

A LA CARTE MENU

harness foods

Rise & Shine

Available Monday to Friday 7.45am - 12pm

Eggs Benedict 21 AED

English muffin with two poached eggs and hollandaise sauce with your choice of:

- turkey
- spinach
- avocado

Eggs Your Way 21 AED

Your choice of three eggs scrambled or omelet with 4 add-ons served with sourdough

- spinach
 - kale
 - cheddar cheese
 - feta
 - chicken sausage
 - extra add-ons
 - bell peppers
 - mushroom
 - tomatoes
 - onions
- + 3 AED

Breakfast Quesadilla 19 AED

Whole wheat tortilla filled with scrambled egg, mushroom, and cheese with a side of guacamole, sour cream, and tomato salsa

- Add chicken sausage + 3 AED

Smashed Avocado on Sourdough 16 AED

Layered smashed tomato and avocado topped with cucumber and feta

- Add 2 poached eggs + 5 AED

Grilled Cheese and Kimchi Sandwich 15 AED

Sourdough bread with cheddar cheese and kimchi (spiced and salted vegetables) and green salad

Build Your Own Oatmeal 15 AED

Jumbo oats with coconut milk
Choose three toppings: Banana, strawberries, mixed seeds, honey, fruit compote, greek yoghurt

Yoghurt Pancakes 15 AED

Stack of three pancakes with honey and banana

Power Pancakes 17 AED

Stack of three pancakes made with banana, oats and mixed seeds with a side of yoghurt, granola and fruit

Banana Bread French Toast 15 AED

Our homemade banana bread, caramelized and served with mixed fruit, honey and a side of yoghurt

