

NEW EARTH FOOD

BREAKFAST

SMOOTHIE BOWLS



ACAI BERRY BOWL - 58DHS

Acai, berries, banana, orange juice and cashew milk.

Toppings: Homemade choco granola / blackberries / blueberries / chia seeds / goji berries / coconut flakes

ALLERGENS: almonds, pecans, cashew milk, coconut



GOLDEN NECTAR BOWL - 55DHS

Mango, coconut, lime, turmeric, honey, coconut cream.

Toppings: Homemade goji granola / mango / nectarine / strawberries / bee pollen

ALLERGENS: pistachios, coconut



PITAYA BOWL - 58DHS

Pitaya, banana, raspberries, cashew butter, maca powder, dates and oat milk.

Toppings: Homemade goji granola / cherries / raspberries / pomegranate seeds / cacao nibs

ALLERGENS: coconut, cashews, pistachios



GREEN DREAM BOWL - 55DHS

Mango, pineapple, avocado, spinach, mint leaves, matcha tea, dates and oat milk.

Toppings: Homemade choco granola / kiwi / apple / raspberries / mint / hemp seeds / dried rhubarb

ALLERGENS: almonds, pecans

TOAST

CHOOSE
TURMERIC CHIA SEED SOURDOUGH OR
CLASSIC SOURDOUGH



AVO TOAST - 48DHS

Turmeric-chia seed toast, smashed avocado as a base, sliced avocado, pomegranate seeds, black sesame, chilli flakes and microgreens.

ALLERGENS: sesame seeds



RICOTTA TOAST - 48DHS

Turmeric-chia seed toast, basil oil, vegan cashew ricotta, oven-roasted cherry tomatoes and microgreens.

ALLERGENS: cashews

SAVOURY



SHAKSHUKA - 55DHS

Homemade shakshuka, two runny eggs, coriander, wilted spinach, vegan feta and a slice of toast. For vegans, an option with scrambled tofu.



HEARTY PATTIES - 52DHS

Zucchini-herb patties, avocado mash, herby fresh salad, magic green sauce, vegan tzatziki and pomegranate seeds.

ALLERGENS: cashews, coconut, sesame, mustard



MORNING SCRAMBLE - 55DHS

Buckwheat onion-mushroom pancake, scrambled tofu or scrambled eggs, teriyaki mushrooms, sliced avocado, crushed tomato with coriander and microgreens.

ALLERGENS: soy, sesame

SWEET



BERRY YOATS - 48DHS

Overnight gluten-free oats soaked in coconut yoghurt and oat milk with sunflower seeds, chia seeds, pumpkin seeds, hulled buckwheat, apple, agave syrup and homemade beetroot-berry jam.

Toppings: Cacao nibs / raspberries / mint leaves / bee pollen / apple

ALLERGENS: coconut



LAVENDER CHIA PUDDING - 48DHS

Chia seeds, lavender flowers, lemon juice, lemon zest, maple syrup, butterfly pea powder, coconut cream and cashew milk.

Toppings: Homemade choco granola / blueberries / blackberries / flowers

ALLERGENS: coconut, almonds, pecans



SUNSHINE PORRIDGE - 42DHS

Gluten-free oats, mashed banana, dates, cinnamon, turmeric powder, oat milk, orange juice, orange zest and agave syrup.

Toppings: Orange slices / caramelised banana / pomegranate seeds / coconut cream / bee pollen

ALLERGENS: coconut



WILD ABOUT PANCAKES - 52DHS

Gluten-free pancakes, fresh berries, caramelised banana, whipped coconut cream, homemade chia berry jam and hazelnut spread.

ALLERGENS: hazelnut, coconut

NEW EARTH FOOD

LUNCH

DISHES

(AVAILABLE FROM 12:00)



WATERMELON SALAD - 55DHS

Mixed greens, red quinoa, watermelon, raspberries, sundried tomato, fennel shaves in a miso-tahini dressing topped with avocado, vegan feta, magic green sauce, crushed seed crackers, mint leaves and roasted pumpkin seeds.

ALLERGENS: coconut, mustard, almonds



SIX SENSES SALAD - 55DHS

Mix of chicory and baby gem lettuce, cherry tomatoes, orange slices, avocado and candy beetroot in a mustard-orange dressing with pesto drops and roasted walnuts.



NUTTY NOODLES - 62DHS

Rice noodles, stir-fried veggies and smoked teriyaki tofu in a peanut butter sauce topped with raw zoodle salad, pieces of orange and crushed peanuts.

ALLERGENS: soy, peanuts



NEW EARTH BOWL - 65DHS

Pea falafels, cinnamon red rice, roasted honey carrots, beetroot hummus, vegan tzatziki, pickled onion, pomegranate seed, mixed greens and avocado.

ALLERGENS: mustard, coconut, sesame, soy, cashews



SOUPER NICE - 42DHS

Veggie curry cream soup.

Toppings: Toasted cashew nuts / cilantro cress / orange zest / black pepper / oat cream splash / slice of bread

ALLERGENS: cashews, soy



PESTO PIZZA - 75DHS

Gluten-free almond base, rocket pesto, leeks, mushrooms, sun dried tomatoes, cherry tomatoes, zucchini ribbons, baby rocket, vegan feta and spicy vegan mayo.

ALLERGENS: almonds, walnuts, coconut, soy



AL BARARI PIZZA - 75DHS

Gluten-free almond base, muhammara spread, falafels, tri-colour bell pepper, kalamata olives, vegan ricotta, baby spinach and pickled onions.



RAINBOW ROLLS - 48DHS

Purple cabbage, cucumber, mango, bellpepper, smoked tofu, avocado, coriander and mint served with almond butter sauce.

ALLERGENS: almond, soy, coconut



JACKO TACOS - 65DHS

Gluten-free keto tortilla, jackfruit, baby spinach, roasted sweet potato, mango, sundried tomato, pickled onion, coriander, vegan spicy mayo sauce and crispy fried onion.

ALLERGENS: soy, coconut



ABUNDANCE WHEEL

FOR 4 SHARERS - 85DHS

FOR 2 SHARERS - 45DHS

Muhammara dip, beetroot hummus, Baba ghanoush, seed crackers, kalamata olives, veggie crudites, baby gem leaves and green apple.

ALLERGENS: soy, walnuts, almonds, sesame

ADD EXTRAS:

2 Eggs / Tofu scramble (vegan option)	+12DHS
Peanut butter	+10DHS
Avocado	+15DHS
Granola	+18DHS
Berries	+15DHS
Homemade seed crackers	+12DHS
Dip of choice - comes with seed cracker and veggie crudites	+20DHS

KIDS MENU

Pancakes with berries	38DHS
Scrambled eggs with toast	32DHS
Toast with avocado / butter and berry chia jam	32DHS
Breakfast patties with avocado mash	35DHS
Veggie cream soup	30DHS
Veggie crudites with beetroot hummus or avocado mash	30DHS

DESSERTS

ALL VEGAN AND GLUTEN-FREE

ALLERGENS: TREE NUTS

Raw rose-cardamom chocolate cake	32DHS
Chocolate chip banana bread with coconut whipped cream and berries	28DHS
Mango-lemon bliss ball	15DHS
Matcha pistachio bliss ball	15DHS
Power dates with hazelnut spread, peanut butter and berries	22DHS
Raw avocado-key lime pie	32DHS
Raw blueberry cheesecake	32DHS