

Healthy Menu

DETOX AND WELLNESS SMOOTHIES

30 Banana, oats, low-fat yoghurt, cacao, cinnamon, honey and skimmed milk 30 Post-Workout 245 calories

Silken tofu, Whey protein, low-fat milk, banana, mixed berries and honey

Green Energiser 84 calories 25

Kale, fennel, cilantro, parsley, pineapple and ginger

Kick Start (2) w 89 calories 25 Carrot, coconut, ginger and turmeric

Power Fuel 150 calories 25

Carrot, beetroot, pomegranate and blueberries

Selection of Fresh Juices 120 calories 20

Orange, pineapple, watermelon

HEALTHY BOWLS

Strictly Vegan (191 calories 35

Silken tofu, quinoa, healthy veggies with sesame and soy

Chicken and Greens 387 calories 35

Grilled chicken, mixed greens, beans sprouts, cashew nuts and Balsamic

Shrimp and Avocado 385 calories 35

Grilled shrimps, fattoush salad, avocado and coriander

Salmon and Broccoli (3) 350 calories 35

Steamed salmon, brown rice, broccoli and kidney beans

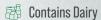






(*) Gluten Free







All above prices are in Qatari Riyals.

Please do let us know if you have any special dietary requirements or allergies. Calories count is shown as approximate value per single serving.

