

Sourdough Croissants

Plain, Sugar-Free	20
Flavour of The Day	23
Turkey Ham & Cheese Toasted Croissant.....	26

All-Day Breakfasts

Berry Blast Açai	55
<i>Banana, blueberries, raspberry, kiwi, coconut flakes, chia seeds, drizzle with organic chocolate sauce</i>	
Greek Yoghurt Bowl	55
<i>Greek yoghurt and wild mountain honey, walnuts and mix berries</i>	
Breakfast of Champions	78
<i>Famous South African boerewors sausages, beef bacon, grilled tomato, two fried eggs, sautéed mushroom & sourdough toast</i>	
Avo Toast	39
<i>Sourdough, avocado, feta cheese, grilled cherry tomatoes, choice of eggs</i>	
Scrambled Eggs, Tomato, Oregano & Feta	42
<i>Known as strapatsada/kagianas — served with feta, sourdough toast & a side of house chili oil</i>	
Greek Breakfast	49
<i>Sunny-side-up eggs topped with melted feta, served with fresh sliced tomatoes, cucumber, and olives and koulouri bread.</i>	
Protein Punch	69
<i>Scrambled eggs, smoked salmon, avocado, charred cherry tomatoes served with sourdough & lime herb dressing.</i>	

Power Protein Bowls

Roast Beef Bowl	78
<i>Quinoa herb rice, roast beef, kale leaves, vegetable medley, sautéed mushroom, strawberry balsamic dressing on the side</i>	
Smoked Salmon Bowl	73
<i>Quinoa herb rice, mixed greens, corn, mango, cucumber, cherry tomato, smoked salmon, dill yogurt sauce</i>	
Pesto Chicken Brown Rice Bowl	60
<i>Grilled chicken over brown rice tossed in basil pesto, with roasted broccoli, cauliflower & charred cherry tomatoes</i>	

Add-Ons

- Baked Beans, Avocado; Sautéed Mushroom; Pepperoni — each AED15
- Quinoa Rice; Brown Rice — each AED15
- Grilled Halloumi; Tzatziki — each AED20
- Roast beef; Smoked Salmon; Beef bacon; Grilled Chicken; chicken sausage — each AED25

Wraps & Sandwiches served with Lay's chips

Chicken Pesto Sandwich	45
<i>Sourdough baguette, iceberg, basil pesto, grilled chicken, caramelized onion</i>	
Grilled Chicken Souvlaki Wrap	52
<i>Corn pita bread wrap, iceberg, tomato, onion and feta cheese</i>	
Spicy Roast Beef Wrap	45
<i>Tortilla wrap, roast beef, iceberg, tomato, cucumber, sundried tomato, tzatziki, red aioli.</i>	
Turkey Ham Toasted Sandwich	35
<i>Sandwich bread loaf slice, marmite, kale leaves, tomato, turkey ham, cheddar cheese.</i>	
Smoked Salmon Sandwich	53
<i>Sourdough baguette, red aioli, sundried tomatoes, caramelized onion, pickled onion.</i>	
Smoked Salmon Rillettes	52
<i>A creamy French-style smoked salmon spread blended with cream cheese, lemon, herbs, and seasonings, served with sourdough toast.</i>	

Savory Greek Pies

Spanakopita	32
<i>Traditional spinach and feta pie with village pastry</i>	
Tiropita	32
<i>Coiled phyllo pastry filled with rich feta cheese</i>	

Kid's Corner (adults permitted too)

Bacon & Sausage Waffle	56
<i>Golden crispy waffle with crispy beef bacon, breakfast sausage, sunny side up eggs, butter & whipped cream on top, honey syrup on the side</i>	
Grilled Cheese Toasties	30
<i>Loaf bread, cream cheese, cheddar cheese — served with chips</i>	
Pannekoek	48
<i>Traditional South African pancakes with cinnamon sugar. Served with sliced lemon.</i>	
<i>Add-on Choice:</i>	
<i>chocolate banana +AED20, strawberry cream cheese +AED20, peanut butter banana +AED15, beef bacon & caramelised banana +AED25, chocolate tahini, honey, walnuts and cinnamon +20</i>	

Desserts

Bougatsa	35
<i>Flaky pastry filled with thickened custard, dusted with icing sugar</i>	
Portokalopita	25
<i>Soft cake made from crushed phyllo pastry & oranges, soaked in syrup</i>	
<i>Add cream +15</i>	
<i>Add ice cream +20</i>	
Revani	25
<i>Semolina cake made with yoghurt & mastiha, soaked in syrup</i>	
Pastel de Natas (2 pcs)	40
<i>Portuguese buttery pastry cups baked with custard</i>	
Gelato	28
<i>Ask your server for today's available flavors</i>	

Espresso-based coffee

Our bean is specially curated to bring you a unique Freshly Ground taste with origins from Brazil, Ethiopia & Rwanda. This medium roast brings you notes of dark chocolate, lotus biscuit and almond.

Acidity	●●●○
Body	●●●●○
Sweetness	●●●○

Americano	24
Espresso	18
Cortado	20
Piccolo	20
Cappuccino	25
Latté	25
Syrups: vanilla, hazelnut, caramel, pistachio+ 5	
Flat white	25
Spanish latté	27
Greek coffee	20
Freddo espresso	20
Freddo cappuccino	27
Affogato	44

Decaf

Columbia Condor	+5
Medium-dark roast with taste notes of berries, caramel, peach, cinnamon.	
Omniroast (for espresso-based coffees and manual brews)	
Acidity	●●○○○
Body	●●●○○
Sweetness	●●●○○

Tea

Earl Grey	18
Moroccan Mint	18
Hibiscus Star	22
Rush Hour Berry	22
Organic Chamomile	20
Organic English Breakfast	20
Ginger Mint Green Tea	20
Lemongrass Moringa	20
Zanzibar Chai	20
Rush Hour Berry	24
Rooibos & Citrus	24
Red Cappuccino	25
Rush Hour Berry Ice Tea 330ml can	24
Hibiscus 'n White Ice Tea 330ml can	24
Rooibos & Citrus Ice Tea 330ml can	24

Matcha

Ceremonial	38
Kotobuki Ceremonial Grade – First Harvest	
Dirty	42
Strawberry	42
Coconut	42
Matcha Affogato	45

Freshly Squeezed Juices

Pineapple; orange	26
Lemon, mint & honey	28

Manual Brew

Cold Brew	30
Ethiopia Chelbesa – peach, mandarine, strawberry, lychee, red grapes	
V60	29
See monthly selection	

Signature Coffee

The FG Sparkler	35
Sparkling cold brew with a hint of mint on ice	
Espresso Cremoso	34
Espresso with a rich creamy foam on ice	

Frappé

Coffee caramel	29
Vanilla ice cream blended with cold brew coffee and caramel toffee	
Cold brew	27
Vanilla ice cream blended with cold brew coffee	

Signature Protein Smoothies

Espresso, cocoa, banana, date, whey protein	37
Mango, Greek yoghurt, dates & whey protein	37
Avocado, almonds, banana, almond milk	30

Smoothies

Beet the Heat	25
Beetroot, ginger, pineapple, blueberry	
Açaí Kick	27
Açaí, blueberry, mango, banana	
Barsha Berry Bliss	25
Raspberry, blueberry, banana	
Green Warrior	25
Broccoli, spinach, celery, mango, banana, pineapple	
Mango Paradise	26
Mango, passion fruit, pineapple	
Spirulina Blue	27
Blue spirulina, mango, banana, raspberry, coconut	

Shakes

Chocolate	28
Vanilla	28
Strawberry	28

Water, Sodas & Tonics

Antipodes Still 500ml	28
Antipodes Sparkling 500ml	22
Acqua Panna 750ml	22
Moonbird Coconut Water 200ml	22
Fentiman's Rose Lemonade 275ml	22
Fentiman's Ginger Ale 200ml	22
Fentiman's Oriental Yuzu Tonic 200ml	22

Komboocha

Guava 330ml	23
Pineapple Chilli 330ml	23
Raspberry Ginger 330ml	23
Mandarin Turmeric 330ml	23