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The Breakfast Club



Avo-Labneh Toast

300 kcal | 10g | 46g | 11g



Peanut Butter Toast

450 kcal | 14g | 64g | 19g



Fresh Mozzarella Cheese Toast

250 kcal | 11g | 39g | 6g



Scrambled Eggs w / Toast

251 kcal | 17g | 11g | 15g



Spanish Omelette

206 kcal | 16g | 10g | 11g



Turkey Bacon Sandwich

270 kcal | 22g | 24g | 9g

Chick-to-Chick



Fajita Chicken Griller

Fajita chicken with mashed potatoes and grilled veggies.

300 kcal | 26g | 26g | 12g



Mixed Griller

Grilled fajita chicken and beef tenderloin strips with grilled veggies.

350 kcal | 52g | 4g | 14g



Tandoori Chicken Bowl

Tandoori chicken garnished with tomatoes and jalapeños; served with cilantro-lime rice.

370 kcal | 26g | 57g | 3.5g



Mexican Chicken Bowl

Fajita chicken garnished with corn and tomatoes; served with cilantro-lime rice.

381 kcal | 22g | 53g | 9g



Continental Chicken Bowl

Fajita chicken with continental rice, broccoli, and pepper.

380 kcal | 26g | 58g | 3.5g



Quinoa Butternut Squash w/ Chicken

Cilantro Lime Quinoa With Chicken, Beans, Potato, Zucchini, Butternut Squash And Carrots.

388 kcal | 43g | 30g | 10g



Chicken Quesadilla

Fajita chicken with peppers and mixed cheeses; with side of guacamole and sour cream.

440 kcal | 28g | 42g | 18g



Chicken Tacos

Chicken tacos with red cabbage, tomatoes, cilantro, red onion with our signature taco sauce.

432 kcal | 33.5g | 29g | 24.4g



Pesto Chicken Panini

599 kcal | 61.2g | 34.4g | 23.6g

Steak-Holders



BHD 4.4

Mixed Grills

Grilled fajita chicken and beef tenderloin strips with grilled veggies.

350 kcal | 52g | 4g | 14g



BHD 3.8

Tenderloin Steak Griller

Beef tenderloin with mashed potatoes and grilled veggies.

390 kcal | 38g | 22g | 15g



BHD 3.8

Tenderloin Broccoli Griller

Beef tenderloin with broccoli.

270 kcal | 38g | 7g | 10g



BD 2.9

Beef Stroganoff Bowl

Beef tenderloin with cilantro-lime rice and fresh mushrooms.

384 kcal | 23g | 41g | 14g



BD 3.4

Beef Broccoli Bowl

Beef tenderloin with continental rice and broccoli.

383 kcal | 23g | 51g | 9g



BD 3.7

Carne Asada Tacos

Beef tacos with onion, cilantro with our signature taco sauce.

428 kcal | 34.1g | 27.5g | 25.2g

Vege-Trails



BD 2.5

Cheesy Mushroom Quesadillas

Fresh mushrooms and mixed cheeses with a side of guacamole and sour cream.

288 kcal | 15g | 25g | 15g



BD 4.6

Beyond Meat Quesadillas

Beyond Meat Quesadillas With Peppers And Vegan Cheese With A Side Of Guacamole.

550 kcal | 16g | 55g | 31g



BD 4.2

Quinoa Butternut Squash w/ Tofu

Cilantro Lime Quinoa With Tofu, Beans, Potato, Zucchini, Butternut Squash And Carrots.

330 kcal | 18g | 49g | 8g



BD 2.7

Vegan Bowl

(Vegan-Friendly)

Cilantro-lime rice with salsa, guacamole, kidney beans, corn, chickpeas and jalapeno.

370 kcal | 10g | 73g | 6g

Unbe-Leaf-Able



Cobb Salad

Crisp lettuce with grilled chicken, boiled egg, beef bacon, avocado, red onion, cucumber, cherry tomatoes and our avocado yoghurt sauce.

430 kcal | 37g | 19g | 26g



Taco Salad

Crisp lettuce with southwest style ground beef, black beans, sweet corn, red onions, fresh guacamole, fresh jalapeños and tortilla chips.

539 kcal | 28g | 26.5g | 34.6g



Greek Salad

Crisp lettuce with olives, feta, tomatoes, cucumber, peppers, onions; with vinaigrette dressing.

232 kcal | 4.3g | 5.2g | 21g



Avo-Chicken Salad

Crisp lettuce with fajita chicken, mozzarella, tomatoes, kidney beans, and corn; with our creamy avocado dressing.

354 kcal | 27g | 20g | 18g

Fin-Tastic



Salmon Griller

Salmon with mashed potatoes, grilled vegetables.

340 kcal | 32g | 26g | 12g



Salmon Quinoa Bowl

Cilantro lime quinoa with salmon, green beans.

350 kcal | 34g | 28g | 11g



Avocado Tuna Sandwich

371 kcal | 17g | 43g | 12g



Shrimp Bowl

Shrimp With Continental Rice Broccoli Pepper.

370 kcal | 24g | 46g | 10g



Shrimp Tacos

Soft flour tortilla with a shrimp slaw and signature taco sauce.

350 kcal | 21g | 34g | 15g

Snackcident



Mixed Fruit Salad

A combination of mixed fruits prepared fresh daily.

114 kcal



Eat Your Veggies

Carrots, cucumbers, peppers and celery, served with garlic herb dip.

167 kcal



Edamame

Edamame sauteed with garlic, with a pinch of salt and pepper.

142 kcal



Granola

Greek yogurt with strawberries, raspberries, blueberries, bananas and granola.

185 kcal 6g 33g 2g



Vegan Cookie

189 kcal

Liquidate



Immunity Shot
Orange, lemon, turmeric, ginger and black pepper.



Wellness Shot
Orange, lemon, ginger and cayenne pepper.



Hipster Fuel
60/40 cold brew shot



Peel Good
For boosting collagen, vitamin C and anti inflammatory. (Fresh Orange Juice, Carrots & Ginger)



Heart Beet
For increasing immunity, detoxification and enhancing energy. (Carrots, Fresh Orange Juice, Red Apple, Beetroot & Spinach)



Green Aid
For glowing skin, hydration and better digestion. (Green Apple, Cucumber, Celery, Spinach, Ginger, & Parsley Leaves)



Fresh Orange Juice
Freshly squeezed orange juice.



SF Passion Fruit Ice Tea
Sugar-Free.

10 kcal



Arwa Water

Combos



- Tenderloin Broccoli Griller
- Peel Good
- Vegan Cookie
- Immunity Shot

BD 5.8



- Tandoori Chicken Bowl
- Green Aid
- Vegan Cookie
- Immunity Shot

BD 5.8



- Chicken Quesadilla
- Edamame
- Fresh Orange Juice
- Vegan Cookie

BD 5.8

Avocado Chicken Salad
& Heart Beet



BD 3.8

Avo-Labneh Toast
& Edamame



BD 3.2

Chicken Quesadilla
& Peel Good



BD 3.3

Mexican Chicken Bowl
& Immunity Shot



BD 3.2

Beef Stroganoff
& Eat Your Veggies



BD 3.1

Super Bowls



Falafel Kale Salad

A kale salad with shredded carrots and shredded red cabbage topped with pieces of falafel, almonds and sultanas, mixed with an ACV and olive oil dressing.

230 kcal | 8g | 21g | 14g



Halloumi Quinoa Salad

A halloumi and quinoa salad with red bell peppers, spinach, black beans, and corn served with a creamy herb dressing.

410 kcal | 23g | 40g | 19g



Harissa Halloumi Bowl

Halloumi coated with a bell pepper sauce with red cabbage, pickled red onions, avocado, and a tomato harissa sauce, served on a bed of rice.

580 kcal | 25g | 59g | 28g



Butternut Squash Soup

A warm and creamy squash soup with bold flavours includes coconut milk served with pumpkin seeds.

115 kcal | 2g | 23g | 3g



Thai Chicken Noodle Soup

Take the cozy traditional chicken noodle soup and give it a twist of Thai flavours with coconut milk.

250 kcal | 17g | 11g | 15g



Spinach & Chicken Soup

A hearty and filling soup with spinach, herby greens, cannellini beans, and chicken, served with croutons on the side.

190 kcal | 19g | 10g | 9g

Coffee



BHD 1.7

Americano

1 kcal



BHD 1.7

Cappuccino

91 kcal



BHD 1.7

Latte

131 kcal



BHD 3.5

Coffee and Turkey Bacon and Egg Sandwich

270 kcal | 22g | 24g | 9g



BHD 3.5

Coffee and Vegan Cookie Combo

189 kcal



BHD 3.5

Turkey Cheese Sandwich

322 kcal | 20g | 30g | 13g