

NEW EARTH BREAKFAST BOWLS

ACAI BERRY BOWL 58DHS

Acai, berries, banana, orange juice and cashew milk.
Toppings: Homemade choco granola - blackberries - blueberries - chia seeds - goji berries - coconut flakes
****Add peanut butter +10dhs**

ALLERGENS: nuts

480kcal | Fat 19gr | Carbs 76gr | Sugars 41gr | Protein 9gr | Fiber 15gr



GOLDEN NECTAR BOWL 55DHS

Mango, coconut, lime, turmeric, honey, coconut cream
Toppings: homemade goji granola - mango - nectarine - strawberries - bee pollen

ALLERGENS: nuts

690kcal | Fat 36gr | Carbs 86gr | Sugars 59gr | Protein 10gr | Fiber 13gr



PITAYA BOWL 58DHS

Pitaya, banana, raspberries, cashew butter, maca powder, dates, oat milk.

Toppings: homemade goji granola - cherries - raspberries - pomegranate seeds - cacao nibs

ALLERGENS: nuts

500kcal | Fat 18gr | Carbs 85gr | Sugars 47gr | Protein 10gr | Fiber 16gr



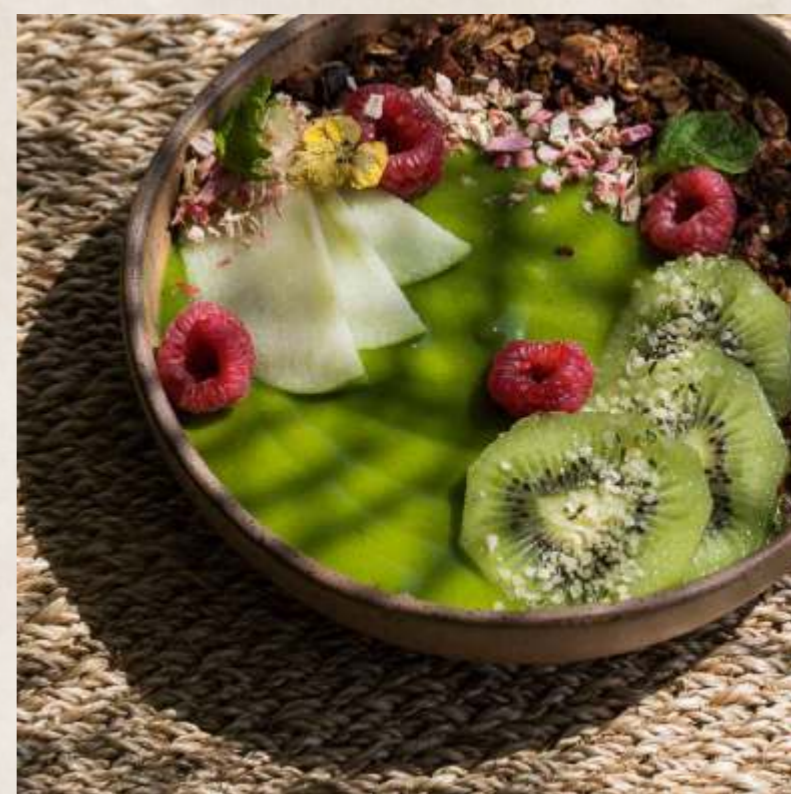
GREEN DREAM BOWL 55DHS

Mango, pineapple, avocado, spinach, mint leaves, matcha tea, dates, oat milk

Toppings: homemade choco granola - kiwi - apple - raspberries - mint - hemp seeds - dried rhubarb

ALLERGENS: nuts

495kcal | Fat 14gr | Carbs 90gr | Sugars 64gr | Protein 7gr | Fiber 13gr



SNICKERS BOWL 58DHS

Frozen avocado, sweet potato, homemade peanut butter, raw cocoa powder and oat milk

Toppings: pink granola - persimmon - raspberries - pomegranate seeds - cacao nibs - crushed peanuts

ALLERGENS: nuts

735kcal | Fat 34gr | Carbs 110gr | Sugars 56gr | Protein 14gr | Fiber 20gr



YUMMA BOWL 58DHS

Coconut vanilla yoghurt topped with choco granola, blood orange, persimmon, blueberries and bee pollen, drizzled with homemade almond butter and honey

ALLERGENS: nuts

660kcal | Fat 49gr | Carbs 47gr | Sugars 19gr | Protein 7.61gr | Fiber 6gr



NEW EARTH BREAKFAST TOAST

(CHOOSE TURMERIC CHIA SEED SOURDOUGH,
CLASSIC SOURDOUGH, MULTIGRAIN CAPE SEED LOAF)

AVO TOAST 48DH

Turmeric-chia seed toast ,smashed avocado as a base,
sliced avocado, pomegranate seeds, black sesame,
chilli flakes and microgreens

ALLERGENS: sesame seeds

650kcal | Fat 40gr | Carbs 65gr | Sugars 6gr | Protein 14gr | Fiber 11gr



RICOTTA TOAST 48DHS

Turmeric-chia seed toast, basil oil, vegan cashew
ricotta, oven-roasted cherry tomatoes and fresh basil

ALLERGENS: nuts

595kcal | Fat 32gr | Carbs 63gr | Sugars 8gr | Protein 15gr | Fiber 4gr



MAGICAL MUSHROOM TOAST 48DHS

Classic sourdough with lemony leek spread, topped
with a mix of sauteed and pickled mushrooms, fresh
rocket, parsley and truffle cream
***Chefs suggestion: Add eggs!*

ALLERGENS: gluten, sesame

640kcal | Fat 35gr | Carbs 67.5gr | Sugars 12gr | Protein 14gr | Fiber 5gr



PEANUT BUTTER & JELLY TOAST 52DHS

Multigrain cape seed loaf with homemade peanut
butter, mashed raspberries, banana and berries
topped with crushed peanuts, cacao nibs and a drizzle
of salted dates caramel

ALLERGENS: gluten, nuts

830kcal | Fat 44gr | Carbs 90gr | Sugars 37gr | Protein 23gr | Fiber 17gr



EXTRA TOPPINGS:

EGGS YOUR WAY (POACHED/ SCRAMBLED/ FRIED) (+12DHS)

SPINACH - ONION - MUSHROOMS - BELL PEPPERS - CHERRY TOMATOES (+10DHS)
- AVOCADO OR VEGAN CHEESE (+15DHS)

NEW EARTH BREAKFAST

SAVOURY

MORNING SCRAMBLE 55DHS

Buckwheat onion-mushroom pancake topped with scrambled tofu or scrambled eggs, teriyaki mushrooms, sliced avocado and crushed tomato with coriander and microgreens

ALLERGENS: soy, sesame

440kcal | Fat 23gr | Carbs 25gr | Sugars 3gr | Protein 11gr | Fiber 3gr



HEARTY PATTIES 52DHS

Zucchini-herb patties stacked with avocado mash, served with herby fresh salad, magic green sauce, pomegranate seeds and tzatziki on the side

ALLERGENS: nuts, sesame, mustard

510kcal | Fat 28gr | Carbs 42gr | Sugars 11gr | Protein 15gr | Fiber 12gr



NEW EARTH ENGLISH BREAKFAST 55DHS

Roasted sweet potato chunks drizzled with cashew ricotta and topped with two poached eggs, coconut bacon, edamame beans with onion, guacamole and fresh cherry tomatoes

ALLERGENS: soy, nuts

815kcal | Fat 48gr | Carbs 67gr | Sugars 12gr | Protein 28gr | Fiber 13gr



SHAKSHUKA 55DHS

Homemade shakshuka with two runny eggs, wilted spinach topped with vegan feta and coriander, served with a slice of toast

ALLERGENS: nuts

480kcal | Fat 28gr | Carbs 39gr | Sugars 11gr | Protein 20gr | Fiber 6gr



SANTA BARBARA BURRITO 60DHS

Tortilla filled with spicy black beans, scrambled eggs, crunchy salad leaves, baked potato chips, avocado, tomato and hot sauce served with apple coleslaw on the side

**Gluten-free option served in open oat wrap*

ALLERGENS: gluten, eggs

640kcal | Fat 35gr | Carbs 63gr | Sugars 8gr | Protein 18gr | Fiber 12gr



NEW EARTH BREAKFAST

SWEET

BERRY YOATS 48DHS

Overnight gluten-free oats soaked in coconut yoghurt and oat milk with sunflower seeds, chia seeds, pumpkin seeds, hulled buckwheat, apple, agave syrup and homemade beetroot-berry jam.

Toppings: cacao nibs - raspberries - mint leaves - bee pollen - diced apple

ALLERGENS: nuts

590kcal | Fat 25gr | Carbs 79gr | Sugars 36gr | Protein 12gr | Fiber 16gr



RAFAELLO PORRIDGE 42DH

Overnight gluten-free oats soaked in coconut yoghurt and oat milk with sunflower seeds, chia seeds, pumpkin seeds, hulled buckwheat, apple, agave syrup and homemade beetroot-berry jam.

Toppings: cacao nibs - raspberries - mint leaves - bee pollen - diced apple

ALLERGENS: soy, nuts

645kcal | Fat 32gr | Carbs 74gr | Sugars 37gr | Protein 6gr | Fiber 10gr



MATCHA PISCHU CHIA PUDDING 52DHS

Chia pudding made with homemade pistachio milk, matcha powder, agave syrup and vanilla extract, topped with choco granola, strawberries and rose petals, served with homemade sweet potato chocolate ganache on the side

ALLERGENS: nuts

620kcal | Fat 32gr | Carbs 78gr | Sugars 32gr | Protein 15gr | Fiber 21gr



PEACHES AND CREAM CREPES 55DHS

Gluten-free almond crepes filled with strawberry cashew cream, topped with maple-glazed peaches, strawberries and crushed pistachios

ALLERGENS: nuts, eggs

595kcal | Fat 34gr | Carbs 61gr | Sugars 30gr | Protein 13gr | Fiber 7gr

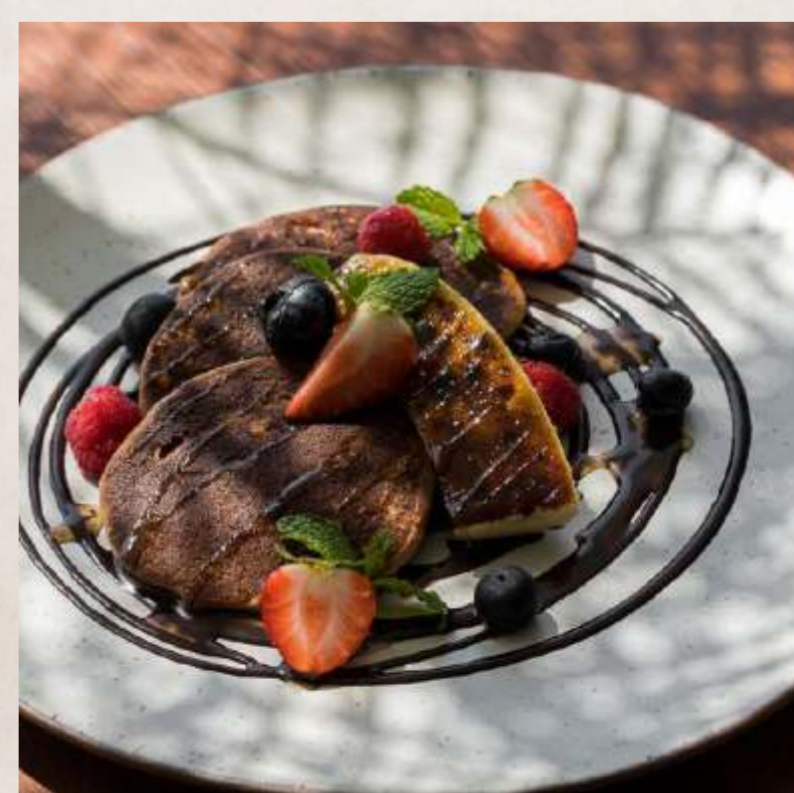


WILD ABOUT PANCAKES 52DHS

gluten-free pancakes topped with fresh berries and caramelised banana, drizzled with hazelnut spread and served with whipped coconut cream and chia berry jam on the side

ALLERGENS: nuts

650kcal | Fat 38gr | Carbs 82gr | Sugars 40gr | Protein 11gr | Fiber 11gr



NEW EARTH DAY & NIGHT

SALADS

SIX SENSES SALAD 55DHS

Mix of chicory and baby gem lettuce, cherry tomatoes, orange slices, avocado and candy beetroot in a mustard-orange dressing with pesto drops and roasted walnuts

ALLERGENS: nuts, mustard

345kcal | Fat 28gr | Carbs 22gr | Sugars 13gr | Protein 6gr | Fiber 7gr



WATERMELON SALAD 55DHS

Mixed greens, mint, watermelon, quinoa, raspberries, magic green sauce, vegan feta, pumpkin seeds, avo and seed crackers

ALLERGENS: nuts, mustard

870kcal | Fat 64gr | Carbs 63gr | Sugars 19gr | Protein 19gr | Fiber 15gr



SPRING BUCKWHEAT SALAD 58DHS

Lemony hulled buckwheat tabbouleh with kale, grilled asparagus, radish, strawberries and toasted sourdough croutons, topped with cashew parmesan and pea shots

ALLERGENS: nuts, gluten

855kcal | Fat 39gr | Carbs 120gr | Sugars 15gr | Protein 22gr | Fiber 10gr



RAINBOW ROLLS 48DHS

Rice paper rolls filled with purple cabbage, cucumber, mango, bellpepper, smoked tofu, avocado, coriander and mint, served with almond butter sauce

ALLERGENS: nuts, soy

380kcal | Fat 19gr | Carbs 40gr | Sugars 9gr | Protein 12gr | Fiber 7gr



NEW EARTH DAY & NIGHT

NOODLE BOWLS

ROLLS RAMEN 65DHS

Creamy homemade ramen broth with soba buckwheat noodles, teriyaki mushrooms, carrot, bok choy and soft-boiled egg

ALLERGENS: sesame, eggs

590kcal | Fat 19gr | Carbs 86gr | Sugars 8gr | Protein 28gr | Fiber 6gr



MUSHROOM TRUFFLE TAGLIATELLE 70DHS

Gluten-free pasta with sauteed mushrooms, kale and cherry tomatoes in a creamy vegan alfredo sauce topped with truffle cream, vegan cashew parmesan and lemon zest

ALLERGENS: nuts

625kcal | Fat 17gr | Carbs 105gr | Sugars 6gr | Protein 18gr | Fiber 7gr



NUTTY NOODLES 62DHS

Rice noodles, stir-fried veggies and smoked teriyaki tofu in a peanut butter sauce topped with raw zoodle salad, pieces of orange and crushed peanuts

ALLERGENS: nuts, soy

705kcal | Fat 30gr | Carbs 88gr | Sugars 12gr | Protein 21gr | Fiber 7gr



NEW EARTH DAY & NIGHT

PIZZAS AND MORE FUN

PESTO PIZZA 75DHS

Gluten-free almond base, rocket pesto, leeks, mushrooms, sun dried tomatoes, cherry tomatoes, zucchini ribbons, baby rocket, vegan feta, spicy mayo sauce

ALLERGENS: nuts, soy

1310kcal | Fat 110gr | Carbs 109gr | Sugars 21gr | Protein 39gr | Fiber 34gr

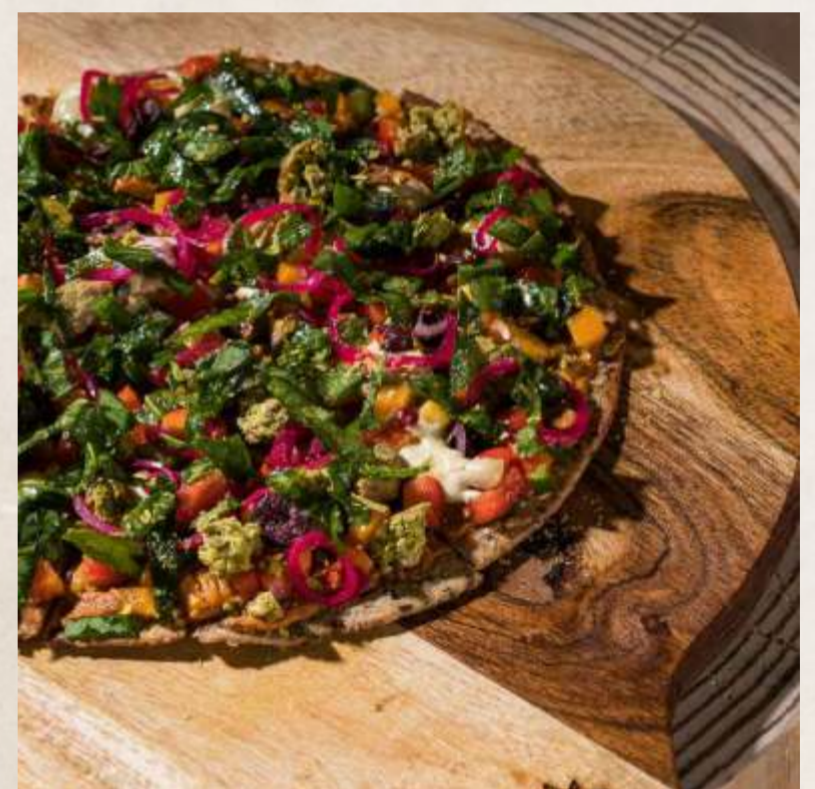


AL BARARI PIZZA 75DHS

Gluten-free almond base, muhammara spread, falafels, tri-colour bell pepper, kalamata olives, vegan ricotta, baby spinach, pickled onions

ALLERGENS: nuts

1211kcal | Fat 74gr | Carbs 104gr | Sugars 15gr | Protein 29gr | Fiber 28gr



JACKO TACOS 65DHS

Gluten-free keto tortilla, jackfruit, baby spinach, roasted sweet potato, mango, sundried tomato, pickled onion, coriander, vegan spicy sauce and crispy fried onion

ALLERGENS: nuts, soy

830kcal | Fat 57gr | Carbs 59gr | Sugars 18gr | Protein 17gr | Fiber 25gr



PONO PONO QUESADILLAS 60DHS

Whole wheat quesadillas filled with caramelised onion, mushrooms, pineapple, corn and vegan cheese served with guacamole and persimmon salsa

ALLERGENS: gluten, nuts

580kcal | Fat 24gr | Carbs 78gr | Sugars 11gr | Protein 13gr | Fiber 8gr

Ho'oponopono affirmation invitation:

Step 1: Repentance: I'M SORRY

Step 2: Ask Forgiveness: PLEASE FORGIVE ME

Step 3: Gratitude: THANK YOU

Step 4: Love: I LOVE YO

**Ho'oponopono is a traditional Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English simply as "correction".*



NEW EARTH DAY & NIGHT

LUNCH BOWLS

SOUPER NICE 42DHS

Veggie curry cream soup topped with toasted cashew nuts, coriander cress, orange zest and a splash of cream, served with a slice of bread

ALLERGENS: nuts, soy

450kcal | Fat 13gr | Carbs 72gr | Sugars 12gr | Protein 14gr | Fiber 6gr



NEW EARTH BOWL 65DHS

Bowl filled with pea falafels, cinnamon red rice, roasted honey carrots, beetroot hummus, pickled onion, mixed greens and avocado, topped with pomegranate seeds and sesame seeds, served with tzatziki sauce on the side

ALLERGENS: mustard, sesame, soy

705kcal | Fat 26gr | Carbs 82gr | Sugars 14gr | Protein 17gr | Fiber 20gr



CHOCO BEAN CHILLI 65DHS

Chocolatey veggie bean chilli with walnuts and sweet potato served with mixed rice, corn nachos and persimmon salsa topped with cacao nibs and coriander, and served with vegan sourcream on the side

ALLERGENS: nuts

801kcal | Fat 26gr | Carbs 125gr | Sugars 14gr | Protein 23gr | Fiber 12gr



THAI GREEN CURRY 70DHS

Creamy coconut green curry with tofu, baby corn, snap peas and broccolini, served with coconut basmati rice

ALLERGENS: nuts, soy

665kcal | Fat 22gr | Carbs 110gr | Sugars 12gr | Protein 15gr | Fiber 7gr



PUMPKIN HUG 65DHS

Oven baked pumpkin stuffed with ayurvedic fennel rice with dried apricots, served with pumpkin puree, almond cream and crispy sprouted salad, topped with pomegranate seeds and pumpkin seed parmesan cheese

ALLERGENS: nuts

580kcal | Fat 35gr | Carbs 65gr | Sugars 18gr | Protein 10gr | Fiber 12gr



EXTRAS: 2 EGGS /TOFU SCRAMBLE (+12DHS) - HOMEMADE NUT BUTTER (10DHS)
AVOCADO (+15DHS) - GRANOLA (+18DHS) - BERRIES (+15DHS)
HOMEMADE SEED CRACKERS (+12DHS) - DIP OF CHOICE (+15DHS)

NEW EARTH DAY & NIGHT

KIDS MENU

PANCAKES WITH BERRIES
38DHS



SCRAMBLED EGGS
WITH TOAST
32DHS



TOAST WITH AVOCADO /
BUTTER AND CHIA
BERRY JAM
32DHS



BREAKFAST PATTIES
WITH AVOCADO MASH
35DHS



VEGGIE CREAM SOUP
30DHS



VEGGIE CRUDITES WITH
BEETROOT HUMMUS
OR AVOCADO MASH
30DHS



PEANUT BUTTER &
JELLY TOAST
30DHS



CREPE WITH STRAWBERRY
CREAM AND PEACHES
35DHS



NEW EARTH DAY & NIGHT DESSERTS

RAW ROSE-CARDAMOM CHOCOLATE CAKE 32DHS

505kcal | Fat 35gr | Carbs 45gr | Sugars 25gr | Protein 10gr | Fiber 6gr



CHOCOLATE CHIP BANANA BREAD WITH COCONUT WHIPPED CREAM AND BERRIES 28DHS

435kcal | Fat 26gr | Carbs 52gr | Sugars 26gr | Protein 8gr | Fiber 7gr



MANGO-LEMON / APPLE PIE BLISS BALL 15DHS

107kcal | Fat 7gr | Carbs 10gr | Sugars 7gr | Protein 3gr | Fiber 2gr



POWER DATES WITH HAZELNUT SPREAD WITH PEANUT BUTTER AND BERRIES 22DHS

105kcal | Fat 4gr | Carbs 18gr | Sugars 15gr | Protein 1gr | Fiber 2gr



RAW AVOCADO-KEY LIME PIE 32DHS

420kcal | Fat 29gr | Carbs 41gr | Sugars 28gr | Protein 5gr | Fiber 7gr



RAW BLUEBERRY CHEESECAKE 32DHS

380kcal | Fat 28gr | Carbs 29gr | Sugars 17gr | Protein 6gr | Fiber 3gr



AMARANTH GOJI PROTEIN BAR 25DHS

390kcal | Fat 28gr | Carbs 29gr | Sugars 13gr | Protein 10gr | Fiber 5gr



BERRY-APPLE CRUMBLE WITH VEGAN VANILLA ICE CREAM 32DHS

430kcal | Fat 20gr | Carbs 55gr | Sugars 23gr | Protein 9gr | Fiber 7gr



PASSIONFRUIT CHEESECAKE 34DHS

415kcal | Fat 30gr | Carbs 32gr | Sugars 13gr | Protein 7gr | Fiber 3gr

