

## Break The Fast at Plumeria

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

### Eggs Your Way (E) (C32/P6/F3) | 40

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

### Avocado On Toast 🍌 (VG)(C216/P13/F5) | 45

Lemon olive oil marinated avocado on toasted garlic sourdough bread

### Classic Egg Benedict (E) (D)<sup>107</sup>/CP16/F1 | 40

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

### Showfu (N) (VG) (C37/P21/F33) | 40

Dill cashew cheese, scrambled tofu, cherry tomato, sprouts

### Planet of The Waffle (D) (N) (E) (C108/P17/F75) | 37

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

### Porridge (V) (C183/P19/F14) | 30

Cinnamon, brown sugar, honey

### Grab and Go Breakfast Sandwich

#### Bravocado Smoked Salmon Sandwich (D) (C29/P23/F24) | 40

Samshed avocado, heirloom tomatoes  
Smoked salmon, herb cream cheese, cress

#### Caprese Breakfast Sandwich (V) (D) (N) (C10/P3/F1) | 30

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

#### Italian Breakfast Wraps (S) (E) (D) (C16/P44/F20) | 30

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

#### Healthy Granola Breakfast Pots | 20 Blackberry and Papaya

(D) (N) (C36/P9/F12)

#### Raspberry, Avocado & Kale (D) (N) C39/P9/F8

Solar Infusion (N) (C29/P1/F5)

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

#### Super Food Bowls

##### Acai Nutter (VG) (N) 🍌 (C73/P6/F7) | 35

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

##### Pitaya Bowl (VG) (C91/P4/F12) | 35

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

##### Green Goodness Bowl (N) (D) (C38/P2/F6) | 35

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

##### Oat Chia Kiwi Bowl (VG) (N) (C93/P14/F10) | 35

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

## Muesli To Go | 25

Served with a choice of natural yoghurt  
Low fat yogurt, skim milk, soy milk

Country crisp raspberry Jordan's (N)

Crunchy tropical fruits Jordan's (N)

Crunchy raisins and almonds Jordan's (N)

Muesli fruit and nut Jordan's (N)

High fiber dorest (N)

Fruit, nuts and seeds dorset

### Selection of Greek Yoghurt Pots | 15

Choice of flavor:

Plain | Blueberry | Strawberry (D)

Peach | Pomegranate (D)

### Pastries | 10

Butter Croissant (D)- C41/P7.38/F18.9

Chocolate Croissant (D) - C39/P6/F18

Zaatar Croissant (D) (SE) - C41/P7/F19

Almond Croissant (D) (N) - C39/P6/F18

### Exotic Slice Fruit Platter (VG) (C70/P4/F1) | 35

Rock melon, honey melon, watermelon  
Pineapple, strawberry, dragon fruit

### Fruits Pots (VG) (C93/P2/F7) | 35

Mixed berries

### Salads

Healthy crafted salads using the freshest ingredients

#### Nutty Chicken & Dukkha Salad 🍌 (S) (D) (N) (C75/P37/F30) | 45

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

#### Grilled Chipotle Chicken Salad (C41/P22/F31) | 47

Millet, avocado, confit peppers, grilled corn sweet corn  
Rocket, mixed leaves and cherry tomatoes, cilantro orange dressing

#### Protein-Packed Vegan Salad (VG) (SE) (C48/P8/F7) | 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 (C28/P35/F32) | 47

Snow peas, scallions, bean sprouts, carrots, cucumber  
Chimichurri vinaigrette

#### Mediterranean Grilled Prawn Salad (S)(SF) (D) (C16/P45/F21) | 55

Crumbled feta, paprika char-grilled prawns  
grilled peppers, zucchini and fresh salad leaves and olives  
Garlic lime dressing

#### Avocado & Greek Yoghurt Chicken Salad (D)(N) (E) (C38/P42/F24) | 47

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 (D) (N) (E)

(C23/P6/F24) | 47

Fresh mozzarella, confit peppers  
Truffle mustard spread on country bread

### Tex Mex BBQ Beef Sandwich (D) (E) (C12/P19/F53) | 47

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

### Turkey Ham & Fontina Sandwich (D) (N)

(C70/P29/F48) | 47

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

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

(C11/P4/F21) | 47

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

### Cajun Salmon, Kale & Avocado Sandwich (S) (E) (D)

(C32/P30/F35) | 55

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

### Vegan Curry Roasted Cauliflower & Crushed Chick Pea Sandwich (VG) (C12/P3/F1) | 45

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

### Choose your Greens

(50 Gram) 15AED

Steamed Spinach (VG) (C7P6/F1)

Steamed Broccoli (VG) (C3P1/F0)

Steamed Asparagus (VG) (C2P1/F0)

Kale (VG) (C5P2/F0)

Bok Choy (VG) (C1P1/F0)

Green Beans (VG) (C4P1/F0)

Mixed Garden Salad (VG) (C3P0/F30)

Grilled Asparagus (VG) (C3P1/F0)

Grilled Garlic Mushroom (VG) (C5P5/F1)

Tufo Scrambled | 20 (VG) C220P23/F13

Burrata Caprese | 25 (D) C99P6/F13

### BUILD YOUR OWN MEAL

#### Choose your Meat and Seafood

Grilled Salmon (200Gr / 100Gr) | 60 | 30 (C11P4/F21)

Grilled Chicken Breast (200Gr / 100Gr) | 40 | 20 (C4P1/F15)

Grilled Prawns (200Gr / 100Gr) | 55 | 30 (SF) (C12P42/F5)

Grilled Sea Bass (200Gr / 100Gr) | 70 | 35 (C5P39/F4)

Grilled Tuna (200Gr / 100Gr) | 70 | 35 (C3P47/F25)

Poached Egg or Scramble | 20 (E) (C32/P6/F3)

Grilled Turkey Bacon | 20

## Nomad Menu

### Starters

#### Nomad Salad 🍌 (VG) (GF)(C25/P5/F102) | 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 (C57/P50/F62) | 115

Quinoa and kale salad, grilled broccoli rabe,  
Chili pomelo salsa

#### Cauliflower Rice with Grilled Chicken (C51/P9/F5) | 85

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 (D) (E) (C21/P66/F103) | 75

Beef patty Lettuce, tomato, onion, dill pickle chips  
Melted cheese, brioche bun  
Served with burger sauce (Contain anchovy)

#### Creole Chicken Burger (S) (E) C31/P36/F37 | 70

Blackened spiced chicken, crushed avocado  
Chipotle pineapple relish

### Nomad Grilled Sandwiches to Order

Served with French fries or green salad

#### Chicken Club (E) C53/P49/F41 | 65

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

#### Blackened Salmon Wrap 🍌 (S) (C18P34/F15) | 70

Blackened salmon, guacamole, grilled corn, salsa Fresca

#### Chicken Avocado High Protein Wrap (D) (C42/P50/F28) | 65

Oriental spiced grilled chicken, avocado  
Tomato, lettuce

### Build Your Own Meal

Choose your Carb

(50 Gram) 10AED

Chickpeas (VG) C11P4/F21

Edamame Beans (VG) C5P5/F3

Cannelloni Bean (VG) C0P0/F0

Kidney Beans (VG) C0P0/F0

Green Lentils (VG) C33P13/F1

Sweet Corn (VG) C5P1/F0

Steamed Rice (VG) C37P7/F1

Roasted Potatoes (VG) C10P1/F1

Roasted Sweet Potatoes

C9P1/F0

Roasted Beetroots (VG)

C8P2/F1

Red and White Quinoa (VG)

C8P1/F1

A) - Alcohol | (V) - Vegetarian | (N) Contain Nuts | (GF) Gluten Free | (SE) Contain Sesame | (SF) Contain Shellfish | (D) Contain Dairy

(E) Contain Egg | (S) Contain Soy | (VG) Vegan | (R) Raw Food | 🍌 Signature Dish | (C) Calories | (P) Proteins | (F) Fat

All prices are in UAE Dirhams and inclusive of 7% Municipality fees, 10% Service charge and 5% Value Added Tax

Please highlight any specific food allergies or intolerance to our colleagues before ordering