

## Vitality Elixirs

### Protein Shakes

#### Make Me Slim

Strawberry, Baby Spinach, Water, Chia Seeds, Vegan Vanilla Protein

#### Energy Forest

Banana, Spinach, Matcha Powder, Almond Milk, Vegan Vanilla Protein

#### Pina Cooler

Pineapple, Coconut Milk, Chia Seeds, Vegan Vanilla Protein

#### Chocolate Peanut Butter

Banana, Homemade Peanut Butter, Cocoa Powder, Almond Milk, Vegan Chocolate Protein

#### Straw Blond

Mixed Dark Berries, Banana, Almond Milk, Vegan Vanilla Protein

#### Mochalicious

Homemade Peanut Butter, Single Shot Espresso, Coconut Milk, Vegan Chocolate Protein

### Hand Crafted Juices

#### Green Detox

Cucumber, Kale, Green Apple, Lemon, Celery

#### Elixir Vitae

Coconut Juice, Watermelon, Pineapple, Lemon, Honey

#### Enzyme Cooler

Pineapple, Lemon, Ginger, Mint

#### Tropical Guilt

Mango, Passion Fruit, Orange, Lemon, Turmeric

#### Royal Berry

Raspberry, Strawberry, Banana, Ginger

### Immunity Shots

#### Ginger & Lemon Shot

Powerful Anti-Inflammatory and Antioxidant Benefits

#### Turmeric & Lemon Shot

Booster of Vitamin C and Anti-Inflammatory Benefits

#### Jalapeño & Lemon Shot

Powerful Anti-Inflammatory and Antioxidant Benefits

#### Carrot & Ginger Shot

Helps with Skin Glow, Rich in Vitamin A

## Nourish All Day

Balanced, nutrient-rich dishes designed to energise you from sunrise to sunset

#### Mixed Berries Yoghurt Bowl (V, GF, D)

Greek Yoghurt, Lavender Infused, Local Ajman Honey

#### Açaí Bowl (VG, N)

Homemade Granola, Strawberry, Cacao Nibs, Dried Raspberry, Banana

#### Almond Protein Crêpe (G, D, E, V)

Protein Flour, Egg Whites, Almond Milk, Banana, Berries, Chocolate Sauce

#### Buckwheat Waffle (G, D, V)

Smoked Salmon, Cottage Cheese, Rokka, Organic Hatta Honey, Poached Eggs

#### Scrambled Free Range Eggs on Sourdough Toast (G, D, E, LS)

Sautéed Field Mushrooms, Locally Sourced Green Tomatoes

#### Eggless Omelette (E, N, VG, LS)

Chickpea Flour Omelette, Portobello Mushroom, Kale, Soybeans Sprout, Locally Sourced Tomatoes, Cashew Sauce, Avocado Dip

#### Avocado on Sourdough Toast (G, N, D, V, LS)

Avocado, Cottage Cheese, Pecan, Locally Sourced Tomatoes

#### Add Poached Eggs

#### Fika Keto Breakfast (GF, D, N)

Two Free Range Eggs, Halloumi, Mashed Avocado, Veal Bacon, Pine Seeds

#### Smoked Salmon Benedict (G, SF, E)

Free Range Poached Eggs, Tarragon Hollandaise, Baby Spinach, Lemon Oil

#### Chicken & Avocado Wrap (G, D)

Honey-Lime Chicken, Persian Feta, Avocado, Baby Spinach, Red Onion

#### Paleo Roasted Chicken Salad (GF, N) 🥑

Honey-Lemon Chicken, Avocado, Sunflower Seeds, French Beans, Sage, Macadamia

#### Grilled Prawns Salad (SF, N)

Baby Gem, Pomelo, Green Apple, Pecan, Apple Cider Vinaigrette

#### Green Bowl (N, S, VG)

Kale Leaves, Baby Spinach, Avocado, Edamame, Broccoli, Pickled Red Onion, Pumpkin Seeds

#### Tuna Salad (SF, N, E) 🥑

Black Wild Rice, Tuna “Calippo”, Pumpkin Hummus, Sunflower Seed, Boiled Eggs, Kale, Plum Tomato, Broad Beans, Songino Salad

#### Organic Quinoa Salad (D, SE)

Grilled Chicken Strips, Sweet Potato, Spinach, Yuzu Dressing, Black Sesame, Cucumber, Fresh Mint, Labneh

# fika

## Antipasti

Available from 12:00

#### Polipo alla Griglia (SF, N)

Chargrilled Octopus, Potato, Green Beans, Cherry Tomatoes, Salmoriglio

#### Burrata D'Andria (D, V)

Burrata, Carpaccio of Heirloom Tomatoes, Capers, Green Olives

#### Fritto Misto (SF, G, D)

Baby Calamari, Gamberi, Baby Shrimps, Fried Zucchini, Amalfi Lemon Mayo

#### Zucchine alla Parmigiana (G, D, E, V) 🥑

Baked Zucchini, Tomato Sauce, Mozzarella, Parmigiano, Fresh Basil

#### Carpaccio di Manzo (D, R)

Beef Carpaccio, Parmesan Cream, Rocket Pesto, Zucchini Scapece

#### Salmone Scozzese ai Frutti Rossi (D, SF, R)

Scottish Balik Salmon, Greek Yoghurt, Cucumber, Fresh Berry, Dill Olive Oil

#### Tartare di Tonno (SE, SF, R, D)

Bluefin Tuna Tartare, Baked Tomato Dressing, Fresh Fennel, Lemon Jelly, Sesame Seeds, Avocado, Ponzu

## Pizza Romana Style

Crisp, rustic, and lovingly crafted in honour of the timeless Roman pizza tradition

#### L'Originale Margherita Romana (G, D, V)

Fior Di Latte, Tomato Sauce, Pecorino, Fresh Basil

#### Bresaola (G, D)

Fior Di Latte, Beef Bresaola, Rocket Leaves, Parmigiano

#### Romana (G, D, SF) 🥑

Fior Di Latte, Tomato Sauce, Anchovies Cantabrico, Pecorino, Red Onion, Capers, Gaeta Olives

#### Capriciosa (G, D)

Fior Di Latte, Tomato Sauce, Mushroom, Artichoke, Goose Prosciutto, Black Olives, Fresh Basil

#### Diavola (G, D)

Spianata Spicy Salami, Fior Di Latte, Tomato Sauce, Oregano, Chilli, Fresh Basil

#### Tartufata (G, D) \*\*\*

Ricotta Truffle Cream, Porcini Mushroom, Chicken Sausages, Sliced Truffle

## Pasta

#### Paccheri al Pomodoro (G, D, V)

Special Tomato Sauce, 24-Month Aged Parmigiano Reggiano

#### Tagliatelle al Ragu di Manzo (G, D, E)

Homemade Spinach Tagliatelle, Wagyu Beef Ragu, Parmesan Sauce

#### Fusilloni al Pesto Genovese (G, D, N)

Fusilloni, Basil Pesto, Potato, Green Beans, Pine Seeds

#### Ravioli di Ricotta di Bufala (G, D, E, V)

Buffalo Ricotta Ravioli, Eggplant Tomato Sauce, Basil Oil

#### Plin di Faraona (G, D, E) 🥑

Homemade Ravioli, Chicken, Parmigiano Fondue, Jus, Black Truffle

#### Risotto ai Funghi di Bosco (D, N, GF, V)

Sautéed Porcini, Wild Mushrooms, Fresh Parsley

#### Linguine al Gambero Rosso (G, SF, D, N) \*\*\*

Red Prawn Linguine, Bisque, Datterino Tomatoes, Burrata, Pistachio

#### Gnocchi Cacio e Pepe and Zucchini (G, D, E, V)

Potato Gnocchi, Cacio e Pepe Sauce, Smoked Provola, Fresh Mint

## Griglia

Grilled in our Jospser oven and served with a selection of sauce and flavourful dips

#### Tagliata di Manzo Wagyu (D) \*\*\* 🥑

Wagyu Striploin, Rocket Salad, Parmesan

#### Pollo Organico Marinato agli Agrumi (LS)

Grilled Chicken, Broccolini, Spicy Sauce

#### Agnello alle Erbe di Montagna

Lamb Chops, Grilled Asparagus, Rosemary Olive Oil

#### Branzino del Mediterraneo (SF, D)

Sea Bass Fillet, Mashed Potato, Mediterranean Sauce

#### Salmone Scozzese (SF)

Scottish Salmon Fillet, Grilled Vegetables, Salmoriglio Sauce

## Contorni

Side dishes

#### Broccolini Saltati (V)

Sautéed Broccoli

#### Asparagi Grigliati (V)

Sautéed Asparagus

#### Insalata della Casa (V, D)

Baby Gems, Rocket Salad, Cherry Tomatoes, Red Endives, Aged Cheese, Raspberry, Lemon Dressing

#### Pûre di Patate (V, D)

Creamy Mashed Potato

#### Patate Fritte (G)

French Fries

\*\*\* AED 75 Supplement Charges For HB | 🥑 Signature Dish | (CS) Certified Sustainable | (VG) Vegan | (V) Vegetarian (SE) Sesame | (SF) Shellfish (D) Dairy | (E) Eggs | (S) Soy | (R) Raw Food | (N) Nuts | (GF) Gluten Free | (LS) Locally Sourced  
Please inform us of any allergies or dietary requirements before ordering, we would be happy to assist you in choosing suitable foods or prepare a dish that meets your specific requirements. All prices are in UAE Dirhams and inclusive of 7% Municipality Fees, 10% Service Charge and Value Added Tax.