilled sumac cherry tomato, oven baked potato, pickles, yoghurt garlic dip with mixed green side salad

P: 30.58 GM | F: 10.74 GM | C: 59.28 GM | KCAL: 448.63

### LEAN KOFTA PLATTER (G) (N) ————— 55

Grilled beef kofta served on a chili marqouq bread, boise, hummus ,grilled green chili and roasted tomato and onion sumac

P: 53 GM | F: 66.33 GM | C: 29.3 GM | KCAL: 882

### BEEF TENDERLOIN (D) (N) ————— 145

200 grams of AUS - Grassfed beef tenderloin, topped with mushroom duxelles and served with truffle air-fried potatoes

P: 41 GM | F: 50.9 GM | C: 42 GM | KCAL: 817.8

### RIB EYE (D) (N) ————— 125

220 grams of ARG - Angus Beef Ribeye steak, served with smashed buttered baby potatoes, cream and pepper sauce

P: 44.7 GM | F: 65.97 GM | C: 24.05 GM | KCAL: 867.8

### HERBED SHRIMP PASTA (G) ————— 48

Sauteed marinated shrimps with whole wheat penne and parmesan cheese

P: 18.64 GM | F: 7.65 GM | C: 19.74 GM | KCAL: 226.46

### MIXED GRILL PLATTER (G) (N) ————— 72

Chicken skewer, kofta skewer, tenderloin skewer served with spicy bread and oven baked potato

P: 59.35 GM | F: 35.41 GM | C: 38.54 GM | KCAL: 725.18

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# BUILD YOUR OWN

## 1 – ENERGIZE

### CARBS (100G)

<b>WHOLE WHEAT PENNE PASTA (G) (V)</b> _____	12
P: 11 GM   F: 1.3 GM   C: 73.20 GM   KCAL: 354	
<b>FREEKEH (G) (VG)</b> _____	8
P: 3 GM   F: 0.2 GM   C: 19 GM   KCAL: 84	
<b>BULGUR (G) (VG)</b> _____	8
P: 3 GM   F: 0.24 GM   C: 18 GM   KCAL: 83	
<b>SOBA NOODLES (G)</b> _____	12
P: 5.06 GM   F: 0.1 GM   C: 21.44 GM   KCAL: 99	
<b>WILD RICE (VG)</b> _____	15
P: 3.99 GM   F: 0.34 GM   C: 21.34 GM   KCAL: 101	
<b>WHITE JAPANESE RICE (VG)</b> _____	12
P: 2.57 GM   F: 0.03 GM   C: 29.29 GM   KCAL: 125.8	

## 2 – GAIN

### PROTEIN (100G)

<b>BEEF TENDERLOIN</b> _____	48
P: 20.53 GM   F: 7.63 GM   C: 0.01 GM   KCAL: 151	
<b>SALMON FILLET</b> _____	30
P: 18.15 GM   F: 3.94 GM   C: 1.71 GM   KCAL: 118.95	
<b>CHICKEN BREAST</b> _____	20
P: 18.68 GM   F: 11.88 GM   C: 2.12 GM   KCAL: 193.09	
<b>SEA BASS</b> _____	22
P: 18.43 GM   F: 2 GM   C: 0 GM   KCAL: 97	
<b>BRISKET</b> _____	22
P: 20 GM   F: 9.14 GM   C: 1.44 GM   KCAL: 168.7	
<b>SHRIMPS</b> _____	22
P: 18.96 GM   F: 2.38 GM   C: 0.5 GM   KCAL: 99.30	

## 3 – FLOURISH

### FIBER (50G)

<b>CAULIFLOWER</b> _____	5
P: 3.18 GM   F: 0.76 GM   C: 3.18 GM   KCAL: 21.63	
<b>BROCCOLI</b> _____	5
P: 2.2 GM   F: 0.45 GM   C: 0.9 GM   KCAL: 16.5	
<b>ASPARAGUS</b> _____	10
P: 1.1 GM   F: 0.06 GM   C: 1.94 GM   KCAL: 10	
<b>CARROTS</b> _____	5
P: 0.47 GM   F: 0.23 GM   C: 0 GM   KCAL: 16.61	
<b>COLESLAW</b> _____	5
P: 0.60 GM   F: 0.76 GM   C: 3.18 GM   KCAL: 21.63	
<b>MIXED LEAVES SALAD 100G</b> _____	15
P: 1 GM   F: 4.84 GM   C: 1.88 GM   KCAL: 52.16	

## 4 – TOP IT

### DRESSING (30G)

<b>OLIVE OIL &amp; LEMON (N)</b> _____	5
P: 1.17 GM   F: 11 GM   C: 3.5 GM   KCAL: 113.3	
<b>TERIYAKI (G) (S)</b> _____	5
P: 0.99 GM   F: 1.11 GM   C: 0.0 GM   KCAL: 65.7	
<b>PEPPER SAUCE (D) (N)</b> _____	5
P: 0.25 GM   F: 3.4 GM   C: 3.36 GM   KCAL: 44.78	
<b>CHIMICHURRI STYLE (N) (VG)</b> _____	5
P: 0.9 GM   F: 7.86 GM   C: 4.43 GM   KCAL: 90.75	
<b>MUSHROOM SAUCE (D)</b> _____	5
P: 18.15 GM   F: 3.94 GM   C: 1.71 GM   KCAL: 118.95	
<b>PERI SAUCE (N) (S)</b> _____	5
P: 0.25 GM   F: 3.4 GM   C: 3.36 GM   KCAL: 44.7	

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## FRESH JUICES

### ORANGE JUICE 18

Rich flavor orange 100% juice

P: 3 GM | F: 0 GM | C: 27 GM | KCAL: 115.5

### MINT LEMONADE 18

Lemon juice infusion with mint Leaves

P: 0 GM | F: 0 GM | C: 21 GM | KCAL: 99

### BEAT THE HEAT 22

Beetroot juice, fresh orange juice

P: 3 GM | F: 0 GM | C: 21 GM | KCAL: 115.5

### IMMUNE 22

Carrot, orange & ginger Juice

P: 3 GM | F: 0 GM | C: 33 GM | KCAL: 128

## SMOOTHIES

### STRAWBERRY BANANA (GF) (N) (VG) 26

Strawberries, banana, almond milk and honey

P: 2.39 GM | F: 1.64 GM | C: 52.96 GM | KCAL: 231.7

### MANGO SMOOTHIE (D) (VG) 22

Mango, milk, honey and orange blossom water

P: 6.47 GM | F: 0.19 GM | C: 21.36 GM | KCAL: 112.2

### POWER SMOOTHIE (N) (VG) 22

Dates, espresso, almond milk, crushed almond, cinnamon

P: 2.09 GM | F: 4.19 GM | C: 21.05 GM | KCAL: 128.9

### AVOCADO SMOOTHIE (N) (VG) 26

Avocado, Banana, skimmed milk and honey

P: 3.25 GM | F: 17.26 GM | C: 41.33 GM | KCAL: 336.6

### GREEN CHIA (N) (VG) 22

Spinach, banana, mango, chia, almond milk

P: 5.96 GM | F: 7.76 GM | C: 40.48 GM | KCAL: 258.15

### BLACK OUT SMOOTHIE (N) (VG) 28

Coffee shot, almond butter, date, almond milk, cardamom

P: 11.97 GM | F: 29.42 GM | C: 30.12 GM | KCAL: 405.3

## PROTEIN SHAKES

### FORTIFY (N) (P) (V) 39

Kale, avocado, spirulina, almond milk, whey Isolate vanilla, topped with shaved almonds and goji berries

P: 28.57 GM | F: 20.67 GM | C: 12.81 GM | KCAL: 350.56

### ALMOND SHAKE (N) (P) (V) 35

Almond butter, coconut oil, coconut milk, chocolate whey Isolate, topped with flax seeds and chocolate chip

P: 34.07 GM | F: 41.21 GM | C: 21.92 GM | KCAL: 573.19

### COOL-ADA (N) (P) 39

Pineapple, Coconut milk, Vanilla whey Isolate, Baby spinach, and coconut flakes, Topped with roasted coconut and pineapples

P: 23.24 GM | F: 3.94 GM | C: 16.01 GM | KCAL: 199.48

### COOKIES & CREAM BLAST (G) (N) (P) 41

Oats based Chocolate chips cookie dough, vanilla whey Isolate, almond milk, and maccha powder, topped with Cookies crumble

P: 37.37 GM | F: 1.7 GM | C: 12.87 GM | KCAL: 187.11

### THE FAT BOMB (N) (P) (V) 41

Avocado, Peanut butter, wheat grass and almond milk, vanilla whey Isolate, topped with pumpkin seeds

P: 40.31 GM | F: 46.35 GM | C: 21.28 GM | KCAL: 638.81

### CASHEW SHAKE (N) (P) (V) 35

Cashew Butter, almond milk, banana, dates, sea salt and chocolate whey isolate

P: 32.73 GM | F: 26.44 GM | C: 47.35 GM | KCAL: 543.145

### PB SHAKE (G) (N) (P) 35

Peanut butter, banana, vanilla whey Isolate, almond milk, sea salt, honey, and Granola

P: 37.22 GM | F: 30.90 GM | C: 46.53 GM | KCAL: 597

### IGNITE (D) (P) 35

Mixed Berries, skimmed milk, vanilla whey isolate, honey and yoghurt

P: 28.98 GM | F: 2.09 GM | C: 31.93 GM | KCAL: 254.25

### EXTRA PROTEIN (25G) 8

P: 22.32 GM | F: 0.45 GM | C: 0.89 GM | KCAL: 98.25

## HOT BEVERAGES

### SINGLE ESPRESSO 14

P: 0.04 GM | F: 0.5 GM | C: 0.5 GM | KCAL: 2.7

### DOUBLE ESPRESSO 17

P: 0.07 GM | F: 0.11 GM | C: 1 GM | KCAL: 5.4

### AMERICANO 18

P: 0.07 GM | F: 0.11 GM | C: 1 GM | KCAL: 5.4

### CAPPUCCINO 19

P: 3.07 GM | F: 3.11 GM | C: 1 GM | KCAL: 62.4

### CAFE LATTE 19

P: 3.04 GM | F: 3.05 GM | C: 0.5 GM | KCAL: 59.7

### FLAT WHITE 19

P: 3.07 GM | F: 3.11 GM | C: 1 GM | KCAL: 62.4

### MACCHIATO 19

P: 0.94 GM | F: 0.95 GM | C: 0.5 GM | KCAL: 19.8

### PICCOLO 15

P: 1.84 GM | F: 1.85 GM | C: 0.5 GM | KCAL: 36.9

### SPANISH LATTE 19

P: 5.45 GM | F: 5.72 GM | C: 17.32 GM | KCAL: 158.7

### TURMERIC LATTE 19

P: 1.8 GM | F: 9.07 GM | C: 15.55 GM | KCAL: 146.34

### MATCHA LATTE 20

P: 13 GM | F: 3 GM | C: 10 GM | KCAL: 107

### BREWED COFFEE 15

P: 0.01 GM | F: 0.01 GM | C: 0.13 GM | KCAL: 0.72

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**HOT CHOCOLATE** \_\_\_\_\_ 15

P: 11.87 GM | F: 6.87 GM | C: 31.04 GM | KCAL: 151.91

**TEA SELECTION** \_\_\_\_\_ 16**EXTRA ESPRESSO SHOT** \_\_\_\_\_ 14

P: 0.4 GM | F: 0.5 GM | C: 0.5 GM | KCAL: 2.7

**COLD BEVERAGES****ICED LATTE** \_\_\_\_\_ 18

P: 3.67 GM | F: 3.71 GM | C: 1 GM | KCAL: 73.8

**ICED MATCHA LATTE** \_\_\_\_\_ 21

P: 18.6 GM | F: 3.6 GM | C: 15 GM | KCAL: 143.4

**ICED CAPPUCCINO** \_\_\_\_\_ 19

P: 3.67 GM | F: 3.71 GM | C: 1 GM | KCAL: 73.8

**ICED AMERICANO** \_\_\_\_\_ 17

P: 0.07 GM | F: 0.11 GM | C: 1 GM | KCAL: 5.4

**ICED SPANISH LATTE** \_\_\_\_\_ 19

P: 6.04 GM | F: 6.32 GM | C: 17.32 GM | KCAL: 170.1

**ICED TEA** \_\_\_\_\_ 15

P: 0.75 GM | F: 0.13 GM | C: 10.63 GM | KCAL: 38.2

**ICED TURMERIC LATTE** \_\_\_\_\_ 20

P: 1.8 GM | F: 9.02 GM | C: 15.5 GM | KCAL: 146.34

**COLD BREW** \_\_\_\_\_ 15

P: 0.01 GM | F: 0.02 GM | C: 0.16 GM | KCAL: 0.86

**EXTRA ESPRESSO SHOT** \_\_\_\_\_ 14

P: 0.4 GM | F: 0.5 GM | C: 0.5 GM | KCAL: 2.7

**SOFT DRINKS****COCA COLA** \_\_\_\_\_ 12

P: 0 GM | F: 0 GM | C: 10.6 GM | KCAL: 42

**COCA COLA LIGHT** \_\_\_\_\_ 12

P: 0 GM | F: 0 GM | C: 0 GM | KCAL: 1

**SPRITE** \_\_\_\_\_ 12

P: 0 GM | F: 0 GM | C: 11.8 GM | KCAL: 47

**FANTA** \_\_\_\_\_ 12

P: 0 GM | F: 0 GM | C: 14.5 GM | KCAL: 58

**SCHWEPPE SODA** \_\_\_\_\_ 12

P: 0 GM | F: 0 GM | C: 0 GM | KCAL: 0

**TONIC** \_\_\_\_\_ 12

P: 0 GM | F: 0 GM | C: 0 GM | KCAL: 130

**GINGER ALE** \_\_\_\_\_ 12

P: 0 GM | F: 0 GM | C: 0 GM | KCAL: 120

**WATER****ARWA WATER 500ML** \_\_\_\_\_ 5**MONVISO STILL WATER 500ML** \_\_\_\_\_ 9**MONVISO STILL WATER 1LTR** \_\_\_\_\_ 18**MONVISO SPARKLING WATER 500ML** \_\_\_\_\_ 9**MONVISO SPARKLING WATER 1LTR** \_\_\_\_\_ 18**DESSERTS****GLUTEN-FREE CARROT CAKE (D) (N)** \_\_\_\_\_ 35

Traditional carrot cake made of Gluten free flour with mixed of nuts spreaded with Greek yogurt frosting

P: 16.88 GM | F: 51.29 GM | C: 17.68 GM | KCAL: 577.74

**BANANA CHOCOLATE CAKE (D) (N) (P)** \_\_\_\_\_ 25

Banana cake made with chocolate,protein,mashed banana and almond milk

P: 9.18 GM | F: 14.67 GM | C: 45.51 GM | KCAL: 359.17

**GLUTEN-FREE BAKED BROWNIE (D) (N) (P)** \_\_\_\_\_ 38

Chocolate brownie made with almond flour and Casein Protein with dark chocolate

P: 16.02 GM | F: 23.34 GM | C: 49.52 GM | KCAL: 466.38

**SALTED CARAMEL CHEESECAKE (D) (G) (N) (P)** \_\_\_\_\_ 32

Slice of light cream cheese cake pie with Casein Protein and chocolate graham crackers topped with coconut salted caramel

P: 7.47 GM | F: 40.6 GM | C: 52.19 GM | KCAL: 589.8

**KEY LIME PIE (D) (G) (P)** \_\_\_\_\_ 32

Slice of lime pie made of light cream cheese, Casein Protein and chocolate graham crackers with a hint of lime and thyme

P: 13.56 GM | F: 33.27 GM | C: 54.95 GM | KCAL: 569.91

**WHEYHEY CREAMY ICE CREAM**

Naturally low on sugar (10.6g per 100ml), gluten free and high in protein (9.7g per 100ml)

**SALTED CARAMEL (D) (P)** \_\_\_\_\_ 25

P: 7.1 GM | F: 3.4 GM | C: 7.2 GM | KCAL: 76

**CHOCOLATE (D) (P)** \_\_\_\_\_ 25

P: 7.5 GM | F: 3.7 GM | C: 7.8 GM | KCAL: 84

**VANILLA (D) (P)** \_\_\_\_\_ 25

P: 7.1 GM | F: 3.4 GM | C: 7.2 GM | KCAL: 76

**STRAWBERRY (D) (P)** \_\_\_\_\_ 25

P: 7.1 GM | F: 3.4 GM | C: 7.2 GM | KCAL: 76

Please inform our waiter if you have any allergies.

(V) Vegetarian  
(VG) Vegan  
(GF) Gluten Free(G) Gluten  
(N) Nuts  
(S) Sesame(D) Dairy  
(P) Protein



