

ALL OUR EGGS ARE CAGE FREE I GLUTEN FREE PRODUCTS AVAILABLE UPON REQUEST.

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BREAKFAST CLASSICS

	AED
WAFFLES (D, E, G) Vanilla Whipped Cream	**70**
BUTTERMILK PANCAKE STACK (D, E, G) Maple Syrup	**55**
VANILLA FRENCH TOAST (D, E, G) Orange Segments	**70**
FOUL MEDAMES (D, SM, VG) Typical Stewed, Fava Beans, Toasted Cumin Seeds	**55**
SLICED SEASONAL FRESH FRUIT PLATE (VG)	**75**
CRISPY FALAFEL (D, SM, S, VG) With Lemon Tahini Dip	**70**
YOGHURT (D, V, LS) Full fat or Low-fat or Plant Base	**35**
HOME-MADE FRUIT YOGHURT (D, LS) Mix Berries, Mango or Strawberry	**35**
TOASTED BAGEL (D, F, G) With smoked Salmon, Cream Cheese, Red Onion, Capers and field Greens	**95**

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FRESH JUICES

	AED
GRAPEFRUIT	**40**
MANGO	**40**
ORANGE	**40**
PINEAPPLE	**40**
WATERMELON	**40**

SMOOTHIES

	AED
BANANA	**45**
BLUEBERRY	**45**
HEALTHY GREEN	**50**
MANGO	**45**
PINEAPPLE	**45**
STRAWBERRY	**45**

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COFFEE

	AED
AMERICANO	**45**
CAPPUCCINO	**45**
CAFÉ LATTE	**45**
SINGLE ESPRESSO	**35**
DOUBLE ESPRESSO	**45**
HOT CHOCOLATE	**45**
TURKISH COFFEE	**45**

TEA

	AED
ENGLISH BREAKFAST	**40**
CHAMOMILE	**40**
EARL GREY	**40**
GREEN SENCHA	**40**
PEPPERMINT	**40**
JASMINE BLOSSOM	**40**

SOFT DRINKS & WATER

	AED
STILL AND SPARKLING WATER 330ml / 750ml	**30/40**
PEPSI, DIET PEPSI, 7-UP, MIRINDA	**30**

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BALANCE by FOUR SEASONS

	AED
AVOCADO TOAST 500 Cabries per serving (G, E, V, LS) Avocado is a creamy fruit that is packed with nutrition! It provides heart-healthy fat which can help improve cholesterol levels. Avocado is also high in fiber, which helps regulate blood sugar and keeps us full. Using whole grain bread for toast also provides a dose of fiber and antioxidants. Seeds are a great source of heart-healthy fat, while also providing some fiber and protein too.	**85**
GREEN EGGS 405 Calories per serving (D, E) Combining plant protein with animal protein is a great way to have a balanced diet. Plant protein provides fiber and antioxidants that can improve overall health.	**100**
OVERNIGHT CHIA PUDDING 80 Calories per serving (D, N, VG) Chia seeds provide fiber, protein, and omega 3 fats - all of which support overall health. Chia seeds also contain antioxidants that can help maintain healthy blood pressure and improve heart health. Almond milk is a great source of calcium for bone health.	**80**
HEALTHY EGG WHITE OMELET 350 Calories per serving (E, V, LS) Loaded with protein-rich egg whites, this dish features a colorful medley of edamame, spinach, and asparagus, all rich in vitamins and antioxidants that support overall health. Creamy avocado adds a dose of healthy fats, promoting heart health and keeping you satiated. Finished with a sprinkle of peppery arugula, this omelet not only nourishes your body but also delights your taste buds.	**100**
TOFU SCRAMBLED EGG 430 Calories per serving (G, S, VG) Made with protein-packed tofu, this dish is a fantastic plant-based option. Kale adds a powerhouse of vitamins A, C, and K, while chili brings a gentle kick and boosts metabolism. Fresh spring onions provide essential nutrients and a zesty flavor, while turmeric contributes anti-inflammatory benefits and a warm golden hue. Topped with vibrant coriander cress, this scramble is served on hearty multigrain bread for added fiber and energy.	**75**

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CEREALS

AED

CEREALS (D, G) **50**
Served With Low Fat, Skimmed Or Whole Milk Corn Flakes, Coco Pops, Rice Krispies, Frosties or Home-made Muesli

OATMEAL PORRIDGE **65**
With Brown Sugar, Banana and Raisins

SWISS BIRCHER MUESLI (D, G, N, LS) **55**

CHIA SEEDS & YOGHURT TRIFLE (D, G, N, LS) **40**

HOME-MADE GRANOLA (D, G, N) **60**
With Toasted Nuts

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ORGANIC EGG SPECIALTIES

AED

TWO / THREE EGGS ANY STYLE **85/100**
(D, E, G)
Omelet, Fried Eggs, Boiled Eggs, Scrambled Eggs, Poached Eggs

Choice of Fillings:
Turkey sliced, smoked salmon (F), mushrooms, cheddar cheese (D), bell peppers, tomatoes, onions, asparagus, baby spinach, chilli, or coriander.

All eggs are served with zaatar roasted tomato

EGGS BENEDICT (D, E, G)
Served on toasted english muffin with choice of:

Traditional Plain	**80**
Spinach Florentine Style (D, E) (V)	**85**
Turkey Sliced (D, E)	**90**
Avocado (D, E)	**90**
Smoked Salmon (D, E, F)	**95**

SHAKSHUKA (E) **65**
Traditional scrambled eggs cooked with capsicum, onions and tomatoes.

SIDE DISHES **30**
- Baked Beans (G, S, M, SO)
- Turkey Strips
- Veal Strips
- Beef Sausage (D, E)
- Chicken Sausage (D, E)
- Turkey Sliced
- Hash Browns (D)

COLD CUTS
- Smoked Salmon (F) **35**
- International Cheese Platter (D, G, N) **80**

BAKERY BASKET **70**
Selection of butter croissant, chocolate croissant, almond croissant (N), homemade muffin, raisin Danish (D, E, G, N)

BAKERY ITEMS (EACH) **15**
Croissants - Plain (D,G,E), Cheese (D,G,E), Zaatar (D,G,E, S)
- Homemade Muffins (D,G,E)
- Homemade Donuts (D,G,E)
- Pain Au Raisin (D,G,E)

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