

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein

CAESAR

Romaine, Shaved Parmesan, Whole Wheat Croutons
Suggested Dressing: Caesar

THAI CHICKEN CRUNCH

Romaine-Red Cabbage Mix, Grilled Chicken, Shredded Carrots, Celery, Crunchy Onions
Suggested Dressing: Asian Sesame

BUFFALO CHICKEN

Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips
Suggested Dressing: Buttermilk Ranch

ASIAN SESAME GRAIN

Mesclun-Romaine-Red Cabbage Mix, Grilled Chicken, Wheat Berries, Quinoa, Edamame
Suggested Dressing: Asian Sesame

MEDITERRANEAN MIX VEGETARIAN

Romaine, Chickpeas, Crumbled Feta, Black Olives, Lentils, Cucumbers, Pita Chips
Suggested Dressing: Olive Oil/Balsamic Vinegar

HUDSON VALLEY MIX VEGETARIAN

Baby Spinach-Red Cabbage Mix, Pumpkin, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Whole Wheat Croutons
Suggested Dressing: Low-Fat Horseradish Chive

IMMUNITY BOWL

Mesclun-Romaine Mix, Grilled Salmon, Pumpkin, Dried Cranberries, Wheat Berries, Cucumbers
Suggested Dressing: Lemon Vinaigrette

THE CALIFORNIA

Romaine, Grilled Chicken, Sliced Avocado, Egg Whites, Cherry Tomatoes, Almond Flakes
Suggested Dressing: Balsamic Vinaigrette

BUFFALO LOLLO ROSSO CAESAR

Lollo Rosso-Romaine Mix, Grilled Chicken, Shaved Parmesan, Whole Wheat Croutons, Celery, Shredded Carrots
Suggested Dressing: Spicy Buffalo

ROASTED TURKEY HEALTH COBB

Romaine, Roasted Turkey, Egg Whites, Cherry Tomatoes, Avocado, Swiss Cheese
Suggested Dressing: Buttermilk Ranch

PESTO CHICKEN PARADISE

Romaine, Grilled Chicken, Broccoli, Sundried Tomatoes, Red Onions, Fresh Mozzarella
Suggested Dressing: Pesto Vinaigrette

TANDOORI FIRE

Romaine, Tandoori Red Hot Chicken, Feta Cheese, Pita Chips, Cucumbers, Red Onions
Suggested Dressing: Low-Fat Yogurt Cucumber

SMOKEHOUSE STEAK

Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips
Suggested Dressing: Smoky Poblano Ranch

CHIPOTLE COWBOY

Romaine, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado
Suggested Dressing: Chipotle Vinaigrette

SALAD WRAP

tofu/chicken	37	36
shrimp/salmon	+2	+2
chicken	38	37
shrimp/salmon	+2	+2
	42	41
	45	44
	38	37

SALAD WRAP

	49	48
	49	48
	40	39
	43	42
	46	45

SALAD WRAP

	43	42
	41	40
	45	44
	45	44

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

ROMAINE ICEBERG RED CABBAGE
LOLLO ROSSO +4 MESCLUN +5 ARUGULA +8
BABY SPINACH +9

4

FREE essentials
Additional toppings 3AED each

+2

WRAPS

WHOLE WHEAT

more essentials
when you reuse your bowl

33
AED

ESSENTIALS

VEGGIES

Artichoke Hearts
Asparagus **STEAMED**
Avocado
Beets **FRESH**
Black Beans
Black Beans & Corn
Black Olives
Carrots **SHREDDED**
Celery
Chickpeas
Cilantro (Coriander)
Corn
Cucumbers
Green Peppers
Heart of Palm
Jalapenos **FRESH**
Parsley
Pasta
Pumpkin **STEAMED**
Red Onions
Red Peppers
Rocket Leaves (Jarjeer)
Spring Onions
Tomatoes (Cherry)
Wheat Berries
White Mushrooms
Radish
Egg Whites
Hard-Boiled Eggs

PROTEIN
Chicken Breast **GRILLED**
Buffalo Chicken **GRILLED**
Pesto Chicken **GRILLED**
Tandoori Chicken **GRILLED**
Turkey Breast **ROASTED**
Turkey Bacon **GRILLED**
Tofu **SESAME GRILLED**
Tuna Chunks
Steak **CHARBROILED**
Shrimp **GRILLED**
Salmon **GRILLED**

FRUIT

Green Apple
Mandarin Oranges
Pomegranate
Raisins

GRAINS & NUTS

Almonds **FLAKES**
Lentils
Pumpkin Seeds
Quinoa
Sunflower Seeds

CRUNCH

Crispy Wontons
Croutons **WHOLE WHEAT**
Crunchy Onions
Pita Chips
Tortilla Strips

PREMIUM

Broccoli **STEAMED**
Dried Cranberries
Edamame
Pine Nuts
Portabello Mushrooms
Tomatoes (sundried)
Walnuts

PROTEIN

Chicken Breast **GRILLED**
Buffalo Chicken **GRILLED**
Pesto Chicken **GRILLED**
Tandoori Chicken **GRILLED**
Turkey Breast **ROASTED**
Turkey Bacon **GRILLED**
Tofu **SESAME GRILLED**
Tuna Chunks
Steak **CHARBROILED**
Shrimp **GRILLED**
Salmon **GRILLED**

CHEESE

Crumbled Blue
Crumbled Feta
Fresh Baby Mozzarella
Cheddar
Goat Cheese
Halloumi
Mozzarella
Pepper Jack
Shaved Parmesan
Swiss

Nutritional Key

Low Carb No Dairy
Gluten-free Vegan
No Cholesterol Low Fat

ORIGINAL DRESSINGS

Cider Shallot Vinaigrette
Smoky Poblano Ranch
Pesto Vinaigrette
Lemon Vinaigrette
Chipotle Vinaigrette
Moroccan Tahini
White Balsamic Vinaigrette

LOW-FAT

Horseradish Chive
Yoghurt Cucumber
Chilled Avocado
Far East Mandarin
Spicy Buffalo

FAT-FREE

Fresh Half Lemon
Lemon Juice
Red Grape Vinegar
Balsamic Vinegar

CLASSIC DRESSINGS

Asian Sesame
Balsamic Vinaigrette
Blue Cheese
Buttermilk Ranch
Caesar
Italian Vinaigrette
Ranch
Olive Oil
Olive Oil / Balsamic Vinegar
Olive Oil / Lemon Juice

SEASONAL DRESSING

Pomegranate Molasses
Smoky Tandoori
Date Balsamic Vinaigrette
Garlic Aioli
Date Chilly Lime

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A charge of 5 AED will be levied on all deliveries