

# ONE FOR THE ROAD



Orders from 8:30am

## FIT BITES

### WRAPS | 50

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#### POST WORKOUT PROTEIN (GF) 351 CALORIES

Whole grain wrap, cucumber, pepper, mango, bean sprouts, cabbage, coriander, tamarind dip

#### HEALTHY SMOKED SALMON (D)(GF) 339 CALORIES

Sprouted grain tortilla, low fat cream cheese, salmon, arugula, chives

#### CHICKEN & OLIVE (D)(GF) 310 CALORIES

Whole grain wrap, pepper bruschetta, chicken breast, arugula, tomato, black olives, artichoke, balsamic glaze

### SANDWICHES | 55

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#### CHICKEN PANINI (GF) 306 CALORIES

Whole grain bread, chicken breast, tomato, cucumber, lettuce, chives, chipotle mayo

#### SALMON BEET (D)(GF) 338 CALORIES

Rye bread, pickled beets, Greek yoghurt, dill, horseradish, carrot, sauerkraut, arugula

#### TBLT (D)(GF) 360 CALORIES

Whole grain bread, turkey bacon, lettuce, tomato, low fat mayo

(D) dairy (GF) gluten free (N) nut (VG) vegan

All prices are in uae dirhams inclusive of 5% VAT, 7% municipality fee and 10% service charge.

All dishes are prepared in strict compliance with Halal requirements.

### SNACKS | 45

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#### CITRUS FRUIT SALAD (D)(V) 209 CALORIES

Orange, mandarin, grapefruit, pomelo yoghurt, natural honey

#### CHOCOLATE PROTEIN PANCAKES (D)(G)(KETO)(N) 447 CALORIES

Almond flour, cream cheese, chocolate sauce, Chantilly cream, blueberry compote

#### FIVE ALIVE (D)(N)(V) 256 CALORIES

Granola, banana, strawberries, blueberries, Chia seeds, almond

#### BARBELL PROTEIN BAR 199 CALORIES | 25

### SALADS | 45

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#### QUINOA (GF)(N) 386 CALORIES

Avocado, walnut, cucumber, pepper, Yuzu vinaigrette

#### CHICKEN SESAME (GF) 226 CALORIES

Spring greens, Asian Pear, cucumber, avocado, orange, sesame miso dressing

#### BEETROOT BROCCOLI (N)(V) 254 CALORIES

Walnuts, rocket, orange, fennel, lemon dressing

### BOWLS | 60

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#### BUDDHA (VG) 300 CALORIES

Nori, cabbage, carrot, cucumber, avocado, alfalfa sprouts, coriander, chives, sesame seeds, tamarind vinaigrette

#### VEGGIE MEDLEY (VG) 240 CALORIES

Asparagus, zucchini, cherry tomatoes, onion, bell pepper, mushrooms, parsley, sesame dressing

#### POKE (S) 372 CALORIES

Salmon, rice, edamame, cucumber, radish, avocado, kale, apricot, Sriracha mayo

# ONE FOR THE ROAD

## SMOOTHIES | 35

### MANGO

ALMOND (D)(N)(V) 272 CALORIES

Almond flakes, low fat milk, yoghurt

### OAT BERRY

ACAI (D)(N)(V) 236 CALORIES

Banana, strawberries, blueberries, almonds, chia seeds, low fat milk, low fat yoghurt

### TROPICAL

FRUITS (D)(V) 274 CALORIES

Mango, banana, strawberries, blueberries, honey, low fat yoghurt

CITRUS GREENS (D)(V) 167 CALORIES

Orange, kiwi, mint, lime, spinach, honey, low fat yoghurt

BERRIES' HEAVEN (D)(V) 225 CALORIES

Strawberries, banana, low fat yoghurt, berries, honey

## BOOSTER SHOTS (VG) | 20

TRUE ORANGE 23 CALORIES

Orange, turmeric, ginger, lime

GINGER PLUS 10 CALORIES

Ginger, lime, apple cider, pepper

BASIL REMEDY 27 CALORIES

Pineapple, basil, apple, ginger

## PROTEIN SHAKES

### BREAKFAST

GRANOLA (N)(VG) 245 CALORIES | 50

Pistachio, oat milk, vanilla protein

### PEANUT BUTTER

CHOCOLATE (N)(V) 236 CALORIES | 40

Banana, low fat milk, chocolate protein

### SUPER FOOD

PROTEIN (VG) 215 CALORIES | 40

Sunflower seeds, Chia seeds, almond milk, chocolate protein

### RAISIN

CINNAMON (VG)(N) 305 CALORIES | 40

Carrot, raisin, walnut, coconut Chia, coconut milk, vanilla protein, cinnamon powder

MOCHA SHAKE (N)(VG) 289 CALORIES | 40

Chilled coffee, almond milk, chocolate & vanilla protein

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