
DARK NECESSITIES ARE PART OF MY DESIGN



'older, wiser yet sillier'

INDEX

HOW TO CHOOSE YOUR SMOOTHIE?

MONKEY STORY *get to know the monkey* 1

SMOOTHIES CONCOCTED BY THE LEGENDARY MONKEY HIMSELF

OUT OF THE WORLD

HIGHLY RECOMMENDED *taste it and you'll know why* 2

SMOOTHIE BOWLS *heavenly eartlings* 3

MONKEY SPECIALS & DRY FRUIT SPECIALS 4

LOSE YOURSELF SERIES *back to where it started'* 5

IT IS WHAT IT IS

BY INGREDIENT

THE CLASSICS 6

EPICS & MAGICS *epic and magical smoothie concoctions* 7

FRUIT SHAKES - LOCAL & FRESH, EXOTIC, DRY FRUIT 8

SEASONAL - MANGO, CUSTARD APPLE 9

VEGGIE SMOOTHIES 10



YOUR BODY 'THE COOLEST MACHINE ON THE PLANET'

FUNCTIONAL

MEAL SMOOTHIES *all you need in a bottle* 11

DETOX *good people go to heaven, others detox and get there* 12

HYDRATORS *refreshingly refreshing* 13

PROTIEN SMOOTHIES *let the force be with you* 13

PARTY MIXERS *sinful drinks turned pure & natural* 14

HANGOVER WARRIORS *for a night, you dont remember* 14

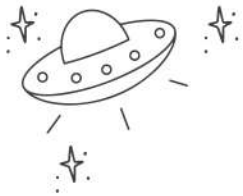
NO REASONS, NO JUSTIFICATIONS

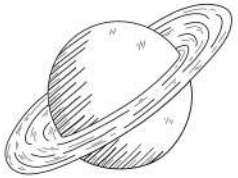
CRAVINGS

INDULGENCE & CHOCOLATE SHAKES 15

COLD COFFEE 16

ADD ONS 17





THE MONKEY STORY

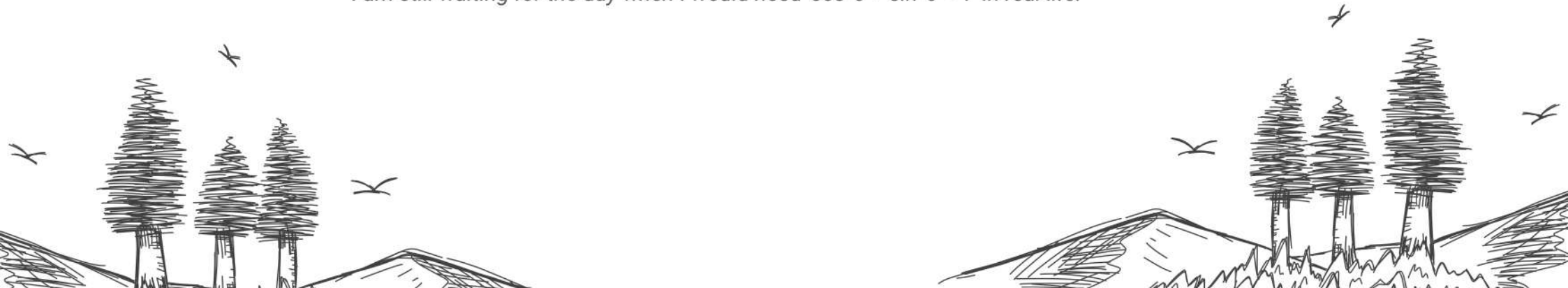
'get to know the monkey!'

'The Monkey' is who I am, a wanderer at heart. They call me other stuff too, a jedi , a monk, and a few not so pleasant ones. Never got to school but travelled my share across far away lands and oceans. Transgressed through time too, shooting some breeze with some ancient civilizations. Centuries passed, but never grew old, just wiser and sillier. Wiser with time, and sillier as 'nothing really matters'!!

I've experienced some crazy highs along the way. The best ones still sending a chill up my spine. Like surfing alongside the whales in the Pacific, with shimmering white monster waves pounding on my naked face and the sun rays drumming on my not so golden skin! Fell a thousand times, stead only a couple. But who cares. It's fun. "Feelings...Feelings much like those waves. We can't control them, but can absolutely pick which ones to surf."

Never had much luck with the better sex. Tried a thing or two,like even ordering French toast for a fling during the French revolution. Didn't go too well. Fell in a pickle,hurt a little. Well, maybe I'm the kind who can never settle.

Himalayan sages whisper about my unfruitful time in the mountains. Some 30 divine years, losing track of time in search of some weird 'enlightenment of the subconscious. Actually, don't really know what that means. And don't believe me, if I claim that, 'I am no monkey and my body is just a form'. "I am totally me. And I love it." Just can't' help it. There's a lot of stuff, am yet to figure out. I take about 20 failed selfies before nailing a good one. And by the way, I am still waiting for the day when I would need '$\cos^2\theta + \sin^2\theta = 1$' in real life.



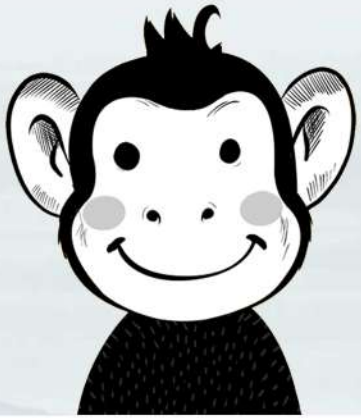
Finally, after centuries of soul searching, found some purpose, some kind of a mission. And what's that! It is about us, getting hooked on, to that one thing which is already in us. Being naturally high, just high on life, on nature, on happiness, on everything around us. Grabbing each moment and living the hell out of it. Feeling every moment. Really feeling it in a way that's never been felt before. We'll know it when we get there. It's when there's no past or present, and nothing in between us and that spectacular moment. Breathe it in. Live it truly and fully. Because when you're naturally high, you're inspired and in the moment. No other way to put it.

Here I am, now!! I've harnessed the skill of staying high; yet have never experienced any kind of hangover. I have mixed drinks about feelings. My quest for eternal bliss and enlightenment never ends.

'Drunken Monkey' is just one small piece of the bigger puzzle of 'Naturally High' -
"taking us back to the days when fruits were real and part of our day. And food didn't come with warnings of calories and fat. Everything was simple and good, because that's how earth was given to us. As simple as 'if it ain't broke, don't fix it'. This is just the beginning, and any start is indeed a good start."













naturally high







OUT OF THE WORLD SMOOTHIES

Smoothies concocted by the legendary monkey himself



- HIGHLY RECOMMENDED
- SMOOTHIE BOWLS
- MONKEY SPECIALS & DRY FRUIT SPECIALS
- LOSE YOURSELF SERIES

Highly Recommended



Highly Recommended

	Regular	Large
The Drizzle A refreshing watermelon & lime smoothie **Kcal 60.9g | Pro 1.2g | Carbs 15.5g | Fat 0.3g | Fiber 0.9g**	21	25
Tropical Sunset Paradise in a bottle - A perfect blend of rich coconut milk, fresh pineapple & watermelon **Kcal 293.5g | Pro 3.5g | Carbs 28.4g | Fat 21.8g | Fiber 3.6g**	21	25
Date Nite Smooth blend of arabian dates with almonds & cashews [Allergens : Milk, Nuts] **Kcal 367.7g | Pro 7.6g | Carbs 74.9g | Fat 7.8g | Fiber 8.6g**	25	32
Chocolate & Hazelnut Smoothie Sinful chocolate & hazelnut blended with banana, apple, chikoo, almonds & cashews [Allergens : Milk, Nuts] **Kcal 501.7g | Pro 13.1g | Carbs 49.5g | Fat 31.4g | Fiber 9.6g**	25	32
Nutcase Dates, figs, cashew & almonds blended into the 'best dry fruit shake in the universe' [Allergens : Milk, Nuts] **Kcal 673.7g | Pro 17g | Carbs 84g | Fat 33.4g | Fiber 5.9g**	25	32
Crunchy Malty Smoothie [Allergens : Milk, Gluten] A tantalizing smoothie blended with cereal & malt **Kcal 323.9g | Pro 8g | Carbs 64.4g | Fat 5.9g | Fiber 5.8g**	25	32
Crazy Stupid Smoothie Wild vegan smoothie blended with dry fruits, coconut & peanut butter [Allergens : Nuts, Peanuts] **Kcal 647.1g | Pro 10.4g | Carbs 84.4g | Fat 36.6g | Fiber 13.6g**	32	40
Avocado Bites The Dragon Super avocado belended with amazing dragon fruit & coconut [Allergens : Milk] **Kcal 537g | Pro 10.4g | Carbs 63.3g | Fat 29.8g | Fiber 13.4g**	32	40

	Mini	Regular
Choco Almond Smoothie Bowl This tasty and appetizing bowl is filled with lot of nutrients and vitamins, blended with chocolate, granola, apple, banana, chikoo, nutella, topped with almonds and cashews. [Allergens : Milk, Dairy, Tree Nuts] **M Kcal 257.81g | Pro 5.5g | Carbs 26.46g | Fat 16.8g | Fiber 5.48g** **R Kcal 257.6g | Pro 3.28g | Carbs 38.83g | Fat 12.09g | Fiber 6.24g**	32	42
Dry Fruit Smoothie Bowl A wholesome bowl from the deserts of sahara packed with dates, figs, granola, caramel, cashews, almonds blended with apple, chikoo, coconut milk, banana, topped with pumpkin seeds and pecan nuts. [Allergens : Coconut, Seeds, Tree Nuts] **M Kcal 261.73g | Pro 3.32g | Carbs 43.12g | Fat 11.02g | Fiber 6.05g** **R Kcal 392.56g | Pro 4.57g | Carbs 63.63g | Fat 16.87g | Fiber 8.75g**	32	42

taste it and HIGHLY RECOMMENDED you'll know why



Nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

SMOOTHIE BOWLS

heavenly eartlings



Smoothie Bowls

M / R
32 / 42

heavenly eartlings

Dry Fruit

A wholesome bowl from the deserts of sahara packed with dates, figs, granola, caramel, cashews, almonds blended with apple, chikoo, coconut milk, banana, topped with pumpkin seeds and pecan nuts. **[Allergens : Coconut, Seeds, Tree Nuts]**

M **Kcal 261.73g | Pro 3.32g | Carbs 43.12g | Fat 11.02g | Fiber 6.05g**
R **Kcal 392.56g | Pro 4.57g | Carbs 63.63g | Fat 16.87g | Fiber 8.75g**

Choco Almond

This tasty and appetizing bowl is filled with lot of nutrients and vitamins, blended with chocolate, granola, apple, banana, chikoo, nutella, topped with almonds and cashews. **[Allergens : Milk, Dairy, Tree Nuts]**

M **Kcal 257.81g | Pro 5.5g | Carbs 26.46g | Fat 16.8g | Fiber 5.48g**
R **Kcal 257.6g | Pro 3.28g | Carbs 38.83g | Fat 12.09g | Fiber 6.24g**

Chocolate & Love

A sumptuous and healthy bowl packed with love, chocolate, hazelnut, oreo blended with apple, chikoo and banana and topped with cashews, almonds, pumpkin seeds and choco chips. **[Allergens : Milk, Dairy, Seeds, Tree Nuts]**

M **Kcal 190.29g | Pro 3.54g | Carbs 24.39g | Fat 10.33g | Fiber 4.18g**
R **Kcal 289g | Pro 4.98g | Carbs 38.23g | Fat 15.34g | Fiber 6.46g**

Red Sunflower

An exquisite bowl of blueberry and dates, blended with beetroot, apple, banana, chikoo, coconut milk, and topped with pomegranate, sunflower seeds, kiwi and black raisins. **[Allergens : Coconut]**

M **Kcal 154.62g | Pro 1.3g | Carbs 29.04g | Fat 5.47g | Fiber 4.53g**
R **Kcal 252.34g | Pro 2.11g | Carbs 47.67g | Fat 8.81g | Fiber 7.41g**

Tropical Charcoal

A luscious goodness bowl from the tropics with pomegranate and chikoo blended with apple, banana, infused by activated charcoal and topped with kiwi and coconut. **[Allergens : Coconut, Dairy, Milk]**

M **Kcal 156.47g | Pro 1.65g | Carbs 25.76g | Fat 6.89g | Fiber 4.53g**
R **Kcal 247.64g | Pro 2.52g | Carbs 38.51g | Fat 7.88g | Fiber 6.87g**

Cereal & Malt

A nutritious bowl with healthy cereal, apple, granola, peanut butter and malt blended with banana and chikoo with a dash of coconut milk, topped with pomegranate, pecan nuts and black raisins. **[Allergens : Coconut, Seeds, Peanuts]**

M **Kcal 119.29g | Pro 3.86g | Carbs 22.13g | Fat 11.43g | Fiber 4.51g**
R **Kcal 301.92g | Pro 5.11g | Carbs 39.07g | Fat 16.87g | Fiber 3.8g**

Magical Mango (seasonal)

A regal bowl of mango 'the king of fruits, blended with apple, chikoo, coconut, topped with crunchy granola, pumpkin seeds, pomegranate and pecan nut. **[Allergens : Coconut, Seeds]**

M **Kcal 114.08g | Pro 1.37g | Carbs 18.54g | Fat 4.72g | Fiber 2.21g**
R **Kcal 171.96g | Pro 2.22g | Carbs 27.01g | Fat 7.54g | Fiber 3.49g**

Custard Apple

A creamy delight of custard apple blended with apple, banana & chikoo for a naturally rich base. Topped with caramel drizzle, crunchy coconut chips, nutty granola, pumpkin seeds, juicy pomegranate, black raisins & pecan nuts for the perfect royal finish

M **Kcal 304.29g | Pro 4.85g | Carbs 46.27g | Fat 13.49g | Fiber 6.54g**
R **Kcal 532.5g | Pro 8.49g | Carbs 80.97g | Fat 23.61g | Fiber 11.44g**



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Monkey's Specials

Tastes to kill



Monkey's Specials

Tastes to kill

	Regular	Large
Poker Face Freshly picked black grape blended with refreshing watermelon Kcal 170.02g | Pro 2.5g | Carbs 43.76g | Fat 0.73g | Fiber 2.76g	21	25
The Popeye Mighty spinach blended with green grape, cucumber, lime, mint and chia seeds [Allergens : Seeds] Kcal 173.17g | Pro 5.02g | Carbs 40.09g | Fat 1.75g | Fiber 5.52g	21	25
Chocolate & Hazelnut Smoothie Sinful chocolate & hazelnut blended with banana, apple, chikoo, almonds & cashews Kcal 501.7g | Pro 13.1g | Carbs 49.5g | Fat 31.4g | Fiber 9.6g	25	32
Monkey Confidential Try it out!!!! [Allergens : Milk, Gluten, Dairy] Kcal 356.27g | Pro 7.77g | Carbs 59.89g | Fat 11.76g | Fiber 5.77g	25	32
Crunchy Malty Smoothie A tantalizing smoothie blended with cereal & malt Kcal 323.9g | Pro 8g | Carbs 64.4g | Fat 5.9g | Fiber 5.8g	25	32
Fire & Ice An ancient tribal dance of fire & ice, simulated by sumptuous dragon-fruit blended with fresh watermelon & caramelized coconut milk with a tinge of fresh banana & pineapple. Kcal 393.65g | Pro 3.99g | Carbs 41.63g | Fat 26.73g | Fiber 6.22g	25	32
Peanut Butter Smoothie A delicious peanut butter smoothie [Allergens : Milk, Peanut, Dairy, Seeds, Tree Nuts] Kcal 369.77g | Pro 9.81g | Carbs 44.05g | Fat 19.93g | Fiber 6.22g	25	32
Avocado Bites the Dragon Super avocado belended with amazing dragon fruit & coconut Kcal 537g | Pro 10.4g | Carbs 63.3g | Fat 29.8g | Fiber 13.4g	32	40

Dry Fruit Specials

	Regular	Large
Date Nite Smooth blend of arabian dates with almonds & cashews Kcal 367.7g | Pro 7.6g | Carbs 74.9g | Fat 7.8g | Fiber 8.6g	25	32
Fig er it Out A luscious smoothie blended with figs, cashews & almonds [Allergens : Milk, Dairy, Seeds] Kcal 313.11g | Pro 5.7g | Carbs 46.24g | Fat 14.17g | Fiber 6.71g	32	40
Crazy Stupid Smoothie Wild vegan smoothie blended with dry fruits, coconut & peanut butter Kcal 647.1g | Pro 10.4g | Carbs 84.4g | Fat 36.6g | Fiber 13.6g	32	40
Monkey King A sumptuous crunchy smoothie blended with dates, figs & nuts [Allergens : Milk, Gluten, Dairy, Seeds] Kcal 310.96g | Pro 6.73g | Carbs 52.36g | Fat 10.66g | Fiber 5.55g	32	40

	Regular	Large
Nutcase Dates, figs, cashew & almonds blended into the 'best dry fruit shake in the universe' Kcal 673.7g | Pro 17g | Carbs 84g | Fat 33.4g | Fiber 5.9g	25	32
Date Shake Kcal 521.9g | Pro 12.46g | Carbs 65.55g | Fat 25.21g | Fiber 2.28g [Allergens : Milk, Dairy, Seeds, Tree Nuts]	25	32
Fig Shake Kcal 517.5g | Pro 12.16g | Carbs 62.31g | Fat 25.78g | Fiber 2g [Allergens : Milk, Dairy, Seeds]	32	40



*All nutritional values are approximate and based on a 350 ml serving size
*All prices are in Dirham and inclusive of VAT

THE CLASSICS

	Regular	Large
Watermelon [Allergens : Milk] Kcal 66.2g | Pro 1.3g | Carbs 16.8g | Fat 0.3g | Fiber 0.9g	21	25
The Drizzle Kcal 60.9g | Pro 1.2g | Carbs 15.5g | Fat 0.3g | Fiber 0.9g	21	25
Pineapple Mint Kcal 110.7g | Pro 0.6g | Carbs 29.8g | Fat 0.4g | Fiber 5.1g	21	25
Banana Kcal 176.9g | Pro 5.2g | Carbs 31.9g | Fat 4.7g | Fiber 2.9g	21	25
Muskmelon Kcal 45g | Pro 0.9g | Carbs 11.4g | Fat 0.2g | Fiber 0.6g	21	25
Chikoo Kcal 121.4g | Pro 0.6g | Carbs 29.2g | Fat 1.6g | Fiber 7.8g	25	32
Black Grape Kcal 507g | Pro 0.3g | Carbs 126.4g | Fat 0.4g | Fiber 1.4g	21	25
Apple Mint Kcal 95.8g | Pro 1g | Carbs 23.1g | Fat 1.2g | Fiber 4.8g	21	25
Pomegranate Kcal 85.2g | Pro 2.9g | Carbs 7.4g | Fat 5.4g | Fiber 6g	25	32
Strawberry Kcal 46.2g | Pro 1g | Carbs 11.2g | Fat 0.4g | Fiber 2.8g	25	32
The White Walker Kcal 130.13g | Pro 4.2g | Carbs 21.55g | Fat 4.45g | Fiber 2.66g	25	32
Custard Apple Kcal 244g | Pro 5g | Carbs 60.6g | Fat 1.4g | Fiber 5.8g	25	32



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Lose Yourself Series

'Back to where it started'

	Regular	Large
The Drizzle Chin up, bottoms down & just feel it. A super blend of fresh watermelon & refreshing lime **Kcal 60.9g | Pro 1.2g | Carbs 15.5g | Fat 0.3g | Fiber 0.9g**	21	25
Mountain Breeze With every breath & every sip, awaken to fresh mint leaves blended with refreshing watermelon & pineapple fruit **Kcal 157.7g | Pro 2.2g | Carbs 29.2g | Fat 4.7g | Fiber 2.3g**	21	25
Reset Looking for a fresh start? Reset & recharge with this rejuvenating blend of electrolyte salts with fresh lime, mint & watermelon **Kcal 69.6g | Pro 1.3g | Carbs 17.7g | Fat 0.3g | Fiber 0.9g**	21	25
Deep Forest A wild, raw yet amazingly tantalizing smoothie of fresh watermelon blended with coconut milk & delicious banana slices, loaded with wholesome basil seeds. **Kcal 215.4g | Pro 3.2g | Carbs 52.7g | Fat 1.8g | Fiber 6.8g**	21	25



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Lose Yourself Series

'Back to where it started'

	Regular	Large
Tropical Sunset Absolute paradise in a bottle - celebrate the perfect blend of rich coconut milk with fresh watermelon & tangy pineapple **Kcal 293.5g | Pro 3.5g | Carbs 28.4g | Fat 21.8g | Fiber 3.6g**	21	25
The Beach Sit back, relax and enjoy this magical blend of delicious strawberries & fresh watermelon **Kcal 79.8g | Pro 1.6g | Carbs 19.6g | Fat 0.5g | Fiber 2.5g**	25	32
Fire & Ice An ancient tribal dance of fire & ice, simulated by sumptuous dragon-fruit blended with fresh watermelon & caramelized coconut milk with a tinge of fresh banana & pineapple. **Kcal 238.4g | Pro 3g | Carbs 58.8g | Fat 2.2g | Fiber 8.9g**	25	32



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

SMOOTHIES BY INGREDIENT

It is what it is



- THE CLASSICS
- EPICS & MAGICS
- FRUIT SHAKES - LOCAL & FRESH, EXOTIC, DRY FRUIT
- SEASONAL - MANGO, CUSTARD APPLE
- VEGGIE SMOOTHIES



Epics & Magics

Epic and magical smoothie concoctions

	Regular	Large
Watermelon	21	25
EPIC - MOUNTAIN BREEZE With every breath & every sip, awaken to fresh mint leaves blended with refreshing watermelon & pineapple fruit **Kcal 96.1g | Pro 2g | Carbs 22.3g | Fat 1.2g | Fiber 2.2g**		
MAGIC - RESET Looking for a fresh start? Reset & recharge with this rejuvenating blend of electrolyte salts with fresh lime, mint & watermelon **Kcal 75.2g | Pro 1.3g | Carbs 18.6g | Fat 0.4g | Fiber 0.9g**		
Pineapple	21	25
EPIC - TROPICAL SUNSET Paradise in a bottle - A perfect blend of rich coconut milk, fresh pineapple & watermelon **Kcal 76.1g | Pro 1.2g | Carbs 19.6g | Fat 0.4g | Fiber 1.7g**		
MAGIC Blended with apple and coconut **Kcal 4.9g | Pro 0.2g | Carbs 0.4g | Fat 0.3g | Fiber 0.3g**		
Banana	21	25
EPIC Blended with apple, chikoo, chia seeds, basil seeds, sunflower seeds, cashews and almonds **[Allergens : Nuts]** **Kcal 199.8g | Pro 3.9g | Carbs 38.3g | Fat 5.4g | Fiber 8.6g**		
NUTELLA MAGIC Blended with chikoo, nutella, cashews, almonds, sunflower seeds **[Allergens : Nuts]** **Kcal 368.4g | Pro 10.9g | Carbs 49.2g | Fat 18.4g | Fiber 13.6g**		
Muskmelon	21	25
EPIC Blended with watermelon, apple, coconut, pumpkin seeds and basil seeds **[Allergens : Nuts]** **Kcal 101.5g | Pro 2.2g | Carbs 16.2g | Fat 4g | Fiber 2.4g**		
MAGIC Blended with banana, basil seeds, cashews, almonds **[Allergens : Nuts]** **Kcal 153.4g | Pro 3.4g | Carbs 28.8g | Fat 4.4g | Fiber 3.3g**		

	Regular	Large
Chikoo	25	32
EPIC Blended with dates, cashews, almonds, chia seeds **[Allergens : Milk, Nuts]** **Kcal 265.1g | Pro 6.5g | Carbs 42.3g | Fat 9.9g | Fiber 8.9g**		
CHOCO MAGIC Blended with banana, chocolate, almonds, cashews **[Allergens : Nuts]** **Kcal 168.2g | Pro 3.1g | Carbs 30.8g | Fat 5.7g | Fiber 7.9g**		
Black Grape	25	32
EPIC - POKER FACE Freshly picked black grape blended with refreshing watermelon **Kcal 400.9g | Pro 0.9g | Carbs 99.5g | Fat 0.5g | Fiber 0.8g**		
MAGIC Blended with watermelon, pineapple and banana **Kcal 445.9g | Pro 1.2g | Carbs 111.4g | Fat 0.6g | Fiber 2.6g**		
Green Grape	25	32
EPIC Blended with watermelon and chia seeds **Kcal 208g | Pro 3.29g | Carbs 49.95g | Fat 2.23g | Fiber 4.52g**		
MAGIC Blended with pomegranate, banana, apple and coconut **[Allergens : Nuts]** **Kcal 334.9g | Pro 4.15g | Carbs 60.91g | Fat 10.86g | Fiber 9.39g**		
Papaya	25	32
EPIC Blended with pineapple **Kcal 175.8g | Pro 21g | Carbs 44.8g | Fat 0.9g | Fiber 5.7g**		
MAGIC Blended with chikoo, banana, sunflower seeds, chia seeds, basil seeds, almonds and cashews **[Allergens : Nuts]** **Kcal 283.3g | Pro 6.2g | Carbs 49.7g | Fat 9.3g | Fiber 13.4g**		

***All nutritional values are approximate and based on a 350 ml serving size.**
***All prices are in Dirham and inclusive of VAT**



Epics & Magics

Epic and magical smoothie concoctions

	Regular	Large
Apple	21	25
EPIC Blended with pineapple, banana, chia seeds, basil seeds and pumpkin seeds **Kcal 160.7g | Pro 2.9g | Carbs 32.2g | Fat 3.9g | Fiber 7.8g**		
CARAMEL MAGIC Blended with chikoo, caramel, almonds, cashews **[Allergens : Nuts]** **Kcal 99.3g | Pro 0.6g | Carbs 24.8g | Fat 1g | Fiber 5.3g**		
Pomegranate	32	40
EPIC Blended with pineapple, apple and coconut **[Allergens : Nuts]** **Kcal 111.7g | Pro 2.7g | Carbs 11.3g | Fat 7g | Fiber 6g**		
MAGIC Blended with black grape, apple, chia seeds, basil seeds **Kcal 229.1g | Pro 3.3g | Carbs 40.2g | Fat 6.9g | Fiber 5.5g**		
Strawberry	25	32
EPIC - THE BEACH Sit back, relax and enjoy this magical blend of delicious strawberries & fresh watermelon **Kcal 65.3g | Pro 1.3g | Carbs 16.4g | Fat 0.4g | Fiber 1.7g**		
NUTELLA MAGIC Blended with nutella, banana, cashews, almonds **[Allergens : Nuts]** **Kcal 356.7g | Pro 12.9g | Carbs 36.6g | Fat 22.1g | Fiber 10.6g**		

	Regular	Large
Kiwi	32	40
EPIC Blended with watermelon, apple and basil seeds **Kcal 88g | Pro 3.4g | Carbs 12.3g | Fat 3.4g | Fiber 1.2g**		
MAGIC Blended with pomegranate, coconut, apple, carrot and banana **[Allergens : Nuts]** **Kcal 112.1g | Pro 3.1g | Carbs 13.7g | Fat 5.7g | Fiber 2.6g**		
Dragon Fruit	32	40
EPIC Blended with watermelon and basil seeds **Kcal 142.4g | Pro 2.6g | Carbs 32.5g | Fat 1.8g | Fiber 3.7g**		
MAGIC - FIRE & ICE An ancient tribal dance of fire & ice, simulated by sumptuous dragon-fruit blended with fresh watermelon & caramelized coconut milk with a tinge of fresh banana & pineapple. **[Allergens : Nuts]** **Kcal 199.8g | Pro 3.2g | Carbs 44.1g | Fat 3.6g | Fiber 5.9g**		
Avocado	32	40
EPIC Blended with spinach, banana, chia seeds, almonds and cashews **[Allergens : Nuts]** **Kcal 202.4g | Pro 4.2g | Carbs 37.3g | Fat 6.2g | Fiber 6.7g**		
MAGIC - AVOCADO BITES THE DRAGON Super avocado blended with amazing dragon fruit & coconut **[Allergens : Nuts]** **Kcal 537g | Pro 10.4g | Carbs 63.3g | Fat 29.8g | Fiber 13.4g**		

*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

7

Fruit Shakes

Local & fresh, exotic, dry fruit





Fruit Shakes

Local & Fresh

	Regular	Large
Watermelon  Kcal 73.9g | Pro 3.94g | Carbs 5.91g | Fat 4.06g | Fiber 0g [Allergens : Milk, Dairy]	21	25
Banana Kcal 175.89g | Pro 5.19g | Carbs 32.33g | Fat 4.39g | Fiber 2.99g [Allergens : Milk, Dairy]	21	25
Muskmelon Kcal 73.36g | Pro 3.91g | Carbs 5.87g | Fat 4.03g | Fiber 0g [Allergens : Milk, Dairy]	21	25
Chikoo Kcal 81.69g | Pro 4.36g | Carbs 6.53g | Fat 4.49g | Fiber 0g [Allergens : Milk, Dairy]	21	25
Apple Cinnamon Kcal 126.87g | Pro 4.27g | Carbs 20.07g | Fat 4.3g | Fiber 2.42g [Allergens : Milk, Dairy]	21	25
Black Grape Kcal 74.12g | Pro 3.95g | Carbs 5.93g | Fat 4.08g | Fiber 0g [Allergens : Milk, Dairy]	25	32
Green Grape Kcal 63.8g | Pro 3.4g | Carbs 5.1g | Fat 3.51g | Fiber 0g [Allergens : Milk, Dairy]	25	32
Pomegranate Kcal 106.11g | Pro 5.66g | Carbs 8.49g | Fat 5.84g | Fiber 0g [Allergens : Milk, Dairy]	25	32

Exotic Fruit

	Regular	Large
Strawberry Kcal 114.5g | Pro 4.91g | Carbs 15.2g | Fat 4.59g | Fiber 2.25g [Allergens : Milk, Dairy]	25	32
Kiwi Kcal 77.9g | Pro 4.15g | Carbs 6.23g | Fat 4.28g | Fiber 0g [Allergens : Milk, Dairy]	25	32
Avocado Kcal 67.92g | Pro 3.62g | Carbs 5.43g | Fat 3.74g | Fiber 0g [Allergens : Milk, Dairy]	32	40
Dragon Fruit Kcal 70.79g | Pro 3.78g | Carbs 5.66g | Fat 3.89g | Fiber 0g [Allergens : Milk, Dairy]	32	40

Dry Fruit

Nutcase  Dates, figs, cashew & almonds blended into the 'best dry fruit shake in the universe' Kcal 673.7g | Pro 17g | Carbs 84g | Fat 33.4g | Fiber 5.9g [Allergens : Milk, Dairy]	25	32
Date Kcal 196g | Pro 5.72g | Carbs 31.59g | Fat 6.81g | Fiber 2.57g [Allergens : Milk, Dairy, Tree Nuts]	25	32
Fig Kcal 126.31g | Pro 4.67g | Carbs 19.25g | Fat 4.29g | Fiber 2.03g [Allergens : Milk, Dairy]	32	40

*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT



SEASONAL

Mango

	R	L
The Emperor Delicious fresh mango blended in a caramalized smoothie [Allergens : Dairy] Kcal 134.25g | Pro 4.86g | Carbs 20.78g | Fat 4.86g | Fiber 1.53g	25	32
Raseela A mango classic in its purest self [Allergens : Dairy] Kcal 203.23g | Pro 2.71g | Carbs 50.81g | Fat 1.35g | Fiber 5.42g	25	32
Shake [Allergens : Dairy] Kcal 157.01g | Pro 6.02g | Carbs 22.9g | Fat 6.12g | Fiber 1.57g	25	32
Mango & Dry Fruit Luscious mango blended with arabian dates and figs Kcal 96.43g | Pro 1.29g | Carbs 24.11g | Fat 0.64g | Fiber 2.57g	32	40
Magical Mango Smoothie Bowl A regal bowl of mango 'the king of fruits, blended with apple, chikoo, coconut, topped with crunchy granola, pumpkin seeds, pomegranate and pecan nut. [Allergens : Dairy] M Kcal 114.08g | Pro 1.37g | Carbs 18.54g | Fat 4.72g | Fiber 2.21g R Kcal 171.96g | Pro 2.22g | Carbs 27.01g | Fat 7.54g | Fiber 3.49g	M / R 32 / 42	

*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

SEASONAL

THE WHITE WALKER



Custard Apple

	R	L
The White Walker The smoothest smoothie ever - fresh custard apple blended with chikko, apple and coconut. [Allergens : Dairy] Kcal 130.13g | Pro 4.2g | Carbs 21.55g | Fat 4.45g | Fiber 2.66g	25	32
Custard Apple Classic A custard apple classic in its purest self Kcal 244g | Pro 5g | Carbs 60.6g | Fat 1.4g | Fiber 5.8g	25	32
Shake [Allergens : Dairy] Kcal 151.09g | Pro 5.27g | Carbs 23.5g | Fat 5.61g | Fiber 2.71g	25	32
Persian Princess Delicious custard apple blended with dry fruits [Allergens : Dairy] Kcal 84g | Pro 0.48g | Carbs 22.62g | Fat 0.32g | Fiber 3.88g	32	40

*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Veggie Smoothies

	Regular	Large
Cucumber Cooler Blended with watermelon, lime and mint Kcal 25.1g | Pro 1.3g | Carbs 5.9g | Fat 0.2g | Fiber 1g	21	25
The Popeye Mighty spinach blended with green grape, cucumber, lime, mint and chia seeds Kcal 29.5g | Pro 2.3g | Carbs 4.4g | Fat 0.9g | Fiber 2.3g	21	25
Crazy Carrot [Allergens : Nuts] Blended with pineapple, cashews and almonds Kcal 133.3g | Pro 2.7g | Carbs 25.2g | Fat 3.9g | Fiber 5.8g	21	25
Beet the Root [Allergens : Nuts] Blended with apple, carrot, cashews and almonds Kcal 105.5g | Pro 2.6g | Carbs 17.9g | Fat 3.8g | Fiber 4g	21	25
Super Veggie Blended with cucumber, spinach, carrot, apple, beetroot, chia seeds, and basil seeds Kcal 61.4g | Pro 2.1g | Carbs 11.3g | Fat 1.7g | Fiber 3.6g	25	32



*All nutritional values are approximate and based on a 35[illegible] serving size.
*All prices are in Dirham and inclusive of VAT



'its mad, its magic - just high on life'

...naturally high

FUNCTIONAL SMOOTHIES

Your body 'the coolest machine on the planet'



- MEAL SMOOTHIES
- DETOX
- HYDRATORS
- PROTIEN SMOOTHIES
- PARTY MIXERS - 100% FRESH & NATURAL
- HANGOVER WARRIORS

Meal Smoothies

All you need in a bottle



	R	L
Dry Fruit Meal [Allergens : Nuts] Blended with dates, figs, almonds, cashews, apple **Kcal 208.8g | Pro 3.1g | Carbs 43.3g | Fat 5.1g | Fiber 6.2g**	32	40
Iron Man Green Meal Blended with spinach, cucumber, avocado, carrot , apple, banana, chia seeds and basil seeds **Kcal 108.8g | Pro 2.1g | Carbs 27g | Fat 0.7g | Fiber 4.4g**	32	40
Super Fibre Meal [Allergens : Nuts] Blended with avocado, apple, pineapple, banana, green grapes, cashews, almonds, chia seeds and basil seeds **Kcal 257.4g | Pro 22.7g | Carbs 35.4g | Fat 9.1g | Fiber 11.2g**	32	40
Abc Meal Blended with apple, beetroot, carrot, banana, mint, basil seeds **Kcal 89.6g | Pro 1.9g | Carbs 21.5g | Fat 0.6g | Fiber 4.1g**	25	32
Nutella Meal Velvety hazelnut bliss blended with rich choco cream and vanilla ice cream indulgence [Allergens : Milk, Dairy, Tree Nuts, Gluten] **Kcal 484g | Pro 11g | Carbs 59.6g | Fat 21.8g | Fiber 6.8g**	25	32

	R	L
Cereal and Malt Smoothie A wholesome fusion of malted grains, nut butter, granola, and chia with pomegranate [Allergens : Milk, Dairy, Tree Nuts, Gluten] **Kcal 442g | Pro 11.63g | Carbs 66.1g | Fat 13.8g | Fiber 5.46g**	25	32
Caramel and Muesli Meal A silky blend of orchard fruits, rich caramel, muesli crunch, and a chia-nut medley [Allergens : Milk, Dairy, Seeds, Tree Nuts, Gluten] **Kcal 537g | Pro 12.7g | Carbs 79g | Fat 19.1g | Fiber 9.4g**	25	32
Coffee & Cereal Meal [Allergens : Nuts] Blended with coffee, cereal, apple, almonds, cashews **Kcal 201.7g | Pro 4.2g | Carbs 29.7g | Fat 9.3g | Fiber 6.6g**	25	32
Dates and Cereal Meal Lush dates and crisp apples swirled with green grapes and Kellogg's flakes, gently sweetened **Kcal 360.3g | Pro 18.8g | Carbs 50.7g | Fat 10.8g | Fiber 5g**	25	32
Fire and Ice An ancient tribal dance of fire & ice, simulated by sumptuous dragon-fruit blended with fresh watermelon & caramelized coconut milk with a tinge of fresh banana & pineapple. **Kcal 134.2g | Pro 2.5g | Carbs 31.5g | Fat 1.5g | Fiber 3.8g**	25	32
Monkey King A sumptuous crunchy smoothie blended with dates, figs & nut [Allergens : Nuts] **Kcal 313.2g | Pro 5.1g | Carbs 61.7g | Fat 8.1g | Fiber 8.2g**	32	40
Crazy Stupid Smoothie Wild vegan smoothie blended with dry fruits, coconut & peanut butter [Allergens : Nuts] **Kcal 647.1g | Pro 10.4g | Carbs 84.4g | Fat 36.6g | Fiber 13.6g**	32	40

*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

DETOX SMOOTHIES

GOOD PEOPLE GO TO HEAVEN.
OTHERS DETOX AND GET THERE





Detox Smoothies

Regular 21 Large 25

Smooth Criminal
lime based with cucumber and mint

We have an assassin in the house! This smoothie takes up the job to execute the unwanted oxidants (the ultimate enemy) to keep you safe. The lime, cucumber and mint are its weapons. You pay for the smoothie, the smoothie does your job. Hence smooth criminal.

Kcal 12.5g | Pro 0.6g | Carbs 2.9g | Fat 0.1g | Fiber 0.7g

Eternal Sunshine
cucumber based with spinach, apple and mint.

This detox smoothie combined with cucumber, spinach, apple & mint will be the eternal sunshine for your day, even if you consume it at night! Fresh on the go.

Kcal 21.9g | Pro 0.5g | Carbs 5.5g | Fat 0.1g | Fiber 1.3g

U Kill, I Kill
spinach based with cucumber, pineapple and mint

Its a battle between the warriors like spinach, cucumber, pineapple, mint against the titan of destruction. They would do anything to fight it off from your body.

Kcal 29g | Pro 0.5g | Carbs 7.6g | Fat 0.1g | Fiber 1.4g

Beach Body
pineapple and lime blended with carrot and kiwi

Be in love with the shape of your body! This detox drink will provide you with all the nutrients that you deserve! Pineapple and lime blended with carrot and kiwi will energise your body! Grab this one and get beach-ready!

Kcal 7g | Pro 0.2g | Carbs 1.7g | Fat 0g | Fiber 0.5g

Mirror Mirror
carrot blended with apple, lime and pineapple

Mirror mirror, who is the fittest of all! This detox potion not only removes the toxins from your body, but also, nourishes your body with essential vitamins. Make this your go to smoothie and fall in love with your reflection.

Kcal 28.2g | Pro 0.2g | Carbs 7.6g | Fat 0.1g | Fiber 1.3g

Full Throttle
beetroot based with apple and carrot

This trio of beetroot, apple and carrot when combined together turned out to be the fastest killer for toxins. Then step on the accelerator and drink it up right away.

Kcal 23.9g | Pro 0.3g | Carbs 6.3g | Fat 0.1g | Fiber 1.3g

Forbidden
apple based with avocado, spinach, cucumber and mint

This smoothie acts as your guardian in your ups and down and forbids the toxins to take a charge against your health. With the wisdom of apple, avocado, spinach, cucumber & mint this guru is the ultimate yoda you'll always need.

Kcal 52.8g | Pro 4.5g | Carbs 13.1g | Fat 2.8g | Fiber 8g

Black Magic
black grape based with spinach, apple and mint

Ooo let that unhealthy venomous toxin in your body know that this smoothie is made by the witches of health. And the potion consumed by you with ingredients like black grape, spinach, apple and mint is a killer for them.

Kcal 21.9g | Pro 0.5g | Carbs 5.5g | Fat 0.1g | Fiber 1.3g

Superfood
avocado based with cucumber, apple and mint

Are you hungry and confused with what to eat when on diet? We might have a perfect solution with avocado based drink with cucumber, apple & mint. This super food will take care of you as an antioxidant and also keep you full.

Kcal 115g | Pro 8.3g | Carbs 29.4g | Fat 5.6g | Fiber 16g

Shot Glass
green grape based with avocado, apple and pineapple

Have you been enjoying your vacation? Have you been too unhealthy? Do you regret it now? That's okay ! We have a perfect detox smoothie for that with refreshing pineapple, green grape, avocado and apple so that you can take a shot that's healthy too.

Kcal 35.1g | Pro 0.4g | Carbs 9.2g | Fat 0.2g | Fiber 1.5g

	Regular	Large
Detox 4 Pack - A	58	75
smooth criminal		
beach body		
mirror mirror		
eternal sunshine		
Detox 4 Pack - B	58	75
smooth criminal		
u kill i kill		
forbidden		
full throttle		
Detox 8 Pack	104	138
smooth criminal		
eternal sunshine		
forbidden		
full throttle		
u kill i kill		
beach body		
shot glass		
mirror mirror		

*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Hydrators

(added with electrolyte salts)

	Regular	Large
Watermelon lime Kcal 31.9g | Pro 0.4g | Carbs 8.1g | Fat 0.1g | Fiber 0.3g	21	25
Mint Lime Kcal 13.9g | Pro 0g | Carbs 3.6g | Fat 0g | Fiber 0.1g	21	25
Lime Salt Kcal 13.9 | Pro 0g | Carbs 3.6g | Fat 0g | Fiber 0.1g	21	25
Lime Sweet Kcal 13.9g | Pro 0g | Carbs 3.6g | Fat 0g | Fiber 0.1g	21	25
Lime Sweet & Salt Kcal 13.9g | Pro 0g | Carbs 3.6g | Fat 0g | Fiber 0.1g	21	25
Strawberry Lime Kcal 31.1g | Pro 0.4g | Carbs 7.7g | Fat 0.2g | Fiber 1.1g	25	32

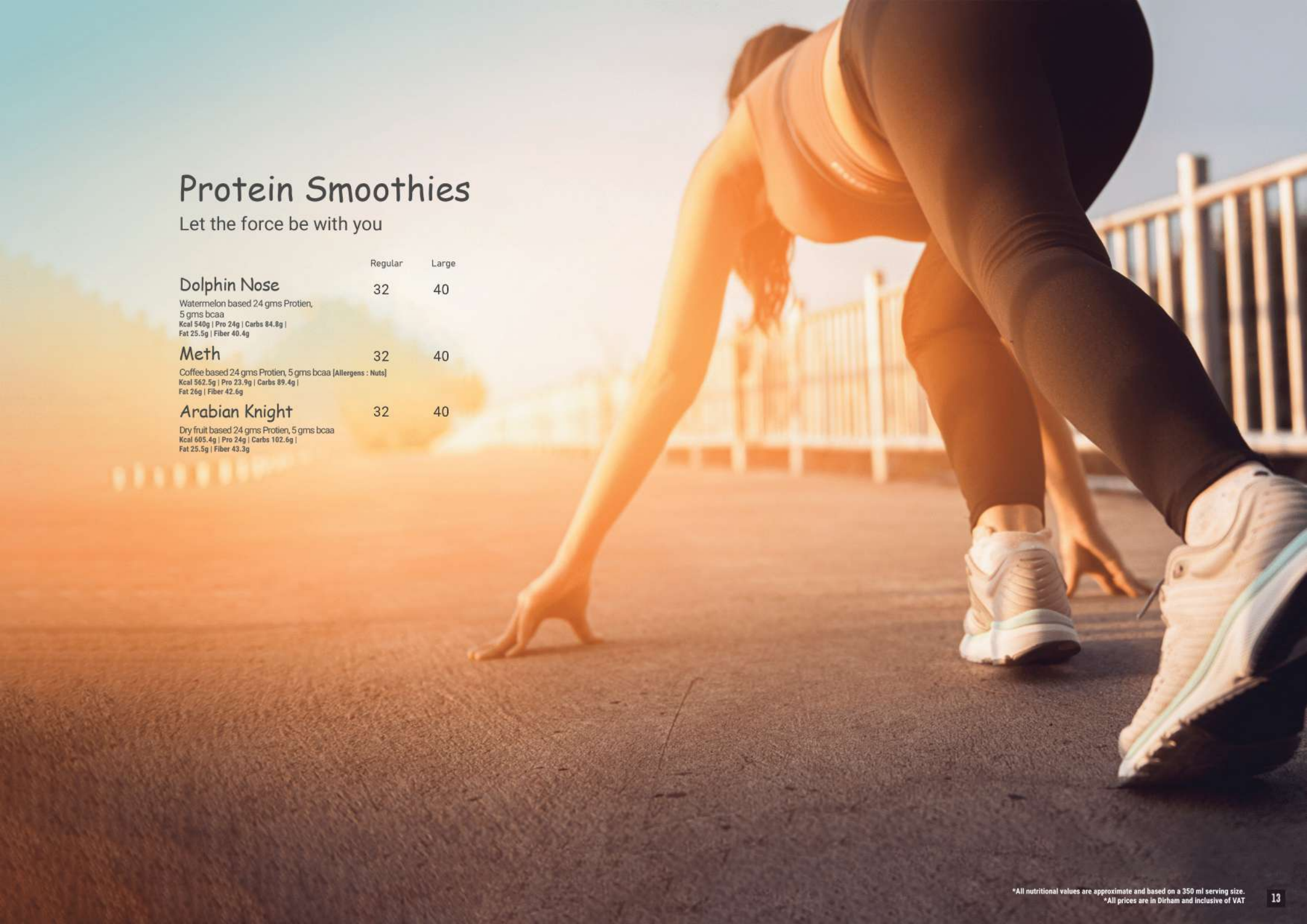


*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Protein Smoothies

Let the force be with you

	Regular	Large
Dolphin Nose Watermelon based 24 gms Protien, 5 gms bcaa **Kcal 540g | Pro 24g | Carbs 84.8g | Fat 25.5g | Fiber 40.4g**	32	40
Meth Coffee based 24 gms Protien, 5 gms bcaa **[Allergens : Nuts]** **Kcal 562.5g | Pro 23.9g | Carbs 89.4g | Fat 26g | Fiber 42.6g**	32	40
Arabian Knight Dry fruit based 24 gms Protien, 5 gms bcaa **Kcal 605.4g | Pro 24g | Carbs 102.6g | Fat 25.5g | Fiber 43.3g**	32	40



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT



	Regular	Large
Party Mixers	25	32

Sinful drinks turned pure & natural

Mojito
100% fresh and natural cocktail mixer with
Lime and Mint (no syrups)
Kcal 1.2g | Pro 0g | Carbs 0.4g |
Fat 0g | Fiber 0.1g

Watermelon Mojito
100% fresh and natural cocktail mixer with
Watermelon, Lime and Mint (no syrups)
Kcal 61.2g | Pro 1.2g | Carbs 15.6g |
Fat 0.3g | Fiber 0.9g

Pina Colada **[Allergens : Milk, Nuts]**
100% fresh and natural cocktail mixer with
Pineapple, Coconut and a tinge of Watermelon (no syrups)
Kcal 85.8g | Pro 1.4g | Carbs 19.5g |
Fat 1.3g | Fiber 3.1g

Thunderbolt
100% fresh and natural cocktail mixer with
Blueberry, Blackgrape and Watermelon (no syrups)
Kcal 24g | Pro 0.5g | Carbs 6.1g |
Fat 0.1g | Fiber 0.3g

Death By Chocolate
Kcal 414.3g | Pro 11.2g | Carbs 29.1g |
Fat 27.5g | Fiber 8.2g [Allergens : Nuts]

Irish Cream Coffee
Kcal 106.13g | Pro 5.66g | Carbs 8.47g |
Fat 5.82g | Fiber 0g

Hangover Warriors

For a night, you don't remember

	Regular	Large
	25	32

Choco Hazelnut Smoothie

Kcal 414.3g | Pro 11.2g | Carbs 29.1g |
Fat 27.5g | Fiber 8.2g [Allergens : Nuts]

Last Nite's Sin

Blended with pineapple, green grape, apple, chia seeds, basil seeds, lime and rehydration salts

Kcal 149.5g | Pro 2.4g | Carbs 20.9g |
Fat 6.4g | Fiber 3.5g

Party Monster

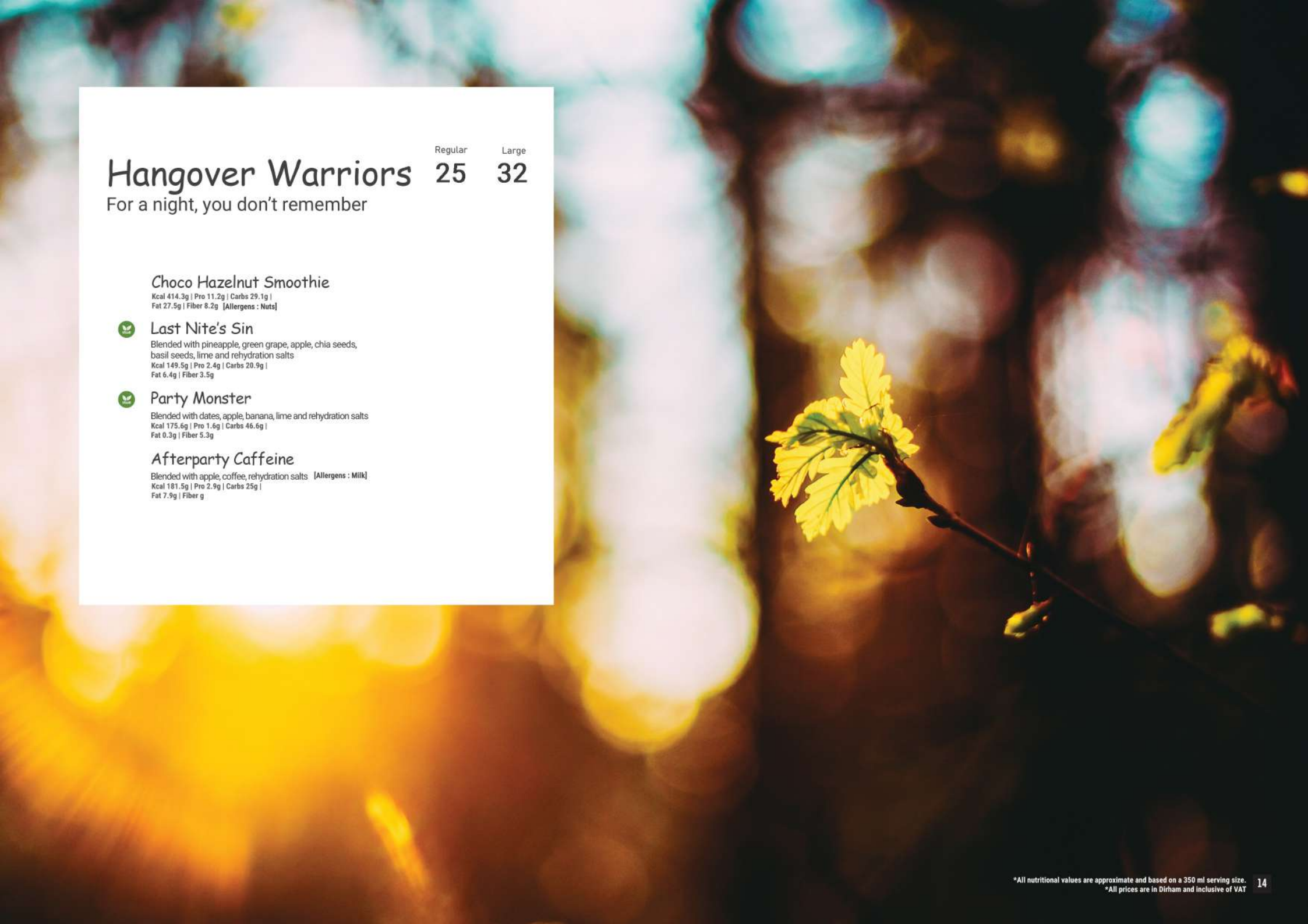
Blended with dates, apple, banana, lime and rehydration salts

Kcal 175.6g | Pro 1.6g | Carbs 46.6g |
Fat 0.3g | Fiber 5.3g

Afterparty Caffeine

Blended with apple, coffee, rehydration salts **[Allergens : Milk]**

Kcal 181.5g | Pro 2.9g | Carbs 25g |
Fat 7.9g | Fiber g



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

CRAVINGS

No reasons, no justifications



- INDULGENCE & CHOCOLATE SHAKES
- COLD COFFEE
- HOT INFUSIONS

Indulgence & Chocolate Shakes

	Regular	Large
Choco [Allergens : Milk] Kcal 1076.3g | Pro 44.8g | Carbs 95.6g | Fat 57.5g | Fiber 47.6g	25	32
French Vanilla [Allergens : Milk] Kcal 874.8g | Pro 36g | Carbs 73.8g | Fat 46.8g | Fiber 36g	25	32
Oreo [Allergens : Milk] Kcal 1094.3g | Pro 43.9g | Carbs 103g | Fat 56.4g | Fiber 46g	25	32
Crunchy Horlicks Kcal 947.1g | Pro 35.3g | Carbs 102.2g | Fat 42.4g | Fiber 32.8g [Allergens : Milk, Gluten]	25	32
Caramelized [Allergens : Milk] Kcal 742.5g | Pro 30.3g | Carbs 64.9g | Fat 39.1g | Fiber 30.2g	25	32
Choco Almond [Allergens : Milk, Nuts] Kcal 1161.2g | Pro 47.7g | Carbs 99.5g | Fat 64.5g | Fiber 48.6g	25	32
Brownie [Allergens : Milk] Kcal 1099g | Pro 37.1g | Carbs 135.8g | Fat 47.4g | Fiber 39.1g	25	32
Choco Nutella [Allergens : Milk, Nuts] Kcal 1111.2g | Pro 46.4g | Carbs 88.5g | Fat 64.9g | Fiber 42.8g	25	32
Pure Nutella [Allergens : Milk, Nuts] Kcal 1110g | Pro 46g | Carbs 88.5g | Fat 64.9g | Fiber 42.8g	25	32
Cheese Cake [Allergens : Milk] Kcal 801.9g | Pro 31.9g | Carbs 68g | Fat 44.4g | Fiber 37.2g	25	32

	Regular	Large
Red Velvet [Allergens : Milk] Kcal 656.1g | Pro 27g | Carbs 55.4g | Fat 35.1g | Fiber 27g	25	32
Kit Kat Caramel Kcal 968.3g | Pro 39.4g | Carbs 90.1g | Fat 49.3g | Fiber 36.9g [Allergens : Milk, Nuts]	25	32
Brownie Nutella Kcal 1129.6g | Pro 38.6g | Carbs 129.5g | Fat 54.5g | Fiber 34.9g [Allergens : Milk, Nuts]	25	32
Oreo Red Velvet Kcal 678.9g | Pro 27g | Carbs 61.5g | Fat 35.1g | Fiber 27g [Allergens : Milk]	25	32
All Star Nutella, oreo & caramalized brownie Kcal 938.3g | Pro 34.4g | Carbs 92.2g | Fat 48.9g | Fiber 29.6g [Allergens : Milk, Nuts]	25	32



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Cold Coffee

	Regular	Large
Cold brew No sugar, no milk, just coffee Kcal 0.26g | Pro 0.01g | Carbs 0g | Fat 0g | Fiber 0g	25	32
Cold Coffee Classic Kcal 427.92g | Pro 11.26g | Carbs 45.62g | Fat 22.93g | Fiber 0g **[Allergens : Milk, Dairy]**	25	32
Cold Cappuccino Kcal 424.87g | Pro 11.18g | Carbs 45.29g | Fat 22.77g | Fiber 0g **[Allergens : Milk, Dairy]**	25	32
Cold Mocaccino Kcal 98.66g | Pro 5.26g | Carbs 7.88g | Fat 5.41g | Fiber 0g **[Allergens : Milk, Dairy]**	25	32
Turkish Cardamom Cold Coffee Kcal 98.66g | Pro 5.26g | Carbs 7.88g | Fat 5.41g | Fiber 0g **[Allergens : Milk, Dairy]**	25	32
Apple Cinnamon Caffe Latte Kcal 125.54g | Pro 5.38g | Carbs 15.26g | Fat 5.49g | Fiber 1.27g **[Allergens : Milk, Dairy]**	32	40
Coffee Caramel Kcal 83.63g | Pro 4.46g | Carbs 6.68g | Fat 4.59g | Fiber 0g **[Allergens : Milk, Dairy]**	32	40

	Regular	Large
Cold Coffee Nutella Kcal 85.86g | Pro 4.58g | Carbs 6.86g | Fat 4.71g | Fiber 0g **[Allergens : Milk, Dairy]**	32	40
Coffee Brownie Kcal 935.88g | Pro 14.12g | Carbs 115.82g | Fat 46.72g | Fiber 5.05g **[Allergens : Milk, Gluten, Egg, Dairy]**	32	40
Irish Cream Coffee Kcal 106.13g | Pro 5.66g | Carbs 8.47g | Fat 5.82g | Fiber 0g **[Allergens : Milk, Dairy]**	32	40
Coffee Oreo Kcal 982.26g | Pro 14.22g | Carbs 137.12g | Fat 40.3g | Fiber 3.71g **[Allergens : Milk, Gluten, Dairy]**	32	40
Iced Latte	25	32
Iced Spanish Latte	28	35
Iced Caramel Latte	28	35



*All nutritional values are approximate and based on a 350 ml serving size.
*All prices are in Dirham and inclusive of VAT

Hot Infusions

Hot Menu

	S	M	L
Caffee Latte	19	22	24
Cappucino	18	20	22
Macchiato	17	20	22
Spanish Latte (Premium)	22	25	28
Americano	17	20	22
Café Mocha (Premium)	22	25	28
Mint Mocha (Premium)	22	25	28
Blueberry Mocha	24	28	30
24 Carat Gold Leaf Cappucino	33	37	42
Flat White	18	20	22
Caramel Latte (Premium)	22	25	28
Hazelnut Latte (Premium)	22	25	28
Vanilla Latte (Premium)	22	25	28
Cardamom Latte (Premium)	22	25	28
Cinnamon Latte (Premium)	22	25	28
Cortado	20	23	25
Picolo	20	23	25
Espresso	14	17	

Our Signature Coffee

	S	M	L
Irish Coffee Latte	24	28	30
Blueberry Coffee Mocha	24	28	30
Choco Nut Mocha	24	28	30
Creamy Hot Chocolate	24	28	30

Tea

	S
Jasmine Tea	15
Chamomile Tea	15

Croissant & Cookies

Plain Croissant	13
Chocolate Croissant	15
Cookies	10

Water

Still Water (330 ml)	7
Sparkling Water (330 ml)	9
Still Water (750 ml)	14
Sparkling Water (750 ml)	16



FOOD MENU

PASTAS



	AED
Arrabiata Sauce Penne	38
Arrabiata Sauce Spaghetti	38
Mornay Sauce Penne	38
Mornay Sauce Spaghetti	42
Pink Sauce Penne	42
Pink Sauce Spaghetti	42
Whole Wheat Arrabiata Sauce Penne	38
Whole Wheat Arrabiata Sauce Spaghetti	38
Whole Wheat Mornay Sauce Penne	38
Whole Wheat Mornay Sauce Spaghetti	42
Whole Wheat Pink Sauce Penne	42
Whole Wheat Pink Sauce Spaghetti	42

SANDWICHES



	AED
Grilled BBQ Chicken Sandwich	29
Tuna Ranch Club Sandwich	30
BBQ Chicken Melt Sandwich	31
Chicken Ranch Supreme Sandwich	30
Tofu Tikka Sandwich (Veg)	26
Egg & Capers Sandwich	29
Egg & Smoked Chicken Sandwich	35
Egg & Guacamole Sandwich	33
Egg Frittata & Chicken Ham Sandwich	37

PIZZAS



	SMALL	MEDIUM	LARGE
Margherita Pizza	25	35	45
Farmhouse Pizza	33	45	60
Tex Mex Chicken Pizza	35	50	70
BBQ Chicken Pizza	35	50	70
Chicken Shawarma	35	50	70
Tuna Pizza	35	50	70
Whole Wheat Margherita Pizza	25	35	45
Whole Wheat Farmhouse Pizza	33	45	60
Whole Wheat Tex Mex Pizza	35	50	70
Whole Wheat BBQ Chicken Pizza	35	50	70
Whole Wheat Chicken Shawarma	35	50	70
Whole Wheat Tuna Pizza	35	50	70

SALADS



	AED
BBQ Chicken & Corn Salad	31
BBQ Protein Power Salad	33
Indian Spice Tofu Salad (Veg)	29

INDULGENCE



	AED
Sizzling Brownie	30
Monkey's Choco Passion	28
Tooty Fruity Ice Cream	28

WRAPS



	AED
Smoky BBQ Chicken Wrap	29
Spicy BBQ Crunch Wrap	30
Sweet & Smoky Chicken Wrap	30
Mediterranean Tuna Wrap	31
Spicy Indian Street Wrap (Veg)	26

HOT BITES & SIDES



	AED
Air Fried Broccoli in BBQ Sauce	35
Air Fried Cauliflower Chunks in BBQ Sauce	31
Jalapeño Cheese Balls	35
Air fried Butter & Cajun American Corn	29
Classic Chicken Wings	35
BBQ Chicken Wings	37
Teriyaki Chicken Wings	37
Sweet Chilli Chicken Wings	37
Chicken Nuggets	24
Baked Cheese Sausage	29
Baked Beans with Grilled Sausage	33
Garlic Bread 5 nos	22
Chilli Cheese Toast 5 nos	26





Add Ons

Mint	3
Chia Seeds	5
Basil Seeds	5
Pumpkin Seeds	5
Sunflower Seeds	5
Peacun Nut	7
Cashews & Almonds	6
Almonds	6
Coconut	5
Chocolate Syrup	3

Coffee	6
Blueberry	6
Peanut butter	6
Nutella	7
Caramel	6
Granola	7
Cereal	6
Oreo	6
Kit-kat	7
Protien Scoop	10

Chocochip	6
Coffee Powder	6
Horlicks	6
Irish cream syrup	6
Whipped cream	6
Banana	6
Strawberry	7
Mango	7
Dates	6
Figs	6
Vanila ice creamscoop	6
chocolate ice cream scoop	6
Extra cheese	12

	S	M	L
Almond milk	5	7	9
Coconut milk	5	7	9
Oatly milk	5	7	9






‘mic drop &’



Naturally High

