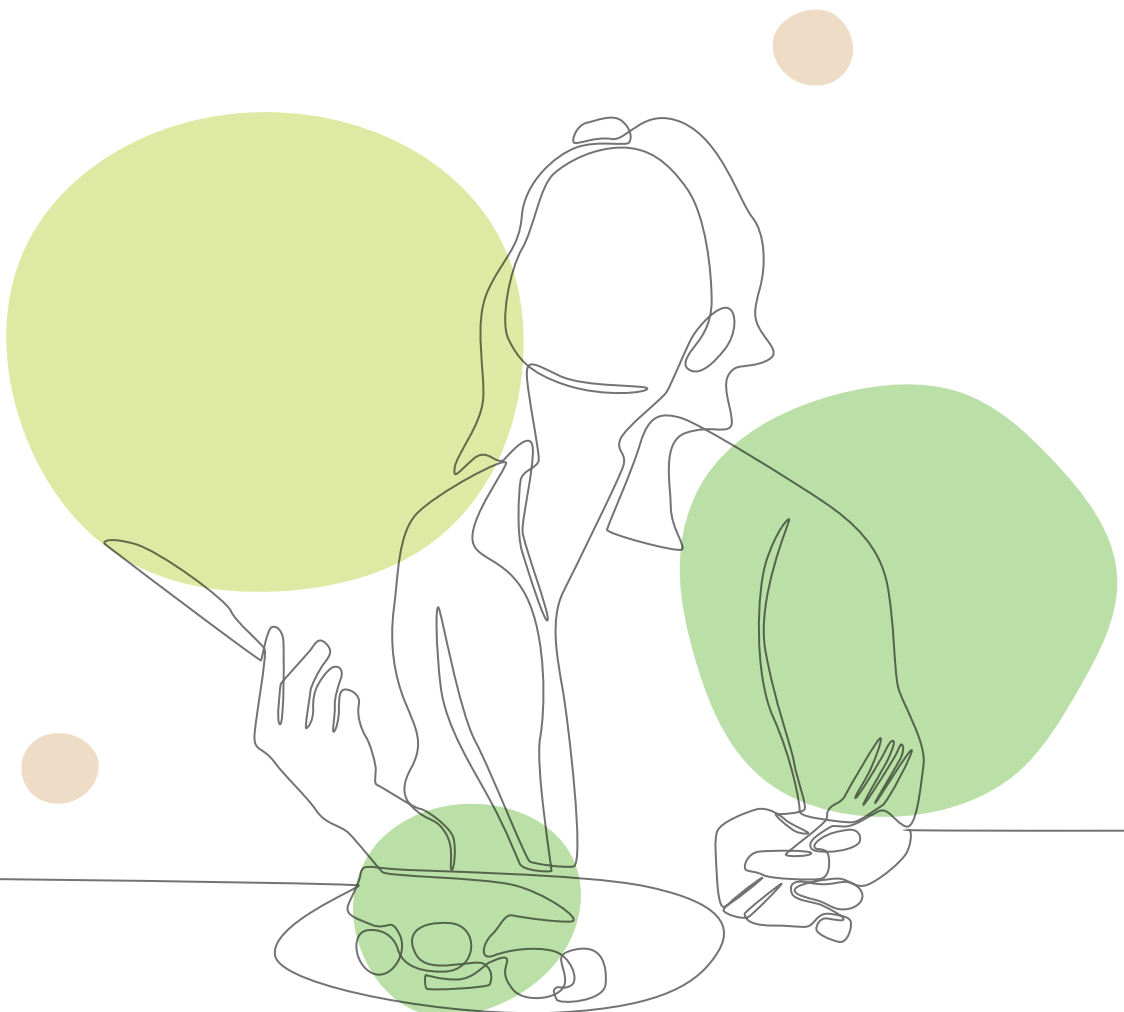


fika

Indulgence meets wellness with Italian-inspired dishes crafted to nourish both body and soul. Every bite is a celebration of life's simple pleasures, blending authentic flavours with a modern twist.



IMMUNITY

Shots

A E D 20

Ginger & Lemon Shot

Powerful Anti-Inflammatory and Antioxidant Benefits

Turmeric & Lemon Shot

Booster of Vitamin C and Anti-Inflammatory Benefits

Jalapeño & Lemon Shot

Powerful Anti-Inflammatory and Antioxidant Benefits

Carrot & Ginger Shot

Helps with Skin Glow, Rich in Vitamin A

HAND CRAFTED

Juices

A E D 45

Green Detox

Cucumber, Kale, Green Apple, Lemon, Celery

Elixir Vitae

Coconut Juice, Watermelon, Pineapple, Lemon, Honey

Enzyme Cooler

Pineapple, Lemon, Ginger, Mint

Tropical Guilt

Mango, Passion Fruit, Orange, Lemon, Turmeric

Royal Berry

Raspberry, Strawberry, Banana, Ginger

PROTEIN

Shakes

A E D 40

Make Me Slim

Strawberry, Baby Spinach, Water, Chia Seeds, Vegan Vanilla Protein

Energy Forest

Banana, Spinach, Matcha Powder, Almond Milk, Vegan Vanilla Protein

Pina Cooler

Pineapple, Coconut Milk, Chia Seeds, Vegan Vanilla Protein

Chocolate Peanut Butter

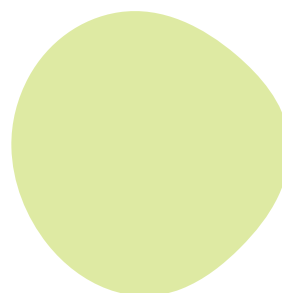
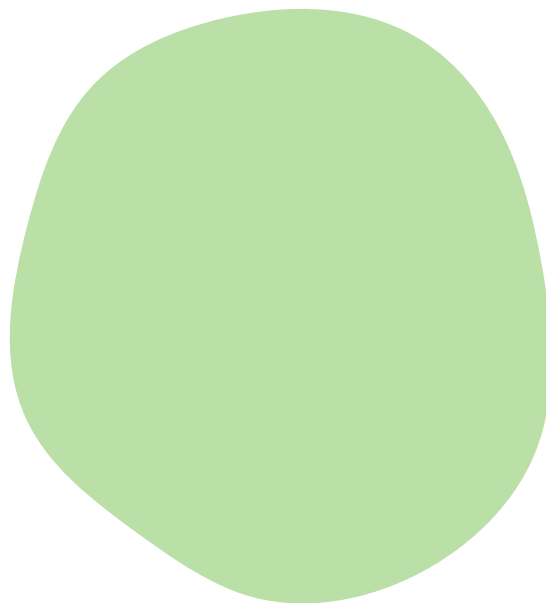
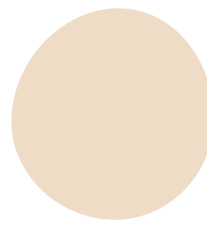
Banana, Homemade Peanut Butter, Cocoa Powder, Almond Milk, Vegan Chocolate Protein

Straw Blond

Mixed Dark Berries, Banana, Almond Milk, Vegan Vanilla Protein

Mochalicious

Homemade Peanut Butter, Single Shot Espresso, Coconut Milk, Vegan Chocolate Protein





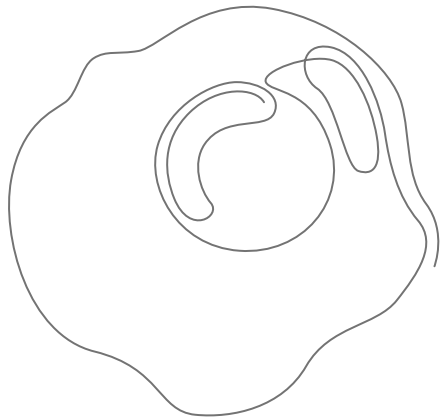
ALL DAY Breakfast

M E N U

From 8:00 to 16:00



Mixed Berries Yoghurt Bowl (V, GF, D) Greek Yoghurt, Lavender Infused, Local Ajman Honey	55
Açaí Bowl (VG, N) Homemade Granola, Strawberry, Cacao Nibs, Dried Raspberry, Banana	60
Almond Protein Crêpe (G, D, E, V) Protein Flour, Egg Whites, Almond Milk, Banana, Berries, Chocolate Sauce	65
Buckwheat Waffle (G, D, V) Balik Salmon, Cottage Cheese, Rokka, Organic Hatta Honey, Poached Eggs	70
Eggless Omelette (E, N, VG, LS) Chickpea Flour Omelette, Portobello Mushroom, Kale, Soybeans Sprout, Locally Sourced Tomatoes, Cashew Sauce, Avocado Dip	65
Avocado on Sourdough Toast (G, N, D, V, LS) Avocado, Cottage Cheese, Pecan, Locally Sourced Tomatoes	55
Add Poached Eggs	15
Scrambled Free Range Eggs on Sourdough Toast (G, D, E, LS) Sautéed Field Mushrooms, Locally Sourced Green Tomatoes	65
Fika Keto Breakfast (GF, D, N) Two Free Range Eggs, Halloumi, Mashed Avocado, Veal Bacon, Pine Seeds	75
Smoked Salmon Benedict (G, SF, E) Free Range Poached Eggs, Tarragon Hollandaise, Baby Spinach, Lemon Oil	75
Chicken & Avocado Wrap (G, D) Honey-Lime Chicken, Persian Feta, Avocado, Baby Spinach, Red Onion	75
 Paleo Roasted Chicken Salad (GF, N) Honey-Lemon Chicken, Avocado, Sunflower Seeds, French Beans, Sage, Macadamia	90
Grilled Prawn Salad (SF, N) Baby Gem, Pomelo, Green Apple, Pecan, Apple Cider Vinaigrette	95
Green Bowl (N, S, VG) Kale Leaves, Baby Spinach, Avocado, Edamame, Broccolini, Pickled Red Onion, Pumpkin Seeds	75
 Tuna Salad (SF, N, E) Black Wild Rice, Tuna “Calippo”, Pumpkin Hummus, Sunflower Seeds, Boiled Eggs, Kale, Plum Tomato, Broad Beans, Songino Salad	80
Organic Quinoa Salad (D, SE) Grilled Chicken Strips, Sweet Potato, Spinach, Yuzu Dressing, Black Sesame, Cucumber, Fresh Mint, Labneh	80



*** AED 75 Supplement Charges For HB |  Signature Dish |  Filtered Water | (CS) Certified Sustainable | (LS) Locally Sourced (V) Vegetarian | (VG) Vegan | (SE) Sesame | (SF) Shellfish | (D) Dairy | (E) Eggs | (S) Soy | (R) Raw Food | (GF) Gluten Free | (N) Nuts
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Antipasti

Available from 12:00

Polipo alla Griglia (SF, N) 90
Chargrilled Octopus, Potato, Green Beans, Cherry Tomatoes, Salmoriglio

Burrata D'Andria (D, V) 95
Burrata, Carpaccio Of Heirloom Tomatoes, Capers, Green Olives

Fritto Misto (SF, G, D) 95
Baby Calamari, Gamberi, Baby Shrimps, Fried Zucchini, Amalfi Lemon Mayo

 **Zucchine alla Parmigiana** (G, D, E, V) 85
Baked Zucchini, Tomato Sauce, Mozzarella, Parmigiano, Fresh Basil

Carpaccio di Manzo (D, R) 95
Beef Carpaccio, Parmesan Cream, Rocket Pesto, Zucchini Scapece

 **Paleo Roasted Chicken Salad** (GF, N) 90
Honey-Lemon Chicken, Avocado, Toasted Sunflower Seeds, French Beans, Macadamia, Lime Dressing

Salmone Scozzese ai Frutti Rossi (D, SF, R) 105
Scottish Balik Salmon, Greek Yoghurt, Cucumber, Fresh Berries, Dill Olive Oil

Tartare di Tonno (SE, SF, R, D) 105
Bluefin Tuna Tartare, Baked Tomato Dressing, Fresh Fennel, Lemon Jelly, Sesame Seeds, Avocado, Ponzu

Pasta

Paccheri al Pomodoro (G, D, V) 85
Special Tomato Sauce, 24-Month Aged Parmigiano Reggiano

Tagliatelle al Ragu Di Manzo (G, D, E) 125
Homemade Spinach Tagliatelle, Wagyu Beef Ragu, Parmesan Sauce

Fusilloni al Pesto Genovese (G, D, N) 95
Fusilloni, Basil Pesto, Potato, Green Beans, Pine Seeds

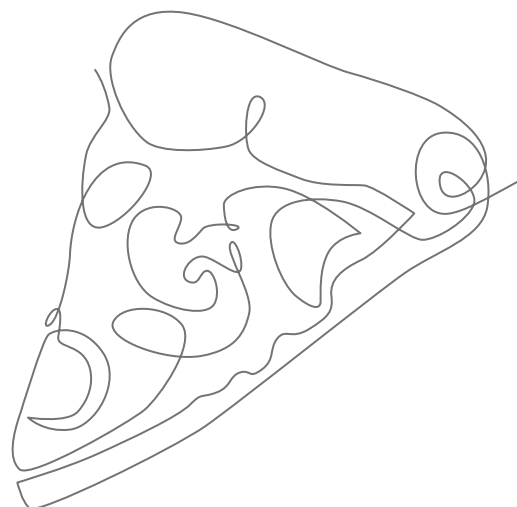
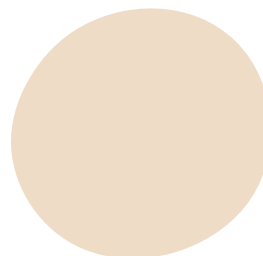
Ravioli di Ricotta Di Bufala (G, D, E, V) 100
Buffalo Ricotta Ravioli, Eggplant Tomato Sauce, Basil Oil

 **Plin di Faraona** (G, D, E) 135
Homemade Ravioli, Chicken, Parmigiano Fondue, Jus, Black Truffle

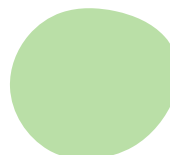
Risotto ai Funghi di Bosco (D, N, GF, V) 130
Sautéed Porcini, Wild Mushrooms, Fresh Parsley

Linguine al Gambero Rosso (G, SF, D, N) *** 140
Red Prawn Linguine, Bisque, Datterino Tomatoes, Burrata, Pistachio

Gnocchi Cacio e Pepe and Zucchini (G, D, E, V) 95
Potato Gnocchi, Cacio e Pepe Sauce, Smoked Provola, Fresh Mint



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Pizza Romana Style

Crisp, rustic, and lovingly crafted in honour of the timeless Roman pizza tradition

L'Originale Margherita Romana (G, D, V)	85
Fior Di Latte, Tomato Sauce, Pecorino, Fresh Basil	
Bresaola (G, D)	95
Fior Di Latte, Beef Bresaola, Rocket Leaves, Parmigiano	
 Romana (G, D, SF)	90
Fior Di Latte, Tomato Sauce, Anchovies Cantabrico, Pecorino, Red Onion, Capers, Gaeta Olives	
Capriciosa (G, D)	90
Fior Di Latte, Tomato Sauce, Mushroom, Artichoke, Goose Prosciutto, Black Olives, Fresh Basil	
Diavola (G, D)	110
Spianata Spicy Salami, Fior Di Latte, Tomato Sauce, Oregano, Chilli, Fresh Basil	
Tartufata (G, D) ***	135
Ricotta Truffle Cream, Porcini Mushrooms, Chicken Sausage, Sliced Truffle	

Griglia

Grilled in our Josper oven and served with a selection of sauce and flavourful dips

 Tagliata di Manzo Wagyu (D) ***	190
Wagyu Striploin, Rocket Salad, Parmesan	
Pollo Organico Marinato Agli Agrumi (LS)	135
Grilled Chicken, Broccolini, Spicy Sauce	
Agnello alle Erbe Di Montagna	175
Lamb Chops, Grilled Asparagus, Rosemary Olive Oil	
Branzino del Mediterraneo (SF, D)	180
Sea Bass Fillet, Mashed Potato, Mediterranean Sauce	
Salmone Scozzese (SF)	180
Scottish Salmon Fillet, Grilled Vegetables, Salmoriglio Sauce	

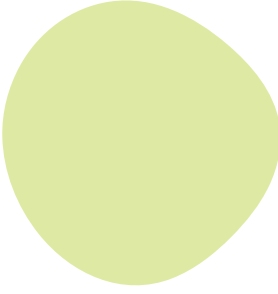


Contorni

SIDE DISHES

A E D 4 5

Broccolini Saltati (V)	
Sautéed Broccoli	
Asparagi Grigliati (V)	
Sautéed Asparagus	
Insalata della Casa (V, D)	
Baby Gems, Rocket Salad, Cherry Tomatoes, Red Endives, Aged Cheese, Raspberry, Lemon Dressing	
Pûre di Patate (V, D)	
Creamy Mashed Potato	
Patate Fritte (G)	
French Fries	



Desserts

-  **Tiramisú** (D, E, G, N) 65
Lady Finger Biscuit, Mascarpone, Espresso Coffee
- Profiteroles** (D, G, N) 65
Choux, Custard, Chocolate
- Torta di Mele** (D, G, N, E) 65
Sweet Dough, Apple Compote, Vanilla Sauce
-  **Crostata del Giorno** (D, G, N, E) 65
Seasonal Fruit Tart
- Fragole Fresche e Sorbetto Allo Yoghurt** (D, E) 65
Fresh Strawberry Infusion, Yoghurt Sorbet, Meringue
- Affogato al Caffè** (D, E, N, G) 50
Vanilla Ice Cream, Espresso Shot, Biscuit
- Selezione di Frutta** (VG, GF) 65
Selection of Seasonal Fruits
- Selezione di Gelati** (V, S) 45
Selection of Ice Cream and Sorbet

KIDS' Menu

A E D 60

Choice of One Main Course and One Dessert

Main

- Crudit  di Verdure** (GF, E)
Selection of Vegetable Crudit s and Dips
- Pasta Pomodoro** (V, S)
Penne or Spaghetti, Tomato Sauce
- Pasta Bolognese** (S)
Penne or Spaghetti, Bolognese Sauce
- Paleo Roast Chicken Salad** (N, GF)
Roast Chicken Breast, Endives, Gem Hearts, Avocado, Apple, Honey Mustard Sauce
- Chicken Nuggets** (D, E)
Breaded Chicken, Skinny Fries
- Fish Fingers** (F, E, D)
Garden Peas, Skinny Fries
- Pizza Margherita** (D)
Tomato Sauce, Mozzarella, Basil
- Pizza Diavola** (D)
Mozzarella, Pepperoni, Tomato Sauce

Dessert

- Selezione di Sorbetti** (V, S)
Selection of Sorbet
- Selezione di Frutta** (VG, GF)
Selection of Seasonal Fruits

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