

BREAKFAST IS AVAILABLE ALL DAY. ALL OTHER DISHES ARE AVAILABLE FROM 11AM.

Wherever possible, all of our ingredients are organic, purchased from local suppliers, responsibly sourced and sustainable.
 Our small plates are designed to be shared; they come in the right size to give you the boost you need to achieve a perfect state of mind.
 For a bigger portion to keep you going all day, ask for 'a little extra'. We also offer vegan, gluten free and paleo friendly options, just ask.



MILK TAPS

Order and help yourself to milk from the taps: soy milk, whole milk or semi-skimmed

MIXED NUTS, SEEDS AND COCONUT GRANOLA 25
(V)(N)(DF)(VG)(PF)

Also available: homemade oat milk, rice milk, coconut milk, homemade almond milk +5

BUILD YOUR OATS

Go bespoke and build your own oats with the choices below:

- Gluten-free rolled oats 5
- Sliced banana, chia seeds, flax seeds, walnuts, +5 each
golden raisins, homemade peanut butter, almond flakes, dates, low fat yoghurt, sliced green apple, charcoal syrup
- Seasonal berries, Greek yoghurt, honey, +10 each
maple syrup, homemade granola, blood orange and ginger compote

ALL DAY

- VEGETABLE EGG WHITE OMELETTE (GF)(V)(O)(E) 20
Herb dressing
- SHAKSHUKA (V)(O)(E) 30
Spinach, Kalamata olives, salted ricotta, harissa yoghurt, coriander crisps, whole wheat flat bread
- KOREAN SMOKED HADDOCK HASH (O)(GF)(N)(E) 35
Chinese cabbage, sweet potato, gochujang, kimchi yoghurt hollandaise
- WHOLE WHEAT COCONUT WAFFLE (VG)(DF)(V)(N) 35
Homemade Nutella, maple vanilla glaze
- EGG ARLINGTON (O)(E)(F) 35
Hen's egg, whole wheat English muffin, smoked salmon, avocado, paprika, yoghurt Hollandaise
- EGG BENEDICT (O)(E) 35
Hen's egg, whole wheat croissant, turkey ham, beetroot purée, grilled asparagus, yoghurt Hollandaise
- LOW-FAT YOGHURT FRITTERS (V) SMALL 30 A LITTLE EXTRA 45
Blood orange and ginger compote, charcoal syrup

BUILD YOUR TOAST

Go bespoke and build your own breakfast with the choices below:

- Granary bloomer or secret seeded brown toast (V) +5 each
- Slow-cooked tomato, akawi cheese, +5 each
house dukkha, homemade peanut butter, low-fat cream cheese, jam of the day, spinach
- Hen's egg any style, turkey ham, +10 each
grilled mushrooms, sliced avocado, kale, house guac
- Grilled halloumi, goats' cheese, smoked salmon +15 each

SMALL PLATES

- TERIYAKI BEEF SLIDER (E)(N)(O) 36
Carrot bun, Asian slaw, peanut lime mayonnaise
- OLIVE CRUSTED COD FILLET SMALL 55 A LITTLE EXTRA 90
(F)(DF)(GF)(O)
White bean fabada, lemon zest, harissa oil
- SLOW-BRAISED HARISSA ROSE SMALL 55 A LITTLE EXTRA 95
- LAMB SHOULDER (O)
Persian lime couscous
- GRILLED LEMON PEPPER CHICKEN SLIDER (O)(E) 35
Beetroot bun, baby gem, cherry tomato, low-fat oregano aioli, cumin sweet potato wedges
- MOJO FLANK STEAK (O)(GF) SMALL 50 A LITTLE EXTRA 90
Black bean, charred corn and feta cheese salsa
- GRILLED SUMAC BABY CHICKEN SMALL 50 A LITTLE EXTRA 85
- BREAST (N)(O)(DF)
Mushroom and pistachio stuffed thigh, tabbouleh, vine leaf, tomato and herb dressing
- BEETROOT HUMMUS AND SALTED RICOTTA PUMPERNICKEL BRUSCHETTA (V)(N)(O) SMALL 36 A LITTLE EXTRA 56
Pomegranate, baharati spiced nuts, house lemon pickle
- WARM SESAME SEARED TUNA SALAD (F)(N)(DF)(O) SMALL 42 A LITTLE EXTRA 72
Shimeji mushroom, glass noodles, charred pak choi, miso moringa dressing, light soy
- SOUP OF THE DAY 15
Parsley oil
- SPINACH AND LENTIL SOUP (V)(VG)(DF)(O)(GF) 22
French lentils, lemon oil
- PASTA OF THE DAY (O) SMALL 35 A LITTLE EXTRA 55
Make it gluten free +5
- VEGAN PASTA OF THE DAY (V)(VG)(DF)(O) SMALL 25 A LITTLE EXTRA 45
Make it gluten free +5
- HALLOUMI, BUTTERNUT SQUASH AND MUSHROOM SLIDER (V)(N)(O)(E) 30
Charcoal bun, chili jam, cumin sweet potato wedges
- LIMA SALMON CEVICHE (GF)(O)(F) SMALL 40 A LITTLE EXTRA 65
Purple potato, choclo, passionfruit, tiger milk
- CASHEW-CRUSTED BAKED SALMON (O)(F)(DF)(GF)(N) SMALL 55 A LITTLE EXTRA 85
Spiralised zucchini, coconut curry, coriander
- GRILLED SEA BASS (GF)(O)(F)(DF) SMALL 55 A LITTLE EXTRA 95
Seafood machboos, pomegranate, za'atar salsa verde
- SLIDERS, THREE WAYS 85
Oregano mayonnaise, cumin sweet potato wedges

SHARE IT!

- MEZZE PLATTER FOR 2 (N)(O)(SF)(F) 95
Lamb shoulder, Sumac baby chicken, Pan-roasted sea bass, Seafood machboos, Turmeric-roasted chickpea, Stuffed vine leaf, Hummus, Tabbouleh, Whole wheat flat bread
- GARDEN PLATTER FOR 2 (V)(E) 85
Seasonal crudités, Squash and halloumi slider, Crudo vegetable slaw, Pumpnickel toast bruschetta, Kale pesto, Tomato and chili chutney, Whole wheat flat bread
- LAND AND SEA FOR 2 (O)(E)(SF)(F) 110
Seared tuna, Salmon ceviche, Grilled mojo flank steak, Lemon pepper chicken slider, Black bean salsa, Heritage beetroot, Harissa yoghurt, Whole wheat flat bread

SNACKS

- SPICED OR SALTED MIXED NUTS (N)(GF)(V)(VG)(O)(DF)(PF) 15
Cashew, pistachio, walnut, almond, pecan
- MIXED SEASONAL BERRIES (GF)(VG)(PF)(V)(DF) 15
Honey ginger dip
- CUMIN SWEET POTATO WEDGES (GF)(V)(O) 15
Harissa yoghurt
- EDAMAME (GF)(PF)(V)(O)(VG)(DF)(S) 15
Maldon rock salt or garlic chili
- DRIED APRICOTS AND DATES (GF)(PF)(V)(VG)(DF) 15
- WHOLE WHEAT FLATBREAD CRISPS (V)(N) 15
Chili jam, beetroot hummus, muhammara
- OAT, PEANUT & MIXED SEED POWER BALLS (VG)(N)(V)(O)(DF) 15
- DATE, ORANGE & MIXED NUT ENERGY BALLS (VG)(N)(V)(DF)(GF) 20

Allergy or dietary requirement?

If so, just let us know before you order and we'll see how we can adjust it.
(N) NUTS (PF) PALEO-FRIENDLY (GF) GLUTEN-FREE (V) VEGETARIAN (O) DIABETIC FRIENDLY (E) CONTAINS EGG (VG) VEGAN (DF) DAIRY-FREE (SF) CONTAINS SHELLFISH (F) CONTAINS FISH (S) CONTAINS SOY
 All prices are in UAE Dirhams and inclusive of value added tax.

SALADS

- ROASTED PUMPKIN, WILD RICE, MUNG BEAN, COCONUT DRESSING (N)(V)(O)(DF)(E) SMALL 32 A LITTLE EXTRA 52
Sunflower seed, pumpkin seed, flax seed, cumin spice, coriander, celery, golden raisin
- SEVEN SPICE CARROT, QUINOA, LEMON CORIANDER DRESSING (N)(V)(O)(DF)(GF)(E) SMALL 32 A LITTLE EXTRA 52
Red onion, walnuts, lemon zest, flax seeds, dried cranberries, parsley
- CRUDO VEGETABLE, KALE PESTO DRESSING (V)(N)(GF) SMALL 30 A LITTLE EXTRA 50
Red cabbage, carrot, broccoli, snow pea, radicchio celery, lemon oil
- TURMERIC ROASTED CHICKPEA, TAMARIND RAITA DRESSING (V) SMALL 32 A LITTLE EXTRA 52
Frekkeh tomato pilaf, brown raisins, coriander, mint, parsley
- PEARL COUSCOUS, KALE, BELL PEPPER, BASIL CITRUS DRESSING (O)(DF)(VG)(N)(V) SMALL 32 A LITTLE EXTRA 52
Sun-dried tomato, harissa, lemon zest, coriander, parsley, almond, spring onion
- COCONUT BROWN RICE, EDAMAME, BOK CHOY, PEANUT SOY DRESSING (N)(DF)(V)(E) SMALL 32 A LITTLE EXTRA 52
Raisin, ginger, cucumber, red chili, sesame, lime zest, coriander, cashew
- SPICED LENTIL, SUMAC TAHINI DRESSING (D)(GF)(V)(N)(E) SMALL 30 A LITTLE EXTRA 50
Pomegranate, roasted vegetable
- CANNELLINI BEAN AND BARLEY, TUSCAN DRESSING (N)(V)(VG) SMALL 32 A LITTLE EXTRA 52
Charred mixed peppers, candy tomato, red onion, chardonnay vinegar

BOOST IT: Grilled beef steak +20 | Grilled prawns +25
 Grilled chicken +15 | Poached salmon +20 | Feta, goats' cheese or halloumi cheese +15 | Garden salad +10 | Crudo mix +10

DESSERTS

- FRESHLY BAKED FROM THE COUNTER
Cakes, muffins, cookies and more
- LOW-FAT ICE CREAM (GF)(V)(E) 25
Vanilla, dark chocolate, strawberry
- SUGAR-FREE SORBET (GF)(V)(VG)(DF)(O) 25
Mango, lemon mint



MENU

flow

a state of mind