



MENU

Nurturing Body and Mind

M E N U

SWEET TREAT—PANGAKES—

CHOCOLATE BANANA PROTEIN PANCAKE 27AED

fluffy chocolate protein pancake, honey& organic peanut butter spread

calories 551g. carb 55g. fat 19g. protein 40g

CLASSIC PROTEIN PANCAKE 27AED

classic pancake, honey, & organic peanut butter spread

calories 368g. carb 42g. fat 12g. protein 23g

COCONUT WHITE CHOCOLATE PROTEIN PANCAKE 27AED

fluffy pancake topped with coconut flakes & organic peanut butter spread

calories 386g. carb 42g. fat 14g. protein 23g

OATMEAL DATES PANCAKE 27AED

fluffy pancake, banana & organic peanut butter spread

calories 562g. carb 64g. fat 22g. protein 27g

GLUTEN FREE BROWNIES 13AED

rich, fudge & moist gluten free brownies

calories 235g. carb 36g. fat 7g. protein 7g

MANGO CHIA 22AED

fresh mango puree mixed with chia seeds & organic coconut milk

calories 205g. carb 36g. fat 5g. protein 4g

DATE CAKE 26AED



ihealthy

VEGETARIAN—SALAD BOWLS.

31AED

KALE TABOULI

31AED

CHICKEN QUINOA SALAD

31AED

chicken breast, mix green leaves, quinoa, kalamata olives
& feta cheese
calories 383g. carb 27g. fat 11g. protein 44g

CHICKEN AVOCADO SALAD

31 AED

chicken breast, mix green leaves, avocado, quinoa
& homemade dressing
calories 362g. carb 20g. fat 13g. protein 40g

GREEK STUFFED PEPPER

34AED

vegetable risotto, grilled corn, feta cheese & guacamole sauce
calories 310g. carb 53g. fat 6g. protein 11g



ihealthy

M E N U

WRAPPED IN

CHICKEN SHAWARMA

27AED

chicken breast, whole wheat tortilla, onion pickles & yogurt
calories 447g. carb 37g. fat 15g. protein 41g

BBQ CHICKEN

27AED

,chicken breast, whole wheat tortilla, fresh guacamole
lettuce & bell pepper
calories 458g. carb 39g. fat 14g. protein 44g

MEXICAN CHICKEN

27AED

chicken breast, whole wheat tortilla, homemade
chimichurri sauce
calories 424g. carb 40g. fat 12g. protein 39g

ARGENTINIAN CHICKEN

27AED

chicken breast, whole wheat tortilla. homemade
chimichurri sauce
calories 468g. carb 37g. fat 16g. protein 44g

IHEALTHY CLUB SANDWICH

34AED

chicken breast, brown toast, light cheese, tomato, lettuce
homemade mayo & fresh avocado
calories 514g. carb 34g. fat 22g. protein 45g



ihealthy

M E N U

I
H
E
A
L
T
H
Y
B
U
R
G
E
R
S

SMOKE BBQ BURGER

47AED

organic ground beef with caramelized onion, smoked bbq sauce, light cheese, gherkin
calories 698g. carb 69g. fat 30g. protein 38g

MUSHROOM BURGER

44AED

organic ground beef, oats bun, light cheese, fresh mushroom & mushroom beef burger
calories 606g. carb 55g. fat 26g. protein 38g

GREEN CHILLI BEEF BURGER

44AED

organic ground beef, oats bun, light cheese, homemade light myonnaise, onion pickles & fresh jalapenos
calories 617g. carb 51g. fat 29g. protein 38g

IHEALTHY SIGNATURE BURGER

42AED

organic ground beef, oats bun, light cheese, tomato & letuce
calories 545g. carb 51g. fat 21g. protein 38g

CLASSIC CHICKEN BURGER

39AED

chicken breast, oats bun, light cheese, tomato & letuce
calories 570g. carb 55g. fat 18g. protein 47g

SPICY MEXICAN BURGER

39AED

chicken breast, oats bun, light cheese, onion pickles fresh guacamole & homemade light musterd
calories 633g. carb 55g. fat 25g. protein 47g



ihealthy

M E N U

CHICKEN MEALS

ARGENTINIAN CHICKEN 36AED

*chicken breast, chimichurri rice & salsa
calories 550g. carb 59g. fat 10g. protein 45g*

BBQ CHICKEN 36AED

*chicken breast, rice pilaf & grilled pineapple
calories 528g. carb 68g. fat 8g. protein 46g*

ASIAN CASHEW CHICKEN 36AED

*chicken breast, rice pilaf & grilled pineapple
calories 550g. carb 69g. fat 10g. protein 46g*

CHICKEN TIKKA 36AED

*chicken breast, saffron rice, onion pickles & raito
calories 462g. carb 57g. fat 6g. protein 45g*

CHIMICHURRI CHICKEN 36AED

*chicken breast, rice pilaf & salsa
calories 552g. carb 58g. fat 16g. protein 44g*

PASTA ARRABBIATA - GLUTEN FREE 44AED

*chicken breast, gluten free penne pasta, arrabbiata
sauce & kalamata olives
calories 544g. carb 68g. fat 12g. protein 41g*

CHICKEN BREAST WITH WHITE RICE 31AED

*chicken breast with italian herbs, white rice & salsa
calories 382g. carb 39g. fat 6g. protein 43g*

PLAIN CHICKEN BREAST 19AED

*chicken breast with italian herbs
calories 226g. carb 5g. fat 6g. protein 38g*

M E N U

BEEF MEALS

SWEDISH MEATBALLS WITH SPINACH RICE 44AED
organic ground beef, spinach rice & salsa
calories 582g. carb 57g. fat 22g. protein 39g

PASTA BOLOGNESE - GLUTEN FREE 49AED
organic ground beef, gluten free penne pasta, bolognesa sauce
calories 570g. carb 69g. fat 18g. protein 33g

PRIME STEAK WITH MASH POTATO 62AED
prime sirloin steak, mash potato & chimichurri sauce
calories 507g. carb 30g. fat 23g. protein 45g

PRIME STEAK WITH PILAF RICE 62AED
prime sirloin steak, rice pilaf & chimichurri sauce
calories 630g. carb 60g. fat 22g. protein 48g

SEAFOOD MEALS

CHILI SALMON 49AED
organic norwegian salmon, saffron rice, rita & salsa
calories 520g. carb 58g. fat 12g. protein 45g

LEMON HERB SHRIMP RISOTTO 37AED
fresh shrimps, risotto, parmesan cheese & salsa
calories 477g. carb 58g. fat 9g. protein 41g

CAJUN SHRIMP 37AED
fresh shrimps, cajun rice, onion pickles & salsa
calories 463g. carb 61g. fat 7g. protein 39g

CHIMICHURRI SHRIMP 37AED
fresh shrimps, chimichurri rice, onion pickles & salsa
calories 427g. carb 61g. fat 7g. protein 30g

LEMON HERB SALMON RISOTTO 52AED
organic norwegian salmon, risotto, parmesan cheese & salsa
calories 546g. carb 56g. fat 14g. protein 49g

MEXICAN TUNA BOWL 37AED
tuna, white rice, mexican sauce & cabbage
calories 432g. carb 61g. fat 6g. protein 34g

M E N U

BODY BUILDERS

ARGENTINIAN CHICKEN 57AED

*chicken breast 200g, chimichurri rice 200g & salsa
calories 660g. carb 78g. fat 12g. protein 60g*

ASIAN CHICKEN 57AED

*chicken breast 200g, rice pilaf 200g & grilled pineapple
calories 688g. carb 84g. fat 12g. protein 61g*

BBQ CHICKEN 57AED

*chicken breast 200g, rice pilaf 200g & grilled pineapple
calories 682g. carb 87g. fat 10g. protein 61g*

CHIMICHURRI CHICKEN 57AED

*chicken breast 200g, rice pilaf 200g & salsa
calories 706g. carb 77g. fat 18g. protein 59g*

CHICKEN BREAST WITH RICE 51AED

*chicken breast 200g with italian herbs, white rice 200g & salsa
calories 612g. carb 77g. fat 8g. protein 58g*

PRIME STEAK WITH PILAF RICE 65AED

*prime sirloin steak 200g, rice pilaf 200g & chimichurri sauce
calories 714g. carb 79g. fat 22g. protein 50g*

PRIME STEAK WITH MASH POTATO 65AED

*prime sirloin steak 200g, mash potato 200g & chimichurri sauce
calories 551g. carb 38g. fat 23g. protein 48g*

OVEN BAKED SALMON WITH PILAF RICE 57AED

*organic norwegian salmon 200g with pilaf 200g rice & pico de
allos salsa
calories 696g. carb 78g. fat 16g. protein 60g*

OVEN BAKED SALMON WITH MASH POTATO 57AED

*organic norwegian salmon 200g with beetroot mash potato 200g
& kalamata olives
calories 498g. carb 38g. fat 14g. protein 55g*

YOUR CHOICE OF

*broccoli
long beans
asparagus*

M E N U

- KETO PRIME SIRLOIN STEAK** 62AED
prime sirloin steak with butter, corn, broccoli & mushrooms
 calories 613g. carb 23g. fat 37g. protein 47g
- KATO ARRABIATA MEATBALLS** 44AED
organic ground beef, arrabbiata sauce, zucchini, mushroom & feta cheese
 calories 456g. carb 9g. fat 32g. protein 33g
- KALE TABOULI WITH KETO CHICKEN** 34AED
chicken breast, kale, pineapple & pomegranate dressing
 calories 265g. carb 16g. fat 5g. protein 39g
- KETO CHICKEN WITH CAULIFLOWER RICE** 34AED
chicken breast, cauliflower rice & broccoli
 calories 400g. carb 15g. fat 20g. protein 40g
- KETO CHICKEN WITH ZUCCHINI NOODLES** 31AED
chicken breast, zucchini noodles & feta cheese
 calories 269g. carb 6g. fat 9g. protein 41g
- KETO CHICKEN TANDOORI** 34AED
chicken breast, tomato, coriander, lemon juice, chili green with onion pickles & raito
 calories 230g. carb 6g. fat 6g. protein 38g
- KETO CHICKEN WITH BROCCOLI AND LONG BEANS** 31AED
chicken breast, broccoli, long beans, feta cheese & raito
 calories 243g. carb 6g. fat 7g. protein 39g
- CHICKEN SHAWARMA BOWL** 44AED
chicken shawarma, lettuce iceberg, avocado, onion pickles cumin powder & homemade sauce
 calories 307g. carb 11g. fat 11g. protein 41g
- OVEN BAKED SALMON WITH PICE DE GALLO SALSA** 47AED
organic norwegian salmon, grilled artichoke, broccoli & salsa
 calories 322g. carb 6g. fat 14g. protein 43g
- ZERO HOUR** 34AED
whole capsicum, stuffed with fresh mushroom, organic ground beef with arrabiatta sauce, guacamole sauce & grilled lime
 calories 347g. carb 16g. fat 19g. protein 28g



M E N U

PROTEIN SHAKES

TROPICAL PINEAPPLE SHAKE

39AED

fresh pineapple & mango, scoop of protein, coconut milk topped with chia & coconut
calories 311g. carb 36g. fat 7g. protein 26g

DOUBLE CHOCOLATE PROTEIN SHAKE

35AED

fresh banana, cashew butter, low suger chocolate, scoop of protein with almond milk topped with coco powder
calories 286g. carb 29g. fat 6g. protein 29g

MIXED BERRY PROTEIN SHAKE

35AED

fresh berries & banana, oats, date, scoop of protein with almond milk topped with chia
calories 242g. carb 30g. fat 2g. protein 26g

VANILLA PROTEIN SHAKE

35AED

fresh banana, oats, dates, cashew butter, scoop of protein with almond milk topped with almond flakes
calories 351g. carb 33g. fat 11g. protein 30g



ihealthy

M E N U

U P G R A D E
Y O U R
M E A L S

GRILLED VEGETABLES	9AED
BEETROOT MASHED POTATO	9AED
POTATO WEDGES	9AED
GRILLED BROCCOLI	9AED
MASHED SWEET POTATO	9AED
PLAIN WHITE RICE	9AED
PLAIN RICE PILAF	9AED
OVEN BAKED MUSHROOM	9AED
GRILLED CORN	9AED
SEASONED FETA	4AED
RAITA	4AED
PICO DE GALLO SALSA	4AED
RED CABBAGE PICKLES	4AED



ihealthy