

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

Where 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 gluten free and paleo friendly options, just ask.



ALL DAY

VEGETABLE EGG WHITE OMELETTE (GF)(V)(O)(E)(PF) Herb dressing	20
SHAKSHUKA (GF)(V)(O)(E) Spinach, Kalamata olives, cottage cheese, harissa yoghurt, coriander crisps, whole wheat flat bread	30
EGG HUMMUS BALILA (V)(O)(E)(N) Hen egg, whole wheat english muffin, kale, zaatar almond yoghurt hollandaise	36
GRANARY FRENCH TOAST (N)(V)(E) Rhubarb apple compote, pistachio, low fat mint yoghurt, maple syrup	36
EGG ARLINGTON (O)(E)(F) Hen egg, whole wheat muffin, smoked salmon, avocado, paprika, yoghurt hollandaise	35
EGG BENEDICT (O)(E) Hen egg, whole wheat croissant, turkey ham, beetroot purée, grilled asparagus, yoghurt hollandaise	35
BANANA OATMEAL PANCAKES (V)(E)(N) Plum compote, pecan, lemon honey greek yoghurt	32
YOUR CHOICE ON TOAST Granary or multicereal bloomer bread (E)	+5 each
Slow cooked tomato, akawi cheese, house dukkha, peanut butter, low fat cream cheese, jam of the day	+5 each
Eggs any style, turkey ham, grilled mushrooms, sliced or crushed avocado	+10 each
Grilled halloumi, smoked salmon	+15 each

SNACKS

SPICED OR SALTED MIXED NUTS (N)(GF)(V)(O)(DF)(PF) Cashew, pistachio, walnut, almond, pecan	15
MIXED SEASONAL BERRIES (GF)(V)(DF) Honey ginger dip	20
CUMIN SWEET POTATO WEDGES (GF)(V)(O) Harissa yoghurt	15
EDAMAME (GF)(V)(O)(VG)(DF)(S) Maldon rock salt or garlic chili	15
DRIED APRICOTS AND DATES (GF)(V)(VG)(DF)	15
GRANOLA MINI POTS (N)(V)(GF) Passion fruit and peach   date and pistachio   acai and blueberry	20
WHOLEWHEAT FLATBREAD CRISPS (V)(N) Chili jam, beetroot hummus, muhammara	20

SMALL PLATES

DISH OF THE DAY SMALL 35 A LITTLE EXTRA 70	
SHRIMP SLIDER (O)(E)(N)(SF) Spinach bun, tomato and rosemary relish, mango and avocado salsa, cumin sweet potato wedges	40
TERIYAKI BEEF SALAD (N)(S)(DF) SMALL 30 A LITTLE EXTRA 60 Asian greens, spring onion, ginger, carrot, cucumber, baby spinach, sesame seeds, toasted peanuts, citrus ponzu dressing	
BRAISED LAMB SHOULDER SMALL 55 A LITTLE EXTRA 98 Seasonal mushroom, truffle pearl barley risotto	
GRILLED LEMON PEPPER CHICKEN SLIDER (O)(E) 35 Beetroot bun, baby gem, cherry tomato, low fat oregano aioli, cumin sweet potato wedges	
CHARGRILLED FLANK STEAK (O)(DF) SMALL 58 A LITTLE EXTRA 98 Lobster crushed potato, spinach, apple cider and chervil béarnaise	
GRILLED SUMAC BABY CHICKEN BREAST (N)(O)(DF) SMALL 55 A LITTLE EXTRA 90 Mushroom and pistachio stuffed thigh, tabbouleh, vine leaf, tomato and herb dressing	
HERITAGE BEETROOT AND GOATS CHEESE BRUSCHETTA (N)(V)(O)(E) SMALL 35 A LITTLE EXTRA 60 Pine nut, plum honey dressing	
RAINBOW CHARD SALAD (N)(DF)(V) SMALL 40 A LITTLE EXTRA 70 pearl cous cous, mulberry, sunflower seed, apple, pickled ginger, honey mustard and ginger dressing	
SOUP OF THE DAY 15 Parsley oil	
WHITE ONION SOUP (O)(DF)(GF)(V)(PF)(VG) 25 Celeriac, apple, hazelnut thyme crumble	
CRUDITÉS (GF)(V)(O)(VG)(DF)(PF) 20 Seasonal vegetables, cauliflower hummus or beetroot hummus	
PASTA OF THE DAY SMALL 25 A LITTLE EXTRA 45	
HALLOUMI, BUTTERNUT SQUASH AND MUSHROOM SLIDER (V)(O)(E) 30 Charcoal bun, chili jam cumin sweet potato wedges	
SALMON CEVICHE (PF)(GF)(O)(F)(DF) SMALL 37 A LITTLE EXTRA 70 Chili, capsicum, coriander, plantain crisps	
PISTACHIO CRUSTED BAKED SALMON (O)(F)(DF) SMALL 55 A LITTLE EXTRA 90 Crushed pumpkin, wild rice, mung bean, wild bee pollen	
GRILLED SEA BASS (GF)(O)(F)(DF) SMALL 55 A LITTLE EXTRA 95 Seafood machboos, pomegranate, za'atar salsa verde	
PAN ROASTED SEA BREAM (SF)(F)(DF)(PF) SMALL 45 A LITTLE EXTRA 75 Braised fennel, baby onion, squid and tomato citrus dressing	

SHARE IT!

MEZZE PLATTER FOR 2 (N)(O)(SF)(F) 100 Lamb shoulder, sumac baby chicken, pan roasted sea bass, seafood machboos, heritage beetroot, stuffed vine leaf, hummus, tabbouleh, whole wheat flat bread	
GARDEN PLATTER FOR 2 (V)(E) 90 Seasonal crudités, squash and halloumi slider, rainbow chard, goats' cheese bruschetta, cauliflower hummus, tomato and chili chutney, whole wheat flat bread	
LAND AND SEA FOR 2 (O)(E)(SF)(F) 115 Sea bream, salmon ceviche, grilled flank steak, lemon pepper chicken slider, roasted pumpkin, squid and tomato citrus dressing, harissa yoghurt, whole wheat flat bread	

MILK TAPS

Order and help yourself to milk from the taps  
Almond Milk +5

MIXED NUTS, SEEDS AND COCONUT 26 GRANOLA (V)(N)(DF)(VG)(PF)	
FLOW OATS 20 Banana, chia seed, plum   apple, walnut, raisin   Date, almond, flax seed	

Got an 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  
(SF) CONTAINS SHELLFISH (F) CONTAINS FISH  
(S) CONTAINS SOY (DF) DAIRY FREE

All prices are in UAE Dirhams and inclusive of 10% municipality  
fees, 10% service charge and value added tax.

SALADS

ROASTED PUMPKIN, WILD RICE, MUNG BEAN, COCONUT DRESSING (N)(V)(O)(VG)(DF) SMALL 35 A LITTLE EXTRA 60 Sunflower seed, pumpkin seed, flax seed, cumin spice, coriander, celery, golden raisin	
SEVEN SPICE CARROT, QUINOA, LEMON CORIANDER DRESSING (N)(V)(O)(VG)(DF)(GF) SMALL 35 A LITTLE EXTRA 60 Red onion, walnuts, lemon zest, flax seeds, dried cranberries, parsley	
WHOLE MEAL PASTA, PEAR, GORGONZOLA, WILD BEE POLLEN DRESSING (N)(V)(O)(E) SMALL 35 A LITTLE EXTRA 60 Celery, red onion, chives, almonds, red and white endive	
MOROCCAN CHICKPEA, MIXED QUINOA, ROASTED RED PEPPER, LEMON MINT DRESSING (N)(V)(O)(VG)(DF) SMALL 35 A LITTLE EXTRA 60 Red onion, walnuts, lemon zest, flax seeds, dried cranberries, parsley	
PEARL COUS COUS, KALE, BELL PEPPER, BASIL CITRUS DRESSING (O)(DF) SMALL 35 A LITTLE EXTRA 60 Sundried tomato, harissa, lemon zest, coriander, parsley, almond, spring onion	
COCONUT BROWN RICE, EDAMAME, BOK CHOY, PEANUT SOY DRESSING (N)(DF) SMALL 35 A LITTLE EXTRA 60 Raisin, ginger, cucumber, red chili, sesame, lime zest, coriander, cashew	

BOOST IT: Grilled beef steak +20 | Grilled prawns +25  
Grilled chicken +15 | Poached salmon +20 | Feta, gorgonzola or  
halloumi cheese +15 | Mixed raw vegetables and arugula +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) 25 Mango, lemon mint	



MENU

*flow*

a state of mind