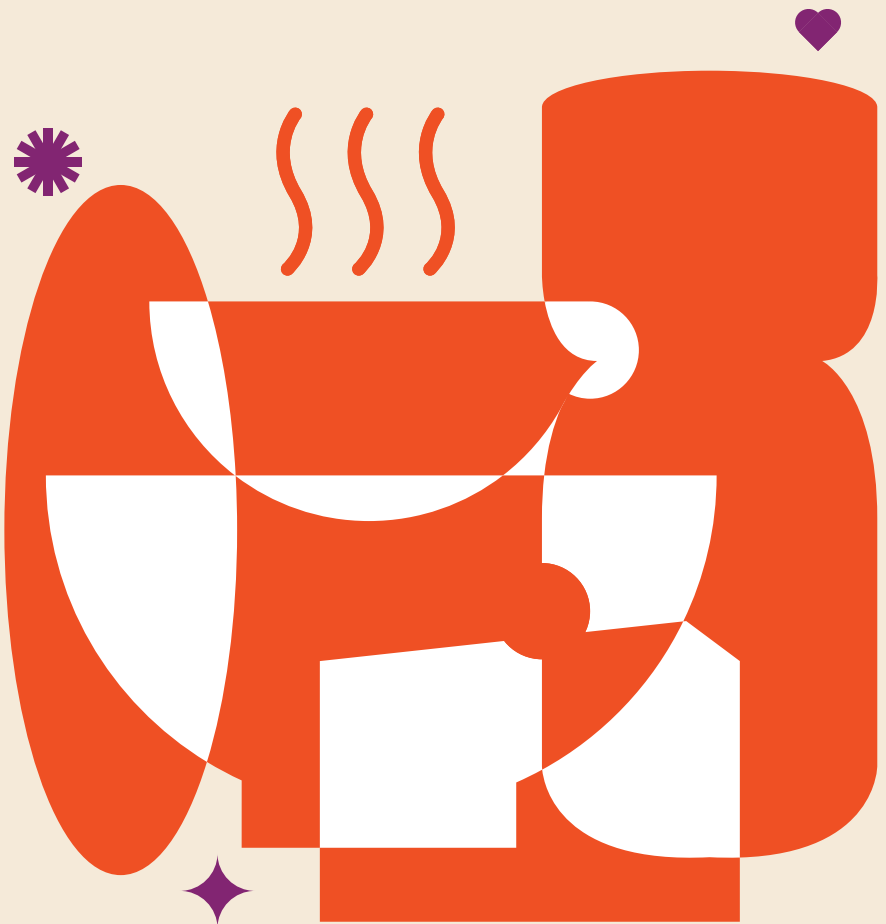


menu

Enjoy the Taste

beano's



beano's

The place that grows with you



Poached Eggs with Smoked Salmon



Mexican Breakfast Taquitos

All-day breakfast fast

Vegetable Omelette 285

Omelette with Bell Peppers, Mushrooms, Tomatoes, Olives & Onions, Served on Sourdough Loaf

Smoked Turkey Omelette 295

Omelette with Smoked Turkey & Fresh Vegetables, Olives, Served on Sourdough Loaf

Poached Eggs with Smoked Salmon 400

Poached Eggs with Smoked Salmon, Avocado, Pickled Cucumber & Capers, Arugula, Served on Sourdough Loaf

Scrambled Eggs with Salmon & Avocado 400

Scrambled Eggs with Smoked Salmon, Avocado, Capers & Arugula, Served on Sourdough Loaf

Mexican Breakfast Taquitos 295

Scrambled Eggs with Cheddar Cheese, Smoked Turkey & Fresh Vegetables, Served in Brown Tortilla

Egg Avocado Brioche 280

Omelette, Avocado, Arugula, & Melted Mozzarella Cheese

Oriental Breakfast 225

Egyptian Foul, Shami bread, Feta Cheese & a Boiled Egg

Breakfast Bowls



Classic Overnight Oats 160

Oats with Chia Seeds, Cinnamon & Honey in our Homemade Almond Milk

Granola Parfait 215

Granola with Light Yogurt & Fresh Seasonal Fruit

Strawberry Overnight Oats 230

Strawberry, Coconut Milk, Vanilla, Chia Seeds, Honey & Overnight Oats

Blue Spirulina Smoothie Bowl 290

Coconut Milk, Blue Spirulina Powder, Frozen Banana, Pineapple & Topped With Banana, Granola & Coconut Flakes

Pistachio Matcha Overnight Oats 290

Overnight Oats, Chia Seeds, Matcha, Pistachio Cream, Honey, Vanilla, Greek Yogurt, Full Cream Milk, & Pistachios on top



Pesto Tunacado



Sriracha Chicken



the sand wiches

Spicy Tuna Avocado 295

Tuna with Avocado Slices, Dill, Tomato, Jalapeno, Mayonnaise & Chili Sauce in Brown Panini

Hot Honey Halloumi 325

Baguette Bread, Grilled Halloumi Cheese, Stracchino Cheese, White Honey, Tomato Slices, Arugula Leaves, Lemon Juice, Avocado Purée, Paprika Bord, Chopped Jalapeño Pepper (with Avocado)

Smoked Salmon Avocado 395

Smoked Salmon with Avocado Paste, Tartar Sauce, Pickled Cucumber, Arugula & Capers in Baguette Bread

Halloumi & Vegetable Simit 305

Grilled Halloumi Cheese with Roasted Tomatoes, Arugula & Grilled Bell Peppers in Whole Wheat Simit

Croque Monsieur 250

Smoked Turkey with Cheddar Cheese & Mustard in White Toast

Crostini 215

Feta Cheese with Tomato Slices, Olive Paste in Sourdough Loaf

Chicken Pesto 290

Sourdough Slices, Grilled Chicken Breast, Pesto Mayonnaise, Emmental Cheese, Red Lettuce

Smoked Turkey & Cheese 325

Brown Panini Bread, Smoked Turkey Breast, Emmental Cheese, Honey Mustard Sauce, Curly Red Lettuce, Tomato Slices, Pickled Cucumber Sticks

Pesto Tunacado 275

Tuna, Avocado, Pesto Sauce, Mayonnaise, Parsley & garnish in Brown Panini Bread.

Sriracha Chicken 295

Grilled Chicken, Cheddar Cheese, Red Pepper, Mayonnaise & Jalapeño Peppers.

Chicken Panini 280

Grilled Chicken with Mozzarella Cheese, Roasted Tomatoes & Pesto Sauce in White Panini

Mexican Chicken Wrap 250

Grilled Chicken with Mozzarella, Cheddar Cheese, Bell Peppers & Yogurt Dressing in White Tortilla

Roasted Turkey 320

Roasted Turkey with Cheddar Cheese, Fresh Vegetables & Mint Sauce in Brown Panini

Honey Mustard Turkey 315

Grilled Turkey with Honey Mustard, Tomatoes & Arugula in Sourdough Loaf

Fresh Roast Beef 295

Roast Beef with Cheddar Cheese, Mustard & Mayonnaise in Brown Panini



Asian Chicken Satay



South of the Border

salads & bowls

Warm Asian Chicken Satay Bowl 375

Chicken, Rice, Carrots, Grilled bell pepper Zucchini, Sweet Corn, Bell Peppers, Caramelized Onions with Asian Sauce on the side

Asian Chicken Salad 350

Asian Chicken, Lettuce, Red Leaf Lettuce, Red cabbage Arugula, Mushrooms with Roasted Almonds & Asian Soya Dressing

Apple Almond Salad 245

Lettuce, Arugula, Green Apple and Cucumber Topped with Flaked Almonds & Vinaigrette Dressing

Add-Ons: Chicken + 65

South of the Border 350

Grilled Chicken, Lettuce, Cucumber, Sweet Corn, Red Beans, Cheddar Cheese Caramelized walnuts, Served in Taco Basket with Yogurt & Ranch Dressing

Tuna Salad 295

Tuna, Boiled Eggs, Bell Peppers, Potatoes & Green Beans with Lemon Vinaigrette Dressing

Caesar Salad 260

Parmesan Cheese, Lettuce & Croutons with Caesar Dressing

Add-Ons: Chicken + 65

Halloumi Grilled Corn Salad 315

Halloumi Cheese, Carrot, Avocado, Beetroot, Red Lettuce, Corn, Lettuce & Arugula with Black Molasses, Pomegranate Molasses & Olive Oil Dressing

Mexican Salad 250

Red Beans, Sweet Corn, Chickpeas, Cherry Tomatoes, Avocado, Cucumber, Parsley & Coriander with Mustard Pesto Dressing

Add-Ons: Chicken + 65

Green Goddess Chicken Salad 325

Grilled Chicken, Lettuce, Coriander Leaves, Parsley, Avocado Slices, Sweet Corn, Parmesan Cheese, & Red Bell Pepper with Greek Yogurt Sauce

I Saved the
Freshest Bowl
just for you!

Triple Layer Cheesecake



Honey Cake



Latte Cake

Vegan Cookie



bakery & desserts



Croissant

- Plain Croissant **115**
- Cheese & Olive Croissant **125**
- Cheese & Thyme Croissant **125**

Desserts

- Upside Down Cheesecake **260**
- Classic Cheesecake **190**
- Triple Layer Cheesecake **220**
- Chocolate Fondant Cake **160**
- Chocolate Fudge **175**
- Dubai Pistachio Tart **220**
- Humming Bird Cake **205**
- Date Walnut Tart **190**
- Brownies **110**
- Blondies **110**
- S'mores Tart **175**

Cookies

- Chocolate Hazelnut **105**
-  Brownie Cookies - Gluten Free **125**
- Chocolate Chip **105**
- Oatmeal **105**
- Vegan **120** 

Crepes & Pancakes

- Stack of 3 Classic Pancake **235**
- Stack of 3 Chocolate Chip Pancake **260**
- Nutella Crepe **235**

Cakes & Muffins

- Honey Cake **175**
- Banana Bread **120**
- Cinnamon Walnut Cake **120**
- Vanilla Madeleine **50**
- Muffin **100**
(Chocolate, Vanilla & Blueberry)
- Latte Cake **205**
-  Cinnamon Crumble Muffin **100**

your favourite

Cap Cakes



- Krunchoko **185**
- Salted Chocolate Fudge **185**

matcha!

Hot Matcha

- Hot Matcha Latte **170**
- Hot Strawberry Matcha **205**
- Hot Salted Vanilla Matcha **200**

Iced Matcha

- Iced Matcha **180**
- Blended Matcha **180**
- Iced Strawberry Matcha **190**
- Iced Blueberry Matcha **190**
- Vanilla Coconut Matcha Frappe **245**
- Iced Blue Oat Matcha **225**
- Iced Salted Vanilla Matcha **200**

Blue Oat
Matcha

Honey
Cinnamon
Latte



Iced Coffee

- Mocha/White Iced Mocha **150 / 170 / 180**
Latte **125 / 135 / 155**
- Spanish Latte **170**
- Pistachio Latte **205**
- Creamy Banana Latte **160**
- Chocolate Frappe **150 / 165 / 190**
- Vanilla Frappe **150 / 165 / 190**
- Caramel Frappe **150 / 165 / 190**
- Salted Caramel Frappe **205**
- Iced Honey Cinnamon Latte **140**
- Iced Americano **105**
-  Iced Tahini Latte **175**
-  Iced Sea Salt Caramel Latte **175**
- Iced Brown Sugar Latte **150**
- Iced Salted Brownie Latte **150**
- Iced Salted Vanilla Latte **160**

Add-Ons

- Dairy Milk Alternative **45**
(Almond, Oats, Cashew, Pistachio & Coconut)
- Extra Espresso Shot **50**
- Syrup Flavors **40**
(Vanilla, Hazelnut, Caramel & Pistachio)
- Whipped Cream **40**
- Gelato Scoop **95**
- Collagen Shot **55**
- Whey Protein scoop **95**

LIMITLESS
ALPHA

 new item

hot drinks

Warm Sips

- Golden Healer 110 / 120
- Ginger Blue Spirulina 175
- French Hot Chocolate 185
- Hot Apple Cider 105
- Tea 65
- Hot Chai 160
- Vanilla Date 160
- Chocolate Salted Vanilla 175
- Chocolate Rich Salted Caramel 175

Hot Coffee

- Espresso / Double Espresso 80 / 95
- Espresso Macchiato 95 / 100
- Americano 95 / 105 / 115
- American Coffee 105
- Cappuccino 110 / 115 / 125
- Flat White 105
- Deep White 105
- Cortado 105
- Café Latte 110 / 115 / 125
- Spanish Latte 150 / 165
- Caramel Spanish Latte 155 / 170
- Pistachio Latte 185 / 215
- Caramel Macchiato 135 / 145 / 155
- Café Mocha / White Mocha 135 / 145 / 155
- Turkish Coffee 85 / 95
- Power Couple Latte 110 / 120
- Espresso, Nutmeg, Cinnamon & Milk
- Tahini Latte 175
- Salted Caramel Latte 170
- Honey Cinnamon Latte 125
- Dirty Chai Latte 160
- Espresso, Steamed Milk & Herbal Syrup



Filter Coffee

- Colombian Filter Coffee 105
- Brazilian Filter Coffee 105



juices & smoothies

Orange | Guava | Strawberry **110**

Iced Chocolate **170**

Mango **120**

Mojito Passion Fruit **155**

Mojito Blueberry **155**

Iced Chai Latte **175**

Blackberry Hibiscus Smoothie **175**

Peach Apple Delight Smoothie **175**

Apple, Peach, Mango & Blueberry

Lemon & Mint Smoothie **185**

Fruit Smoothie **175**

Strawberry OR Mango

Mango Passion Fruit Smoothie **185**

Green Giant Smoothie **200**

Spinach, Banana, Apple, Yogurt & Chia Seeds
with Almond Milk

Banana Twist Smoothie **200**

Banana, Mango, Yogurt & Pineapple

Avocado Green Power Smoothie **210**

Dates, Avocado, Chia Seeds & Flaxseeds
with Almond Milk

Energize Smoothie **210**

Banana, Dates & Cinnamon with Almond Milk

Blue Spirulina Smoothie **200**

Full Cream Milk, Spirulina Powder, Banana, Dates &
Sugar Free Chocolate Flakes

Pink Pitaya Smoothie **220**

Full Cream Milk, Pink Pitaya Powder, Pineapple & Banana

Collagen Blue Smoothie **185**

Full Cream Milk, Collagen Powder, Spirulina Powder,
Banana & Dates

**Pink
Pitaya
Smoothie**



**Blue
Spirulina
Smoothie**

**Collagen
Blue
Ocean**

protein shakes

 **Ripped Berry 275**

Vanilla Whey Protein **LIMITLESS ALPHA**, Oat Milk,
Banana, Strawberry & Flax seeds

 **Power Punch 275**

Vanilla Whey Protein **LIMITLESS ALPHA**, Almond Milk,
Banana, Dates, Almonds & Cinnamon
Powder

 **Post workout 275**

Vanilla Whey Protein **LIMITLESS ALPHA**, Full cream Milk,
Dates, Banana & Greek yogurt

softs

Soft Drinks **70**

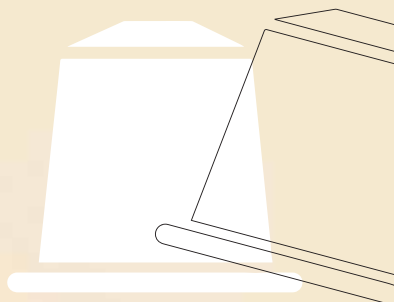
Red Bull/Sugar Free **100**

Mineral Water **25**

Sparkling Water **75**

on the > go essentials!

- Plain Turkish Coffee **275**
- Blended Turkish Coffee **320**
- Colombian Filter Coffee Box **630**
- Colombian Filter Coffee Sachet **45**
- Brazilian Filter Coffee Box **630**
- Brazilian Filter Coffee Sachet **45**
- 100% Arabica Coffee Capsules **375**
- Decaffeinated Coffee Capsules **375**



**amazingly
flavorful**

- Granola Jar **185**
- Chocolate Cashew Granola Bar **160**
- Peanut Butter Granola Bar **105**
- Almond & Granola Bar **105**
- Keto Protein Bar **100**
- Vegan Protein Bar **100**
- Crisp Protein Bar **100**
- Brownie Brittle **110**
- Potato Chips **45**

chocolate bars

- Salted Caramel **130**
- Hazelnut **140**
- Dark Chocolate **140**
- Milk Chocolate **130**
- Dubai Kunafa Pistachio **275**



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