



## REGULAR MENU



**'The 3 Core Ingredients'**

**Choose 1 Protein, 1 Carb & 1 Veg**

### PROTEIN



#### Chicken Breast Strips

- (Choose A Flavour)
- Classic Italian Herbs
  - Ragin' Cajun
  - Tandoori Masala
  - Peri-Peri
  - Southern BBQ
  - Shish Taouk (Cubes)
  - Chicken Shawarma (Slices)
  - Peppered
  - Mexican Chicken
  - Meshawi (Charcoal Grilled)

#### Beef Steak Strips

- (Choose A Flavour)
- Classic Italian
  - Southern BBQ
  - Thai Spiced
  - Lentil Mustard
  - Peppered
  - Meshawi (Charcoal Grilled)

#### Salmon Steak

- (Grilled/Poached)**
- (Choose A Sauce - Optional)
- Lemon & Low Fat Butter
  - Salmon Teriyaki
  - Lentil Mustard

#### Grilled White Fish

- (Choose A Sauce - Optional)
- Classic Italian with Herbs
  - Firecracker Sauce

#### Grilled Tuna Patties

- (Choose A Sauce - Optional)
- Classic Italian with Herbs
  - Tuna Teriyaki

#### Eggs

- (Choose A Style)
- Scrambled (Veg/Low Fat Cheese)
  - Omelette (Veg/Low Fat Cheese)
  - Boiled & Sliced with Salt & Pepper

#### Cottage Cheese (Paneer)

- (Choose A Flavour)
- Chilli Paneer (v)
  - Masala Paneer (v)
  - Mutter Paneer (v)

#### Steamed Falafel

- (Choose A Sauce - Optional)
- Yoghurt Sauce (v)
  - Tahina Sauce (v)

#### Tofu

- (Choose A Flavour)
- Faux Tofu Con Carne (Mexican) (v)
  - Tofu Tandoori Masala (v)
  - Firecracker Tofu (v)
  - Vegan Breakfast Burrito (v)
- (without any additional Carb or Veg)

**Ostrich - Coming Soon!**

### CARBS



- Steamed Brown Rice
- Steamed White Rice
- Wholewheat Pasta
- Wholewheat Noodles
- Soba Noodles
- Sweet Potato Cuts
- Mashed Potato
- Sweet Mashed Potato
- Quinoa

- Cajun Spiced Rice
- Arabic Spiced Rice
- Cauliflower Rice
- Low Fat Coconut Rice
- Grilled Peri Peri Fries
- Peri Peri Mash
- Spiced FK Quinoa
- Wholewheat Bread
- Soft Tortilla Wraps

### VEGETABLES



- Steamed Mixed Vegetables
- Sweetcorn
- Kidney Beans
- Mediterranean Ratatouille
- Sautéed Spinach
- Green Beans (+ AED 3)
- Broccoli (+ AED 3)

### SNACKS



- Vegan Chia Seed Pudding (v)
- Vegan Protein Booster Cookies (v)
- Vegan Protein Booster Brownies (v)
- Roasted Chickpeas (v)
- Fresh Green Apple (v)
- Cold Iced Coffee (+ AED 5) (v)
- Cold Iced Protein Coffee (+ AED 5) (v)
- BCAA Booster Drink (+ AED 10)
- Chocolate Protein Shake (+ AED 10)
- Vanilla Protein Shake (+ AED 10)
- Zaatar Toast
- Apple Cider Vinegar Shot

- Vegan Protein Brownies (v)
- Vegan Protein Cookies (v)
- Vegan Chia Seed Cookie (v)
- Organic Dates (v)
- Roasted Peanuts (v)
- Organic Salted Popcorn (v)
- Peanut Butter, Honey & Banana Protein Wrap (v)
- Zaatar & Labneh Protein Wrap (v)
- Carrot & Celery Sticks (v)
- Cucumber & Pepper Sticks (v)
- Assorted Juices (+ AED 15) (v)

## SPECIAL MENU

### BREAKFAST



- Protein Overnight Oats (v)
  - Crunchy Granola Oats with Honey (v)
  - Cinnamon & Sugar Toasted Oats with Granola (v)
  - Maple Oats with Crunchy Granola (v)
- All Served with a Fresh Green Apple

#### Protein Pancakes (with 34g Protein):

- Golden Syrup Flavour with Honey
  - Melted Chocolate with Honey
  - White Chocolate Raspberry with Protein Nutella
  - Banana Coconut with Protein Nutella
- Both Served with a Fresh Green Apple

#### French Toast:

- Maple & Cinnamon (v)
  - Peanut Butter & Chocolate Chip (v)
- Both Served with a Fresh Green Apple

#### Eggs:

- North Indian Spicy Masala Omelette with 2 Brown Chapattis and a Low Fat Yoghurt
- Smoked Salmon Scrambled Eggs with 2 Pieces of Brown Toast and a Side Salad

Zanzibari 'Zegge' Omelette with Beef and Sweet Potato, with 2 Pieces of Brown Toast and a Side Salad

Turkey & Low Fat Cheese Omelette with 2 Pieces of Brown Toast and a Side Salad

### SALADS



- Chicken Avocado Salad
- Felafel & Caesar Salad (v)
- Chicken Caesar Salad
- Seafood Salad
- Avocado & Grapefruit Salad (v)
- Thai Beef Salad

### WICHES



Sandwiches are served 'Skinny' with the middle part of the bread removed.  
Served on Multigrain bread with Sweet Potato Cuts & A Side Salad

- Grilled Halloumi Sandwich (v)
- Grilled Felafel Panini (v)
- Tandoori Chicken Panini
- Beef Steak Panini
- Tuna Salad Sandwich
- Smoked Salmon Sandwich

### BURGERS



Burgers are served 'Skinny' with the middle part of the bread removed.  
Served on a multigrain bun with Sweet Potato Cuts & A Side Salad

Cajun Seasoned Halloumi Burger (v)

Organic, Low Fat Beetroot Burger (v)

The Signature Lean FK Beef Burger

Portuguese Peri Peri Grilled Chicken Burger

### MAINS



Low Fat Chicken or Veg Soba Noodles (v)

Thai Steamed Fish  
with Brown Rice & Somtam Salad

Low Fat Chicken or Veg Thai Green Curry (v)  
with Brown or White Rice

Chicken Thai Spiced Kebabs  
with Side Salad & Brown Rice or Brown Chapatti

Low Fat Beef Stroganoff  
with Brown or White Rice and a Side Salad

Indian Chicken Seekh Kebab  
with Side Salad & Brown Rice or Brown Chapatti

Tandoori Chicken Curry  
with Side Salad & Brown Rice or Brown Chapatti

Low Fat Butter Chicken  
with Side Salad & Brown Rice or Brown Chapatti

Tadka Daal (v)  
with Side Salad & Brown Rice or Brown Chapatti

Khada Masala (v)  
with Side Salad & Brown Rice or Brown Chapatti

### MEAL REPLACEMENT SHAKES



Skinny High Protein Oreo Milkshake (v)

Dark Chocolate Peppermint Shake (v)

Almond Butter Protein Smoothie (v)

