

NETTE



PASTRIES

WAKE & BAKE VANILLA MUFFIN 22

(GF) (DF) (V)

Tapioca flour, rice flour, banana, coconut milk, coconut sugar, chocolate chips and carrots.

(Per Muffin) Kcal: 163 | Carbs: 33g
Fat: 2.6g | Protein: 2g | Fiber: 2g

VEGAN BANANA NUT MUFFIN 26

(GF) (DF) (N) (V)

Banana, baking powder, olive oil, coconut sugar, maple syrup, salt, cinnamon powder, almond milk and almond powder.

(Per Muffin) Kcal: 282 | Carbs: 50g
Fat: 6g | Protein: 5g | Fiber: 3.5g

FUEL PROTEIN BAR 30

(GF) (DF) (N) (V)

Sugar-free organic peanut butter, coconut oil, coconut, almond flour, organic vanilla protein and organic sugar-free in-house cashew butter.

(Per Slice) Kcal: 213 | Carbs: 5g | Fat: 17g
Protein: 8.8g | Fiber: 1g

KETO PROTEIN CRUNCH 30

(GF) (DF) (N) (V)

Cacao nibs, turmeric, pistachio, certified gluten-free brown rice puffs, in-house sugar-free organic peanut butter and cacao.

(Per Serving) Kcal: 65 | Carbs: 9g | Fat: 1.9g
Protein: 3g | Fiber: 0.8g

KETO COOKIE 20

(N) (GF) (DF) (V)

Chia seeds, organic stevia, coconut oil, coconut flour, cacao chips, chia protein and himalayan salt.

(Per Cookie) Kcal: 65 | Carbs: 2.6g | Fat: 5.6g
Protein: 4.1g | Fiber: 1.7g

PECAN & CARROT CAKE 30

(GF) (DF) (N) (V)

Almond flour, cinnamon, almond milk, flaxseeds, monk fruit, carrots, oats, pecans and organic vanilla extract.

(Per Slice) Kcal: 158 | Carbs: 11.2g | Fat: 12g
Protein: 3g | Fiber: 3.5g

GF - GLUTEN FREE | **G** - GLUTEN | **DF** - DAIRY FREE
D - DAIRY | **N** - NUTS | **V** - VEGAN | **VE** - VEGETARIAN



BREAKFAST

STRAWBERRY MATCHA ACAI BOWL (V) (N) (G) (DF)

Blended banana, strawberry, blueberry, matcha, acai purée, almond milk and flaxseed. Topped with housemade granola, coconut flakes, blueberries, chia and sunflower seeds.

YOGURT BOWL (VE) (N) (D) (G)

Full fat yogurt, blueberries, housemade granola, and peaches, drizzled with honey.

*VEGAN OPTION AVAILABLE

MATCHA OVERNIGHT OATS (D) (G) (VE) (N)

Oats mixed with chia seeds, matcha, brown sugar, yogurt and blueberries. Topped with housemade granola, fresh berries and agave syrup.

*VEGAN OPTION AVAILABLE

ADD ONS:

BACON 16 AED | SMOKED SALMON 19 AED

AVOCADO 16 AED | EGG 8 AED | MUSHROOMS 8 AED

TOMATO 8 AED | BREAD 2 AED | GF BREAD 4 AED



SALADS

MISO CAESAR SALAD (D) (G) (VE)

Romain lettuce, napa cabbage, red cabbage, crispy wontons. Dressed with miso mayonnaise dressing.

*ADD ON GRILLED CHICKEN / SHRIMP

GREEN SALAD (DF) (GF) (N)

Mixed lettuce, slice black olives, shredded carrots, roasted almonds, cherry tomato, cucumber, fresh basil. Dressed with a Japanese balsamic vinaigrette.

KALE QUINOA SALAD (D) (GF)

Shredded kale, grated green apple, white quinoa and parmesan cheese. Dressed with a miso vinaigrette.

CHINOIS CHICKEN SALAD (N) (S) /

Sous vide chicken breast, red radicchio, fresh mango, mixed greens, mix cabbage and carrots. Dressed with a peanut vinaigrette.

SMOKED SALMON & AVOCADO SALAD WITH PONZU DRESSING (GF) (DF) (SF) (S)

Smoked salmon, rocket, avocado, cucumber and gomasio. Dressed with olive oil, sesame oil, lemon juice, mirin, honey, tamari soy sauce and togarashi spice.

ASIAN PRAWN, AVOCADO & ORANGE SALAD (D) (GF) (SF) (S) /

Poached prawns, avocado, orange segments, mixed lettuce and toasted sesame seed. Dressed with sweet chilli mayo.

60 KETO MISO BENEDICT (D) (GF) (VE)

Two poached eggs on avocado and marinated seaweed. Topped with miso brown butter hollandaise, dried capers and pickled shallots.

*ADD ON BEEF BACON / SMOKED SALMON

50 MISO BENEDICT (D) (G)

Two poached eggs with a choice of smoked salmon or beef bacon, and rocket, on a toasted country sourdough bread. Topped with miso brown butter hollandaise, dried capers, and pickled shallots.

55 EGG SANDO (D) (G) (VE) /

Hard boiled eggs mixed with togarashi spice, mayonnaise and chives, (served cold) in a toasted brioche bread. Served with a spicy seaweed salad.

SIDES:

SKINNY FRIES 18 AED

FURIKAKE FRIES 22 AED

JASMINE RICE 16 AED

SANDWICHES

64 MISO BRAISED BEEF FRENCH DIP SANDWICH (G) (D)

Miso braised beef brisket and fontina cheese in a toasted olive ciabatta bread, with a rich miso au jus. Served with a spiced seaweed salad.

60 CRISPY CHICKEN SANDWICH (D) (G)

Crispy crumbed chicken breast, lightly pickled cucumber, sliced tomato, Japanese mayo with housemade garlic tonkatsu sauce on a toasted potato bun. Served with a salad.

64

AVOCADO AND SEAWEED SALAD SANDWICH (G) (V)

Avocado, sliced tomato, spiced seaweed salad, alfalfa sprout and vegan mayonnaise in country sourdough bread. Served with a side salad.

*GLUTEN FREE BREAD AVAILABLE

68 SMOKED SALMON CREAM CHEESE TARTINE (D) (G) (SF) (S)

Anori (infused with dried seaweed) cream cheese, smoked salmon on a toasted sourdough bread. Garnished with pickled onion, capers, sesame and radish.

69 JAPANESE STYLE BURGERS (D) (G) (S)

150g grassfed beef patty (made with leeks, gluten-free soy sauce, miso & sesame oil), napa cabbage, Japanese Takoyaki sauce and kewpie mayonnaise on a toasted potato bun. Served with choice of fries or salad.

60 WAKAME SEAWEED OMELETTE & MISO MAYO (D) (G) (VE) (S)

Omellette made with soy sauce and cream, marinated seaweed. Served sweet miso mayonnaise, sautéed shitake mushroom, crispy capers, bean sprouts, herbs, and sourdough toast.

72

JAPANESE EGG CROISSANT (G) (D) (VE)

Unserberg lettuce, avocado, nori strips, kewpie mayonnaise, togarashi spice and a choice of fried or scrambled egg served in a baked croissant.

58 JAPANESE INSPIRED AVOCADO TOAST (G) (V) (S) /

Smashed avocado, baby rocket, crushed black pepper and yuzu oil, on a toasted sourdough bread topped with yuzu pearl, smoked salt, chilli flakes and roasted sesame seeds.

*ADD ON BEEF BACON / EGGS / SMOKED SALMON



MAIN (12PM ONWARDS)

JAPANESE MISO EGGPLANT (V) (DF) (GF) (S)

75 Triple-cooked and fried eggplant basted in a miso sauce. Served with steamed jasmine rice, garnished with green scallions, roasted sesame seeds, and candy beets.

78 PONZU CHICKEN (GF) (DF) (S)

78 Boneless crispy chicken thighs cooked in a ponzu sauce, steamed bok choy and shimeji mushrooms. Served on steamed rice with furikake spice.

MIRIN GLAZED SALMON FILLET WITH MISO AUBERGINE PURÉE (GF) (D) (SF)

68 Pan seared and baked salmon fillet. Served with miso aubergine purée, sautéed bok choy, and mirin sauce. Garnished with herbs and radish.

YUZU PONZU CRISPY SALMON WITH ASIAN PEAR AND CELERY SALAD (DF) (GF) (S) (SF)

95 Atlantic salmon marinated in yuzu ponzu sauce with sautéed sweet potatoes, scallions, celery, and pear salad. Garnished with herbs and beetroot.

*ADD ON STEAMED JASMINE RICE

70 CHILLI GARLIC PRAWNS (SF) (GF) (DF) (S) /

70 Pan seared prawns with chilli & garlic sauce. Served on steamed jasmine rice. Garnished with spring onion, toasted white sesame seeds and fresh deseeded Asian red chilli.

JAPANESE MUSTARD GRILLED BEEF TENDERLOIN (GF) (D) (S)

85 200g grilled beef tenderloin, pan fried crispy potatoes and asian beans. Finished with a miso soy demi glaze.



SPECIAL JUICES

APPLE GINGER AID

Carrot, ginger and apple juice.

CELERY PUNCH

Apple juice, parsley, celery, apple cider vinegar, salt and ground black pepper.

BETA BEET

Beet, lime, apple, carrots, stalks celery and ginger.

MILKSHAKES

NAUGHTY SALTY (D)

Salted caramel and milk.

CHOCOLATE (D)

Chocolate ice cream and milk.

SPECIALS

COCONUT WATER 18 CASCARA YUZU 28

COLD BREW LEMONADE 26 CASCARA 26

FRESH JUICES

ORANGE 24 CARROT 24

GREEN APPLE 24 GRAPEFRUIT 24

ICED TEA

LEMON PEACH 24 PASSION FRUIT 24

LEMONADE

LEMONGRASS-LIME

Lime leaves, lemongrass, agave, ginger, turmeric and lemon.

YUZU APPLE LEMONADE

Yuzu, apple juice, water, salt and lemonade

SHOOTERS

WELLNESS SHOT

Coconut, turmeric, ginger, orange fruit, fresh lemon and black pepper.

REJUVENATION SHOT

Apple cider, lemon, honey and cinnamon.

NOURISHING SHOT

Ginger, lemon and turmeric.

GF - GLUTEN FREE | G - GLUTEN | DF - DAIRY FREE
D - DAIRY | N - NUTS | S - SESAME | SF - SEAFOOD
V - VEGAN | VE - VEGETARIAN

SMOOTHIES

32 TROPI COLADA

Coconut milk, banana, pineapple, ginger and turmeric.

32 ACAI KICK (N)

Peanut butter, banana, acai, blueberry, almond milk and chia seeds.

32 ROYAL BERRY

Yoghurt, banana, coconut milk, flax seeds and blueberries.

GREEN MACHINE

Carrots, mango, banana, kale and lemon.

32 APPLE PIE

Apple, banana, cinnamon, vanilla, almond milk, collagen

ADD ONS:
VEGAN PROTEIN 30g 11 AED
COLLAGEN JELLY 20 AED



COLD COFFEE

ICE LATTE

22

COLD BREW

26

ICED SPANISH

26



HOT COFFEE

26 ESPRESSO

17/19

26 MACCHIATO

17/19

26 AMERICANO

19

26 CAPPUCCINO

22

26 CAFÉ AFFOGATO

27

21 CAFÉ LATTE

22

21 FLAT WHITE

21

26 CAFÉ MOCHA

26

26 FRENCH PRESS

26

26 HOT CHOCO

26

26 SPANISH LATTE

26

21 V60

32

BREWED TEA

ENGLISH BREAKFAST

22

EARL GREY

22

JAPANESE GREEN SENCHA

22

CHAMOMILE

22

JASMINE PEARL TEA

22

EXTRA ESPRESSO SHOT 5 AED
ALTERNATIVE MILKS 5 AED

MATCHA SPECIALS health nag

34 MATCHA COLD BREW 26

MATCHA LATTE 26

34 MATCHA AFFOGATO 27

34 MATCHA SUNSET 26

34 MATCHA AFFOGATO 27

34 MATCHA SUNSET 26

34 MATCHA AFFOGATO 27

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34 MATCHA SUNSET 26



DESSERTS

YUZU CHEESECAKE (D) (G) (VE) 50

Unbaked housemade granola crust, yuzu cheesecake mix. Served with mango compote, roasted coconut flakes and mint leaves.

JAPANESE CRÈME BRULÉE BUTTERMILK PANCAKES (D) (G) (VE) 52

Buttermilk pancakes, topped with crème brûlée custard and burned cassava sugar.

MATCHA PAIN PERDU (G) (D) (S) (VE) 55

Brioche bread soaked in a matcha custard mix, pan fried and baked. Served with maple sesame brûlée banana, fresh mixed berries, passion fruit and matcha ice cream.

MATCHA CHEESECAKE BROWNIES (G) (D) (VE) 55

Dark chocolate brownie topped with matcha cheesecake mousse. Served with fresh berries and a dusting of ceremonial grade matcha.

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THREE