



# BB

## Bliss Bites

“ Inspired By the Sands and Seas Of the Gulf,  
Our Menu Reflects a Commitment to  
Nourishing Bodies and Minds ”

BLISS BITES



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# Breakfast

Served All Day

## Acai of Relief



**BERRY BLISS ACAI**    Fresh banana, fresh berries, in-house granola with chia seeds **AED 45**



**TROPICAL BOON ACAI** Fresh passion fruit, fresh mango, in-house granola **AED 45**



**SUPER FOOD CENTRAL ACAI** Sliced banana, peanut butter, coconut flakes and in-house granola **AED 45**




ADD ON  		(Serves 1)	
In-house granola	AED 5	Pistachio crème	AED 5
Steel cut oats	AED 5	Maple syrup	AED 10
Desiccated coconut flakes	AED 5	Coconut agave syrup	AED 10
Sunflower seeds	AED 5		

## Power Protein

**FREE RANGE ROOST**   Eggs Benedict: poached egg, in-house red kidney beans, sweet potato roasty, sliced avocado, served with in-house millet-based toast with tzatziki spread **AED 55**

**SPAN-EGGS**   Frittata omelette served with in-house millet-based ciabatta toast and rosemary mash on the side **AED 55**

**I AM HUMBLD**   Scrambled eggs with a choice of cheese, grilled vegetables served with our in-house millet-based cheddar jalapeno toast **AED 55**

ADD ON  		(Serves 1)	
Truffle almond soft cheese	AED 5		
Cranberry jalapeno soft cheese	AED 5		
Spiced kidney beans 	AED 5		
Sweet potato fries	AED 15		

No added emulsifiers and preservatives

\*Kindly inquire for plant-based alternatives  
\*All our dishes are made with millets  
\*Kindly ask for Nut free & Dairy free option  
\*All our dishes contain coconut & date sugar



## French Toast

**FROMAGE FRAIS**   French toast with chilli chives cream cheese **AED 45**

**TOMATES SECADOS AL SOL** French toast with sundried tomato pesto cream cheese **AED 45**

**YOLK HILL FARM** A classic french toast with in-house pistachio or vanilla ice cream **AED 50**

**ZAEFRAN** Saffron crème ganache french toast served with fresh strawberries **AED 50**

**ALKHUZAMMA** French toast with lavender ganache and a hue of blueberries **AED 50**

**ALMASTAKII** French toast with mastic tree ganache and caramelised banana **AED 50**

**PARISIAN**  French toast with toffee ganache, pecan nuts and fresh raspberries **AED 50**

**LEVIAN TOAST** Scrambled silken tofu, with truffle crème **AED 50**

**JOEY**  Scrambled egg with guacamole, and slices of avocado **AED 50**

**LABNEH MUSH** Labneh, tossed mushrooms and spinach, fried basil with boiled egg and chilli flakes **AED 50**

**BBQ** Caramelized onion, cheddar cheese and grilled tofu glazed with in-house barbeque sauce **AED 50**

**VALLEY SRIRACHA TOAST**  In-house vegan sriracha, fresh strawberries, fresh basil and fresh labneh **AED 50**

**TONKATSU**   Katsu glazed grilled halloumi with sweet soy sesame cream cheese **AED 50**

**THE HOLY TMS**   Silken tofu, mushroom and spinach, dash of cheddar flavoured with curry powder **AED 50**

**BBQ CHICKEN**  Grilled barbeque chicken with sweet potato mash and caramelised onions **AED 65**







# All Day Menu

## Soups



### ZESTY LADLE

Roasted red bell pepper, roasted tomatoes, roasted carrots, celery and vegetable stock

AED 45

### MUSHROOM CAPPUCCINO

Roasted mushroom soup made with fresh button mushroom, grilled chilli, fresh milk, fresh cream, carrots and ginger dash of organic matina coffee

AED 45

## Salad



### MERC MEXICO


Guacamole, baby spinach, feta cheese, cherry tomatoes, pecan nuts and in-house gluten-free and vegan nachos and crackers

AED 50

### HEALTHY HARVEST

Tri-colour quinoa, smoked broccoli, fresh beetroot, feta cheese, carrots, cucumbers and mixed greens

AED 50

ADD ON  (Serves 1)			
Parmesan	AED 5	Sweet potato fries	AED 15
Boiled eggs	AED 10	Grilled chicken	AED 20
Poached eggs	AED 10	Norwegian salmon	AED 20

## Bowls



### RUSTIC



Countryside lentils, chargrilled broccoli, and mango passion fruit chilli chutney served with grilled vegetables

AED 50

### ADORABOWL

Rustic red beans, red rice risotto, fresh guacamole and in-house nachos and sour cream

AED 50

### WOK TO WALK



Rice noodles, in-house vegan sriracha, sriracha glazed tofu, grilled mushrooms and asparagus

AED 50

### KHAMEER



Generous serving of green hummus, in-house gluten-free beetroot pita bread, grilled halloumi cheese, chickpea salad served with grilled veggies and garlic foam

AED 50

CHEF'S MUST-HAVES SIDES (Serves 1)	
Strawberry Chilli Jam with Toast	AED 15
Creamy Sweet Potato Mash	AED 15
Strawberry Basil Jam with Toast	AED 15
Mango Passionfruit Chilli Jam with Toast	AED 15
Cheesy Potato Veggies	AED 20
Artisan Cheeses(ask for flavors)	AED 25

## Wraps and Crêpes



### TEMPEH PEPPER



Scrambled tempeh, with curry chowder served with in-house preserves and vegan mayo

AED 55

### BETROOT SRIRACHA



Tofu glazed in sriracha, chargrilled broccoli & in-house sriracha mayo wrapped in lettuce & kale

AED 55

### CHICKEN CHARCOAL



Chicken marinated in herbs and spices served on a charcoal crêpe with a poached egg

AED 60

## No Dough Burger



Sesame burger bun bread optional

### LEAN GREEN

Quinoa Burger: roasted red bell pepper, cucumber pickles, caramelised onions, cheddar cheese, almond cream cheese and sweet potato fries

AED 55

### MR. PROMISE

Jackfruit Vegan Chicken Burger: roasted bell pepper, garlic toum served on a bed of fresh lettuce and baby spinach

AED 65

## Pasta



Choice of penne or fettucine pasta

### AL POMODORO

In-house gluten-free pasta with gluten-free & vegan fresh tomato sauce, fresh herbs and parmesan with gluten-free garlic bread

AED 55

### ALFREDO

In-house gluten-free pasta tossed with in-house vegan cream with semi dried grilled veggies and gluten-free garlic bread

AED 55

### BLISS

In-house sauce with pestelled spices & herbs blended with vegan cream served with gluten-free garlic bread

AED 55

ADD ON  (Serves 1)	
Chargrilled tempeh	AED 15
Chargrilled veggies	AED 15
Grilled chicken	AED 20

No added emulsifiers and preservatives

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# Beverages

## Detox Juices



### Booster

Pure blend of fresh carrots, red apples, oranges, and of course no water!

AED 35

### Citrus

Blend of fresh pineapples, carrots, oranges, green apples, and of course no water!

AED 35

### Beetroot

Fresh baby spinach, green apples, lime, coconut water, ginger, kale, cucumber, and of course no water!

AED 35

### Power Greens

Fresh baby spinach, green apples, lime, coconut water, ginger, kale, cucumber, and of course no water!

AED 35

### Fresh Juices

Orange, Carrot, Pineapple, Watermelon

AED 30

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## Iced Coffee



### Iced Cortado

AED 20

### Iced Americano

AED 20

### Iced Cappuccino

AED 25

### Iced Latte

AED 25

### Iced Blue Latte

AED 25

### Orange Hibiscus

AED 25

### Iced Spanish Latte

AED 30

### Iced Mocha

AED 30

### Iced Coconut Cold Coffee

AED 30

### Iced Strawberry Matcha Latte

AED 30

### Cinderella

AED 30

### Date & Caramel Frappé

AED 35

## Coffee Organic



### Piccolo

AED 20

### Macchiato

AED 20

### Espresso

AED 20

### Café Latte

AED 20

### Americano

AED 20

### Cortado

AED 25

### Turmeric Latte

AED 25

### Flat White

AED 25

### Matcha Latte

AED 25

### Mocha

AED 25

### Hot Chocolate

AED 25

### Cappuccino

AED 25

### Charcoal Latte

AED 30

## Herbal Tea



### Earl Grey Special

AED 20

### Herbal Karak

AED 20

### Precious Oud tea

AED 20

### English Breakfast

AED 20

### Arabian Night

AED 20

### Cinnamon Star

AED 20

### Turmeric Green

AED 20

### Green Jasmine

AED 20

## Drinks

### Still Water (S/L)

AED 20 / AED 25

### Sparkling Water (S/L)

AED 20 / AED 25



## Chef Shivani Sharma

Meet Chef Shivani Sharma, a Le Cordon Bleu alumnus with 18 years in the culinary field, is at the heart of Bliss Bites. Known for establishing Gourmestan, a thriving conceptual kitchen in India, she brings her expertise in gluten-free cuisine to Bliss Bites in partnership with the Apparel Group. At Bliss Bites, she blends millets with global flavors, crafting unique and health-conscious offerings for our boulangerie, patisserie, viennoiserie, and fromagerie.



## Where Our Story Began

Established in 2023 at the heart of Dubai UAE, Bliss Bites aims to lead the revolution towards healthy eating specializing in millet-based offerings, it redefines the experience for health-conscious enthusiasts with a gluten-free Boulangerie, Patisserie, Viennoiserie, and Fromagerie. Using fresh, local ingredients, Bliss Bites promises a unique farm-to-table customer experience, blending taste and health without sacrificing flavor or pleasure.

## Logo Direction

Our logo symbolizes the harmony between nature and wellness, inspired by the transformative and essential role of butterflies in the ecosystem.



The twin Bs in our logo represent a union of taste and health, embodying our commitment to sustainable living and clean eating, reflecting the blissful balance we aim to provide.



## Contemporary Heroes

### Millets

Revolutionizing our menu, millets offer clean and guilt-free options, substituting traditional flour with a healthier, low glycemic choice.



### Dates

Redefining sweetness, dates are our go-to for natural, nutrient-rich sweetening.



### Organic Coffee

Sourced from the finest plantations, it's not just a beverage but a testament to our commitment to sustainability and quality.



## Elevated Café Experience

Bliss Bites stands as a pioneer in Dubai's café scene, delivering an innovative culinary experience.

**Our menu showcases a contemporary twist on global favourite, refreshing beverages and a relaxing aesthetic appeal.**

### Our Design Aesthetic

Inspired by nature's ecosystem.

Drawn from the beauty of the natural world, Bliss Bites captivates guests the moment they step inside, enveloping them in a tranquil ambiance. Our design philosophy revolves around a singular principle: paying homage to the captivating landscapes of the Middle East. Central to our design language is the emphasis on showcasing the harmonious interplay between the sweeping sand dunes and the rhythmic dance of the Arabian Sea.

## Women-Led Brand

Bliss Bites is not just about delicious food; it's also a female-led initiative that exudes passion and empowerment.

At the heart of Bliss Bites is a team of inspiring women who lead with vision and dedication. Their passion for wholesome living extends beyond the kitchen, driving them to create a brand that is not just about food but about women empowerment. From crafting mouthwatering treats to curating engaging events, women are the driving force behind a movement that seeks to unite people in the pursuit of a healthier and more fulfilling lifestyle.



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