

BEVERAGES

SMOOTHIES

Acai Breakfast / 442 calories	acai berries, greek yogurt, steel cut oats, vanilla whey protein banana and skimmed milk	38
Skinny Vanilla / 271 calories	almond butter, almond milk and vanilla whey protein	27
Skinny Chocolate / 296 calories	almond butter, almond milk, cocoa powder and vanilla whey protein	30
Peanut Butter Bomb / 437 calories	almond milk, banana, cocoa nibs, vanilla whey protein, peanut butter & dates	30
Berrylicious / 190 calories	strawberry, blueberry, low fat coconut milk and vanilla whey protein	30
Dubai Espresso / 293 calories	low fat milk, espresso shot 100% arabica vanilla whey protein and banana	27
Vegan Pro Smoothie	vegan pea protein and water	21
Very Berry	acai berries, strawberry, blueberry, vanilla whey protein, water	33
Pink Smoothie	banana, strawberry, vanilla whey protein, coconut milk	30
Orange Berry	strawberry, blueberry, vanilla whey protein, orange juice	30
Pina Colada	banana, pineapple, coconut milk	28
Strawberry Pop	strawberry, banana, pineapple, dates, coconut milk	35
Laila's Delight	Nutella, cocoa nibs, dates, peanut butter, white oats, fresh milk	28

Add to your Smoothie:

steel cut oats	+6	espresso shot	+6	vanilla whey protein	+11
chia seeds	+6	local honey	+7	vegan protein powder	+11
cocoa powder	+6				

COFFEE

	SINGLE	DOUBLE
Espresso / Iced Espresso	13	16
Americano / Iced Americano	16	
Macchiato	14	
Piccolo	14	
Hot Chocolate	16	
Cappuccino / Iced Cappuccino	16	19
Café Latte / Iced Latte	16	19
Flat White	18	
Mocha / Iced Mocha	21	
Bidaya Latte	23	

TEA

Decaf Earl Grey	15
Organic Matcha Mate	15
Organic Moringa Mint	15

Dairy alternative

almond milk	+9
coconut milk	+9
fresh full fat milk / skimmed milk	+3

BEVERAGES

JUICES

Orange Juice	25
Apple Juice	25
Mango Juice	25
Cocktail Juice	25
Ginger Shot Apple / Orange	12

FRUIT SALAD

Create your Own	any 3 fruits of your choice	16
-----------------	-----------------------------	----

PASTA

Chicken Noodles	yellow mee noodles, bell pepper red, bell pepper green, grilled chicken, onion red, pepper, salt, soy sauce	19
-----------------	---	----

HEALTHY SNACKS

Energy Balls	peanut butter, oats, maple syrup, chocolate chips	6
Date Bon Bons	dates, almond powder, condensed milk, water	6
Cranberry Cookies	oats, sunflower seeds, cranberry, dark chocolate, coconut butter, dates, cacao butter, dessicated coconut	11
Raw Granola Bar / VEGAN	dates, vanilla, peanut butter, oat flower, coconut, sunflower seeds, cinnamon, cocoa powder, cranberry and almonds	11
Belgian Chocolate Granola Bar	dates, vanilla, peanut butter, oat flower, whole rolled oats, coconut oil, sunflower seeds, peanuts, honey and dark chocolate	15
Raw Snicker Bar / VEGAN, GF	cacao butter, cashew butter, coconut butter, vanilla, dates and cashew nuts	11
Coconut Bon Bons	shredded coconut, condensed milk, roasted almonds, butter, vanilla essence and chocolate chips	10
Bidaya Acai Bowl / VEGAN, GF	acai, desiccated coconut, paleo granola, strawberry and banana	37
Create your Own	acai + 2 toppings	35