



# Healthy Menu

## DETOX AND WELLNESS SMOOTHIES

- Pre-Workout**    247 calories **30**  
*Banana, oats, low-fat yoghurt, cacao, cinnamon, honey and skimmed milk*
- Post-Workout**  245 calories **30**  
*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**   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**   350 calories **35**  
*Steamed salmon, brown rice, broccoli and kidney beans*



-  Spicy
-  Vegetarian
-  Gluten Free
-  Contains Fish
-  Contains Dairy
-  Contains Nuts

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.