

Starters



Barley Soup NEW **AED 16**

Kcal	Fat	Carbs	Protein
186	6.9	27.7	4.7

Carrot, Coriander and Chicken Soup **AED 20**

Kcal	Fat	Carbs	Protein
200	7.7	12.8	20.6

Lentil Soup **AED 16**

Kcal	Fat	Carbs	Protein
221	6.0	12.0	13.3



Vietnamese Spring Rolls - Chicken **AED 22**

Kcal	Fat	Carbs	Protein
208	3.5	22.3	22.3

Vietnamese Spring Rolls - Beef NEW **AED 22**

Kcal	Fat	Carbs	Protein
229	5.2	25.6	20.6

Satay Skewers **AED 16**

Kcal	Fat	Carbs	Protein
195	6.2	3.5	31.2

Mains



Korean BBQ Tenderloin NEW **AED 49**

Kcal	Fat	Carbs	Protein
312	11.4	18.1	35.8

Meatballs with Zoodles **AED 42**

Kcal	Fat	Carbs	Protein
287	10.5	14.0	29.2

Mexican Chicken Broccoli **AED 39**

Kcal	Fat	Carbs	Protein
233	3.3	15.5	37.1



Thai Green Chicken Curry **AED 39**

Kcal	Fat	Carbs	Protein
315	17.2	13.4	28.3

Red Beef Curry **AED 46**

Kcal	Fat	Carbs	Protein
267	14.6	10.5	24.2

Pasta-Free Lasagne **AED 42**

Kcal	Fat	Carbs	Protein
297	10.5	27.1	25.9



Salmon Ragout **AED 49**

Kcal	Fat	Carbs	Protein
297	14.0	8.7	30.8

Salmon Teriyaki **AED 49**

Kcal	Fat	Carbs	Protein
292	9.3	18.1	33.2

Grilled Honey Mustard Chicken NEW **AED 39**

Kcal	Fat	Carbs	Protein
300	7.8	19.7	39.6



Baja Bowl NEW **AED 44**

Kcal	Fat	Carbs	Protein
333	9.1	25.7	40.8

Southern Grilled Chicken **AED 42**

Kcal	Fat	Carbs	Protein
275	7.2	13.4	39.8

Pistachio Crusted Chicken **AED 42**

Kcal	Fat	Carbs	Protein
346	10.2	20.2	44.4

Teriyaki Sesame Chicken NEW **AED 42**

Kcal	Fat	Carbs	Protein
265	4.8	16.7	40.5

Power Chicken Bowl **AED 42**

Kcal	Fat	Carbs	Protein
296	8.3	14.4	38.0

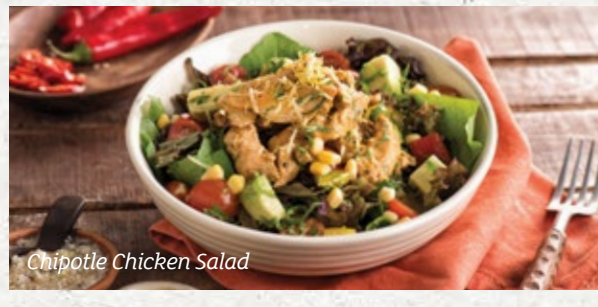
Veggie Chili Bowl **AED 39**

Kcal	Fat	Carbs	Protein
265	9.3	36.6	9.8

Vegeticious NEW **AED 39**

Kcal	Fat	Carbs	Protein
203	11.6	16.8	10.1

Salads



Chipotle Chicken Salad NEW **AED 36**

Kcal	Fat	Carbs	Protein
228	7.4	15.1	28.1

Quinoa, Avocado & Sweet Potato Salad **AED 36**

Kcal	Fat	Carbs	Protein
243	12.9	27.2	7.4

Superfood Tuna Salad NEW **AED 42**

Kcal	Fat	Carbs	Protein
291	5.2	31.6	30.4

Casablanca Salad **AED 30**

Kcal	Fat	Carbs	Protein
194	10.4	13.1	12.1



Hercules Salad NEW **AED 38**

Kcal	Fat	Carbs	Protein
226	7.8	11.3	28.3

Asian Chicken Salad **AED 32**

Kcal	Fat	Carbs	Protein
195	2.8	15.2	29.2

Pumpkin & Feta Salad NEW **AED 30**

Kcal	Fat	Carbs	Protein
200	9.0	27.1	7.9

Add extra chicken **AED 6**

Kcal	Fat	Carbs	Protein
119	1.8	0.2	25.6

Add extra tuna **AED 8**

Kcal	Fat	Carbs	Protein
86	1.0	0.0	19.4

Add extra dressing NEW **AED 3**

Desserts



Frosty Cake NEW **AED 16**

Kcal	Fat	Carbs	Protein
291	20.3	24.9	8.0

Power Up Peanut Bar NEW **AED 10**

Kcal	Fat	Carbs	Protein
230	17.8	12.2	5.1

Kcal Brownie **AED 10**

Kcal	Fat	Carbs	Protein
165	8.9	18.6	3.2

Chocolate Banana Square **AED 10**

Kcal	Fat	Carbs	Protein
150	8.6	15.1	2.5



Mocha-Nana Cake NEW **AED 10**

Kcal	Fat	Carbs	Protein
109	5.6	7.8	6.0

Dark Chocolate Mousse **AED 16**

Kcal	Fat	Carbs	Protein
134	8.1	9.4	5.7

Choconut Treats **AED 10**

Kcal	Fat	Carbs	Protein
210	15.4	10.8	8.1

Fruit Salad **AED 16**

Kcal	Fat	Carbs	Protein
135	0.6	34.1	1.7



Power Up Peanut Bar NEW **AED 10**

Kcal	Fat	Carbs	Protein
230	17.8	12.2	5.1

Assorted Nuts **AED 6**

Kcal	Fat	Carbs	Protein
311	29.3	4.2	9.1

Just for Kids



Pasta Surprise **AED 17**

Kcal	Fat	Carbs	Protein
250	4.8	34.9	19.4

Magic Nuggets **AED 17**

Kcal	Fat	Carbs	Protein
320	14.4	17.3	31.7

Galactic Quesadillas **AED 17**

Kcal	Fat	Carbs	Protein
305	13.3	19.8	32.6

Fish Bites **AED 17**

Kcal	Fat	Carbs	Protein
283	6.4	34.5	22.2



Magic Nuggets **AED 17**

Kcal	Fat	Carbs	Protein
320	14.4	17.3	31.7

Galactic Quesadillas **AED 17**

Kcal	Fat	Carbs	Protein
305	13.3	19.8	32.6

Cheesy Gonzalez **AED 17**

Kcal	Fat	Carbs	Protein
313	15.7	34.4	12.3

Sides



Brown Rice **AED 8**

Kcal	Fat	Carbs	Protein
111	0.9	23.0	2.6

Whole Wheat Pasta **AED 8**

Kcal	Fat	Carbs	Protein
142	1.1	29.6	6.0

Green Salad **AED 5**

Kcal	Fat	Carbs	Protein
34	0.2	5.6	1.2

Sweet Potato Mash NEW **AED 12**

Kcal	Fat	Carbs	Protein
156	6.0	24.1	2.3

Cauliflower Mash NEW **AED 10**

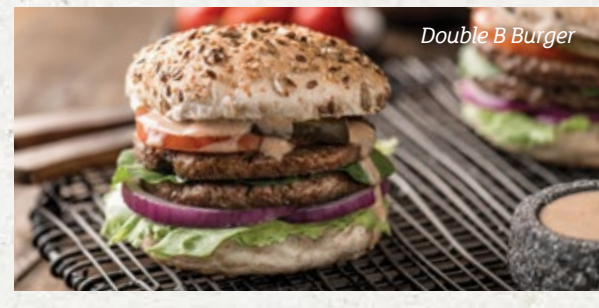
Kcal	Fat	Carbs	Protein
150	3.9	25.9	5.3

Broccoli NEW **AED 12**

Kcal	Fat	Carbs	Protein
29	0.3	5.6	2.4

Burgers

All burgers can be served on a fresh crispy lettuce instead of a whole wheat bun. Reduce your calorie intake by 100.



Double B Burger NEW **AED 28**

Kcal	Fat	Carbs	Protein
290	5.8	30.9	26.1

Supreme Burger **AED 26**

Kcal	Fat	Carbs	Protein
272	4.2	24.7	34.2

Chicken Burger **AED 26**

Kcal	Fat	Carbs	Protein
270	3.7	29.0	25.0

Salmon Burger NEW **AED 35**

Kcal	Fat	Carbs	Protein
339	11.7	36.6	23.0

Veggie Burger NEW **AED 26**

Kcal	Fat	Carbs	Protein
248	4.8	42.6	11.3

Add cheese **AED 3**

Kcal	Fat	Carbs	Protein
89	6.9	0.6	6.2



Veggie Burger **AED 26**

Kcal	Fat	Carbs	Protein
272	4.2	24.7	34.2

Salmon Burger NEW **AED 35**

Kcal	Fat	Carbs	Protein
339	11.7	36.6	23.0

Veggie Burger NEW **AED 26**

Kcal	Fat	Carbs	Protein
248	4.8	42.6	11.3

Add cheese **AED 3**

Kcal	Fat	Carbs	Protein
89	6.9	0.6	6.2

Wraps & Sandwiches



Chicken Burrito **AED 26**

Kcal	Fat	Carbs	Protein
299	5.6	40.2	30.6

Beef Burrito **AED 26**

Kcal	Fat	Carbs	Protein
296	6.8	49.5	21.8