



food . raw frequencies

flip
flops

MENU

“All Our Products Comes From
Organic Farmers Dedicated To
Sustainable Agriculture ,”

For more info!

Check our suppliers on our instagram highlight and don't hesitate to ask more about our premium selected items.

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SUPPLIERS

@Lavieclaireliban:

Spices, veggie, fruits, cucumber pickles,-
herbs, spices, veggie, fruits, cucumber
pickles,herbs,

@Godsavethegreenbrand:

Halloumi cheese(goat), chanklish(goat),
Ghee butter

@healthycartlebanon:

Chicken, ribeye steak(entrecôte), eggs,
Ghee butter

@Nak_hat.organic:

Chicken, burger meat,
kashkawein(sheep), eggs

@Jadeer.organics

Mayo, ketchup, mustardChocolate for all
our dessert

@croumcoffee:

Chocolate for all our dessert

@fermentum.lb:

Bread: high protein bread, focaccia, bun

@coars_vegan_cuisine:

Our special zaatar

@Solarolives:

Our golden olive oil

@Aleximattar:

3 kind of eggs

@Melkar_honey:

Honey

@Rawium:

Rum

@Brewsociety.lb:

Coffee

@merselwine

Wine

MENU

SANDWICHES

Atomic combo \$15

Focaccia bread, kashkanwen(sheep),
homade pesto sauce

Take me to the moon \$15

High seed protein bread, eggs halloumi
(goat), avocado, tomato sauce

Athlete bite \$17

Chicken avocado on a bed of arugula

SALAD

Soar in freshness \$13

Shanklish, cabbage, carrot, beetroot ,
onion, walnut, cucumber and pickles,
dried mint

Wings to heaven \$19

Chicken, lettuce, kale, raisins, apples, almonds,
radish, croutons(sourdough), avocado, pecorino
goat cheese local, our special sauce

BURGERS

Shaun the Sheep \$25

Sourdough bun, sheep meat, steamed
veggies buttered with curry, sweet
potato, zucchini mushroom,
cauliflower and our special sauce
(5\$ extra side salad)



BREAKFAST

Surf the Sunrise \$20

high seed protein bread, eggs, haloumi,
cucumber, tomato, olives, zaatar,
makdous, kabis, labneh, fruit of the
week



MENU

SOUP

Swim in love \$12

Lentils soup, carrots, parsley, tomato, celery, onions

Sweet winter \$14

Pumpkin soup, onion, garlic, honey, coconut cream or butter

Chicken soup..... \$16

Chicken, carrots, parsley, onions, rice noodles



PLATES

Let's scape \$25

Chicken curry, coconut, rice served within veggies

Fancy us \$30

Ribeye Steak, steamed veggies, buttered spices

DESSERT

LACTOSF FREE. GLUTEN FREE. GUILT FREE

Zesty wave

Almond flour, coconut flour, cashew butter, coconut sugar, vanilla

Lemon tarte

Lemon, walnut flavor, cashew flavor, dates, maple, coconut cream

Summer Breeze

Almond flour, cashew butter, maple syrup, coconut milk, coconut oil, lemon, vanilla

Sfouf

Almond flour, anise, coconut sugar, curcuma

Away from Dubai

pistachio butter, chocolate, coconut oil, shredded coconut, vanilla, cacaco, walnuts, almonds, dates

Nutty brownie

Dates, cacao, vanilla, cashew, almond peanut

Meeting point

Dates, peanut butter, peanut, chocolate



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MENU

COFFEE

Espresso	\$3
Double	\$4
Espresso macchiato	\$3.5
Piccolo Latté	\$4
Americano	\$4.5
Iced Americano	\$4.5
Cappuccino	\$5
Cortado	\$5
Latté	\$5
Iced latte	\$5
Flat white	\$5
V.60 coffee	\$5.5
Special Hot chocolate	\$8
Spike latte	\$8.5
Extras:	
Decaf	\$1
Caramel	\$1.5
Almond Milk	\$1.5

Fresh Juices

Single juice	\$4
Wellness juice	\$7

by



DRINKS

White wine bottle	35\$
White wine glass	7\$
Red wine bottle	35\$
Red wine glass	7\$
Rum gold glass	7\$
Rum spice glass	7\$