

## Break The Fast at Plumeria

Our egg dishes are prepared with free range organic eggs only  
07:00-12:00

### Eggs Your Way (Ca 179/P 6 /Cr 32/ F 3) | 40

Two eggs served any way you like on sourdough  
Toast served with side salad or French fries

### Avocado On Toast (N) (Ca 278/P 4 /Cr 25/F 18) | 55

Spiced avocado on toasted sourdough, minted feta  
Dukkha mix, spiced tomato salsa  
Served with two poached egg and baby cress

### Classic Egg Benedict (Ca 627/P 16/Cr 107 /F 15) | 40

Turkey ham, poached eggs, hollandaise sauce on sour dough bread

### Showfu (Ca 529/P 21/Cr 37 /F 33) | 40

Herb low fat, scrambled tofu, cherry tomato, sprouts

### Planet of The Waffle (N) (Ca 1175/P 17/Cr 108 /F 75) | 37

Fresh berries, sliced banana, berry coulis  
Mixed nuts, whipped cream

### Porridge (Ca 934/P 19/Cr 183 /F 14) | 30

Cinnamon, brown sugar, honey

## Grab and Go Breakfast Sandwich

### Bravocado Smoked Salmon Sandwich (Ca 424/P 23/Cr 29 /F 24) | 40

Smashed avocado, ripe tomato  
Smoked salmon, herb cream cheese, herbs

### Caprese Breakfast Sandwich (V) (N) (Ca 61/P 3/Cr 10 /F 1) | 30

Mozzarella cheese, tomatoes, fresh basil  
Balsamic glaze, whole wheat panini

### Italian Breakfast Wrap (Ca 420/P 44/Cr 16 /F 20) | 30

Grilled chicken, boiled egg, tomatoes, green peppers, spinach  
Wheat tortillas, cheddar cheese

## Healthy Granola Breakfast Pots | 20

### Blackberry and Papaya (Ca 288/P 9/Cr 36 /F 12)

### Raspberry, Avocado & Kale (Ca 264/P 09/Cr 39 /F 8)

### Solar Infusion (Ca 165/P 1/Cr 29 /F 5)

(Crunchy fruit granola, coconut milk, mango, orange, banana)

## Super Food Bowls

### Acai Nutter (N) (Ca 379/P 6/Cr 73 /F 7) | 35

Acai, almond milk, banana, raw cacao nibs  
Strawberry, blueberry, coconut chips  
Roasted pistachio and chia seeds

### Pitaya Bowl (N) (Ca 488/P 4/Cr 91 /F 12) | 35

Pink dragon fruit, banana, mango, kiwi, blackberry  
Coconut milk and coconut shaving

### Green Goodness Bowl (Ca 214/P 2/Cr 38 /F 6) | 35

Spinach, banana, pineapple, lime juice, mint  
Coconut water, topped with twice baked granola & seasonal fruit

### Oat Chia Kiwi Bowl (N) (Ca 518/P 14/Cr 93 /F 10) | 35

Oat meal and chia seeds in cinnamon almond milk  
Topped with strawberries, banana, granola  
Dates and shredded coconut

## Muesli To Go (Ca 158/P 5/Cr 30 /F 2) | 25

Served with a choice of natural yoghurt

Low fat yogurt, skim milk, soy milk

Country crisp raspberry Jordan's  
Crunchy tropical fruits Jordan's

Crunchy raisins and almonds Jordan's

Muesli fruit and nut Jordan's

High fiber dorest

Fruit, nuts and seeds dorset

## Selection of Greek Yoghurt Pots | 15

Choice of flavor: (Ca 80/P 8/Cr 12 /F 0)

Plain | Blueberry | Strawberry

Peach | Pomegranate

## Pastries | 10

Butter Croissant - (Ca 363/P 8/Cr 12 /F 0)

Chocolate Croissant - (Ca 342/P 6/Cr 39 /F 18)

Zaatar Croissant - (Ca 363/P 7/Cr 41 /F 19)

Almond Croissant - (Ca 363/P 7/Cr 41 /F 19)

## Exotic Slice Fruit Platter (Ca 305/P 4/Cr 70 /F 1) | 35

Rock melon, honey melon, watermelon

Pineapple, strawberry, dragon fruit

## Fruits Pots (Ca 283/P 2/Cr 53 /F 7) | 35

Mixed berries

## Salads

Healthy crafted salads using the freshest ingredients

## Nutty Chicken & Dukkha Salad (N) (Ca 718/P 37/Cr 75 /F 30) | 45

Herb pulled chicken, roasted carrots  
Dried cranberry, edamame beans, cherry tomato  
Celery stick, radish, Persian feta, raspberry vinaigrette

## Grilled Chipotle Chicken Salad (Ca 531/P 22/Cr 41 /F 31) | 47

Millet, avocado, confit peppers, grilled sweet corn  
Mixed leaves and cherry tomato, cilantro orange dressing

## Protein-Packed Vegan Salad (V) (Ca 287/P 8/Cr 48 /F 7) | 47

Kale, quinoa, cucumber, semi dried tomatoes  
Kidney beans, chickpeas, sweet potatoes, avocado  
Carrot, cayenne tahina lemon dressing

## Five Spice Sweet Potato & Grilled Beef Salad | 47

(Ca 540/P 35/Cr 28 /F 32)  
Snow peas, scallions, bean sprouts, carrots, cucumber  
Chimichurri vinaigrette

## Mediterranean Grilled Prawn Salad | 55

(Ca 433/P 45/Cr 16 /F 21)  
Crumbled feta, paprika char-grilled prawns  
Grilled peppers, zucchini, fresh salad leaves, olives  
Garlic lime dressing

## Avocado & Greek Yoghurt Chicken Salad (N) | 47

(Ca 536/P 42/Cr 38 /F 24)  
Romaine, avocado, spinach, poached chicken, sautéed red onions  
Avocado, hard-boiled egg, semi dried tomatoes  
Roasted carrots, creamy yoghurt herb dressing

## Sandwich Bar

Hand crafted sandwich pressed on the grill

## Pesto Grilled Chicken Sandwich (N)

(Ca 332/P 6/Cr 23 /F 24) | 47

Fresh mozzarella, confit peppers  
Truffle mustard spread on country bread

## Tex Mex BBQ Beef Sandwich (Ca 601/P 19/Cr 12 /F 53) | 47

Pulled short ribs, Cheddar cheese, cole slaw, sautéed bell peppers  
Chipotle spread on maize corn bread

## Turkey Ham & Fontina Sandwich (N) | 47

(Ca 828/P 29/Cr 70 /F 48)

Rocket leaves, ripe tomatoes, shredded apple  
Romesco spread on walnut & cranberry bread

## Grilled Garlic Mushroom and Taleggio Melt (V)(N) | 47

(Ca 249/P 4/Cr 11 /F 21)

Grilled artichokes, slow roasted tomatoes  
Rocket leaves, basil spread on ciabatta bread

## Cajun Salmon, Kale & Avocado Sandwich | 55

(Ca 563/P 30/Cr 32 /F 35)

Cabbage & carrot slaw, red onion, tomato slice, boiled egg  
Chives, lemon cream cheese, rye bread

## Vegan Curry Roasted Cauliflower & Crushed Chick Pea Sandwich (Ca 69/P 3/Cr 12 /F 1) | 45

Alfalfa cress, dried tomato pesto  
Caramelized onion and balsamic glaze on focaccia bread

## Nomad Menu

### Starters

## Nomad Salad (V) (GF) (Ca 210/P 5/Cr 25 /F 10) | 57

Garden salad, strawberries, mango, cherry tomato  
Beets, cucumber, edamame, pomegranate vinaigrette

## Soup of The Day | 35

Homemade soup served with brioche croutons

### Main Courses

## Salmon Quinoa (Ca 986/P 50/Cr 57 /F 62) | 115

Quinoa and kale salad, grilled broccoli rabe  
Chili pomelo salsa

## Cauliflower Rice with Grilled Chicken | 85

(Ca 285/P 9/Cr 51 /F 5)

Herb marinated chicken breast, roast zucchini and red capsicum  
Alongside cauliflower rice and ginger carrot turmeric sauce  
Topped with fresh herbs

### Burgers

## Classic Cheese Burger (Ca 1275/P 66/Cr 21 /F 103) | 75

Beef patty Lettuce, tomato, onion, dill pickle chips  
Melted cheese, brioche bun

Served with burger sauce (contain anchovy)

## Creole Chicken Burger (Ca 601/P 36/Cr 31 /F 37) | 70

Blackened spiced chicken, crushed avocado  
Chipotle pineapple relish

## Nomad Grilled Sandwiches to Order

Served with French fries or green salad

## Chicken Club (Ca 777/P 49/Cr 53 /F 41) | 65

Turkey ham, fried egg, veal bacon, lettuce  
Tomato, herb mayonnaise

## Blackened Salmon Wrap (Ca 343/P 34/Cr 18 /F 15) | 70

Blackened salmon, guacamole, grilled corn, salsa Fresca

## Chicken Avocado High Protein Wrap | 65

(Ca 620/P 50/Cr 42 /F 28)

Oriental spiced grilled chicken, avocado  
Tomato, lettuce

## BUILD YOUR OWN MEAL

### Choose your Meat

## Grilled Salmon (200Gr / 100Gr) | 60 | 30

(Ca 284/P 44/Cr 0 /F 12) / (Ca 142/P 22/Cr 0 /F 6)

## Grilled Chicken Breast (200Gr / 100Gr) | 40 | 20

(Ca 302/P 62/Cr 0 /F 6) / (Ca 151/P 31/Cr 0 /F 3)

## Grilled Prawns (200Gr / 100Gr) | 55 | 30

(Ca 202/P 28/Cr 0 /F 10) / (Ca 101/P 14/Cr 0 /F 5)

## Grilled Sea Bass (200Gr / 100Gr) | 70 | 35

(Ca 212/P 44/Cr 0 /F 4) / (Ca 106/P 22/Cr 0 /F 2)

## Grilled Tuna (200Gr / 100Gr) | 70 | 35

(Ca 202/P 46/Cr 0 /F 2) / (Ca 101/P 23/Cr 0 /F 1)

### Choose your Greens

(50 Gram) 15AED

## Steamed Spinach (Ca 61/P 6/Cr 7 /F 1)

## Steamed Broccoli (Ca 16/P 1/Cr 3 /F 0)

## Steamed Asparagus (Ca 12/P 1/Cr 2 /F 0)

## Kale (Ca 28/P 2/Cr 5 /F 0)

## Bok Choy (Ca 8/P 1/Cr 1 /F 0)

## Green Beans (Ca 20/P 1/Cr 4 /F 0)

## Mixed Garden Salad (Ca 282/P 0/Cr 3 /F 30)



Please inform us of any allergies or dietary requirements before ordering  
Ca- Calories, P- Proteins, Cr- Carbs, F-Fat

Dishes indicated with (A) - Alcohol (V) - Vegetarian (N) - Contains Nuts (GF) - Gluten Free (P) - PORK - Signature Dish  
All prices are in UAE Dirhams and inclusive of 7% Municipality fees, 10% service charge and 5% Value Added Tax

