



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.

food . raw frequencies



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

food . raw frequencies

flip
flops

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

LACTOSE FREE. GLUTEN FREE. GUILT FREE

Zezy wave \$2

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

Lemon tarte \$7

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

Summer Breeze \$7

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

Sfouf \$7

Almond flour, anise, coconut sugar, curcuma

Away from Dubai \$7

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

Nutty brownie \$7

Dates, cacao, vanilla, cashew, almond peanut

Meeting point \$5

Dates, peanut butter, peanut, chocolate



MENU

COFFEE

by



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



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\$