

ALLYOU CANEA Every Sunday, 10:00 am to 2:00 pm

EARLY EATS

VEGAN COCONUT RICE PUDDING M VEGAN

Chia seeds, brown rice, vanilla, cardamom, cinnamon, coconut cream

BACON AND SPINACH EGG OMELET Beef bacon, spinach, Egg and Gluten free toast bread

AVOCADO AND EGG ON TOAST Gluten free bread, avocado puree, poached egg and grilled tomato

PASSION FRUIT CHIA PUDDING WEGAN Chia seeds, coconut cream, passion fruit puree, mango, pineapple and dedicated coconut

MAIN COURSE

SPAGHETTI PASTA WITH TOMATO AND WALNUT PESTO M VEGAN

Spaghetti, walnut, sundried tomato coconut cream, zucchini and artichoke

ENCHILADA WITH TOFU AND BLACK BEAN VEGAN

Tofu, turmeric, cayenne, red capsicum, quinoa, black bean flat bread with homemade enchilada Sauce

BEEF TAJINE WITH PILAF RICE

Spiced beef, white rice, green peas, capsicum, green parsley

CHICKEN POMODORO WITH VEG

Marinated roasted chicken, tomato compote, broccoli, cauliflower, carrot, beans

🔀 info@eatwell.ae

Eat Well Restaurant

APPETIZERS

GREEN QUICHE M VEGAN Kale, spinach, vegan cream, sundried tomato

CROQUET MONSIEUR Turkey breast, gluten free bread and vegan cream

GREEK QUINOA SALAD Quinoa, cucumbe<mark>r, to</mark>mato, celery, capsicum, onion, feta cheese

PULLED CHICKEN SLIDER Seasoned pulled chicken, slider bun, vegan mayo and seasoned baby potato

BEEF SLIDER Angus beef patty, slider bun, tomato, lettuce, onion jam, vegan mayo and sweet potato fries

DESSERTS

CHOCO HAZELNUT CAKE 🚺 VEGAN Chocolate cake coated with hazelnut brittle topping with hazelnut butter

TIRAMISU CUP CAKE W VEGAN

Vanilla cupcake filled with vegan cream and Choco coffee sauce

MANGO STRAWBERRY WEGAN

Strawberry sponge cake, mango compote on side drizzle with vanilla Sauce

BOUNTY BAR WEGAN

A piece of home made bounty top with vanilla sponge and raspberry Sauce sprinkle with vanilla crumble

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