






# harness foods cafe

## Grab and Go Menu





### Wraps 17 AED



- Falafel: Whole wheat wrap with beetroot hummus, falafel, shredded carrot, cucumber, spinach, avocado 
- Chicken Tikka: Sage wrap, red onion, lettuce, mint, coriander yoghurt 
- Beef Burrito: White wrap, red onion, bell peppers, lettuce, cheese, tahini and yoghurt dressing 





### Sandwiches and Bagels









- Chicken Sandwich: Multigrain bread, shredded chicken, diced apple, red onion, cranberries, yoghurt, lemon, garlic, sunflower seeds and lettuce  14 AED
- Egg Sandwich: Multigrain bread, boiled egg, celery, red onion, pickle, hummus dressing, Dijon mustard, paprika   14 AED
- Togarashi Salmon Bagel: Flaked salmon, labneh, avocado, cucumber pickle  21 AED

### Gourmet Toasties 20 AED



- Spicy Tuna: Pesto, tuna and tomato salsa, jalapeno 
- Halloumi: Halloumi, green tapenade, sundried tomato, spinach  
- Chickado: Chicken, avocado, sundried tomato, pesto 

### Bowls

- Mexican Chicken Salad: Diced chicken, lime, mixed greens, tomatoes, black beans, corn, red onion, coriander, croutons and avocado dressing   19 AED
- Salmon and Butternut Squash Salad: Flaked salmon, mixed greens, miso and honey roasted butternut, mixed grains, apple, cranberry, beetroot, edamame bean, pomegranate and balsamic dressing  21 AED
- Mediterranean Pasta Salad: Fusilli pasta, cherry tomatoes, rocket, chickpeas, cucumber, feta, basil, parsley, mint, lemon mustard dressing    19 AED