

# BREAKFAST & BRUNCH

## Pots

- Granola Parfait .....22
- Peanut Butter & Banana Granola .....16
- Fresh Fruit Bowl .....18
- Pomegranate Cup .....15

## Sandwiches

- Mushroom & Goat Cheese Toast** .....20  
On a single slice of sourdough toast  
add poached egg 3
- Egg White & Mushroom Toastie** .....22  
w/ Romaine lettuce, tomatoes & cheddar cheese  
on sourdough
- Gomez Breakfast Burrito** .....22  
w/ Scambled eggs, chickpeas, kidney beans,  
chili, tomato, avocado, cheese and lettuce wrapped in  
a whole wheat tortilla
- Spinach & Avocado Sandwich** .....22  
w/ Eggs, tomato, pesto dressing on sour dough toast

<b>Coffee + Muffin 18 aed</b>	<b>Coffee + Cookie 18 aed</b>	<b>Coffee + Sandwich 28 aed</b>
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\* above from 8am - 1130am

## Baked Bites

- Protein Bar** .....16  
w/ Protein dense, crunchy buckwheat and nuts bar,  
honey, seeds and cacao nib, topped with chocolate chips
- House-made Sugar-free Muffin** .....16  
Made fresh daily, ask for our muffin of the day
- Muesli Bar** .....20  
w/ Rolled oats, hazelnuts, walnuts, almonds, honey,  
raisins, cranberry, apricots, maple syrup, butter,  
cinnamon powder and nutmeg
- House-made Trail Mix** .....15

# LUNCH & DINNER

## Hot Food Bar

Check our instagram for today's



@eatjoga

## Salads

- The Vegan** .....25  
w/ Lollo Rosso lettuce, roasted carrots, roasted sweet  
potato, beetroot, green beans, wild rocca
- Chicken Pasta** .....39  
w/ Romaine lettuce, lemon, feta cheese, black olives  
tomato, cucumber, carrot, sun-dried tomatoes
- Quinoa Tabbouleh** .....33  
w/ Mix of fresh parsley, tomatoes, pomegranate  
Romaine lettuce, topped with feta cheese
- Green Quinoa** .....39  
w/ Romaine lettuce, avocado, feta cheese, baby  
spinach, sunflower seeds, pumpkin seeds
- Rosemary Chicken** .....33  
w/ Wild rocca, lettuce, cucumber, sun-dried tomato  
olives, pomegranate, avocado

add a mini sandwich to your salad +10	add protein nuts mix +3
like 2 salads? take a half & half...42	
we got more salads in store, ask our team	

- Chicken BBQ Caesar** .....36  
w/ Romaine lettuce, tomatoes, parmesan cheese  
black olives
- The Vegan Brown Rice** .....27  
w/ Sun-dried tomato, cranberries dried, mint leaves  
wild rocca, spring onion, parsley, apple cider vinegar
- Cajun Chicken** .....39  
w/ Roasted capsicum, cherry tomatoes, cucumber  
Romaine lettuce, avocado

## Dressings

- Lemon & Oil
- Herbs
- Lemon Mustard
- Yogurt & Herbs
- Balsamic Mustard
- Caesar Dressing

## Soups

ask for today's soup or check instagram .....20/23

## Hearty Sandwiches & Wraps

- Cajun Chicken Wrap** .....33  
w/ Lettuce, tomato, cheddar cheese & cajun  
dressing in whole wheat wrap
- BBQ Chicken Wrap** .....33  
w/ Lettuce, tomatoes & BBQ dressing in a  
whole wheat wrap
- Falafel Wrap (V)** .....33  
w/ Fresh kale, tomato, pickled cabbage, pickled  
cucumber, wild rocca, pumpkin seeds,  
tahini cucumber dressing in a  
whole wheat wrap
- Tandoori Wrap** .....33  
w/ Lettuce, tomato, cheddar cheese & pesto dressing  
in a whole wheat wrap
- Fajita Wrap** .....33  
w/ Roasted vegetables, lettuce, tomato, cheddar  
cheese & guacamole spread in a whole wheat  
wrap

ask the team for special sandwiches

- Cajun Chicken Avocado Sandwich** .....38  
w/ Romaine lettuce, mozzarella cheese  
tomato chutney, avocado on sourdough toast
- Tuna Sandwich** .....35  
w/ Tuna, white cabbage, onion, lemon zest, carrots  
light mayonnaise, pickles, wild rocca on brown bread
- Turkey Dijon Sandwich** .....29  
w/ Romaine lettuce, tomato, red onions, cheddar  
cheese, with sour cream on sourdough toast



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# DRINKS

## Smoothies

<b>Energizer</b> .....	22
<i>Banana, strawberry, raspberry, lemon sorbet apple juice</i>	
<b>Energy Lift</b> .....	22
<i>Mango, strawberry, banana, apple juice, frozen yogurt</i>	
<b>Peanut Heaven</b> .....	25
<i>Peanut butter, chocolate ice cream, banana, frozen yogurt, milk</i>	
<b>Power Punch</b> .....	25
<i>Strawberry, banana, milk, frozen yogurt, whey protein</i>	
<b>Berry Punch</b> .....	25
<i>Mixed berries, frozen yogurt, milk</i>	
<b>Banana Lift</b> .....	22
<i>Banana, fat free yogurt, milk</i>	
<b>Slimmer B</b> .....	24
<i>Berries, banana, apple juice, frozen yogurt</i>	
<b>Eastern Mantra</b> .....	22
<i>Banana, frozen yogurt, milk, dates</i>	

## Juices

<b>Green Grocer</b> .....	22
<i>Carrot, green apple, ginger</i>	
<b>Green Machine</b> .....	22
<i>Celery, ginger, apple, cucumber</i>	
<b>Immunity C</b> .....	22
<i>Mango, apple, kiwi</i>	
<b>Beach Comber</b> .....	22
<i>Strawberry, mango, banana, pineapple</i>	
<b>Mango Black Kale</b> .....	32
<i>Black kale, mango, cucumber, apple</i>	
<b>Vitamin Delicious</b> .....	22
<i>Mango, strawberry, orange juice</i>	
<b>Fresh Juice Selection</b> .....	22
<i>Carrot / Pineapple / Grapefruit / Green Apple / Orange Red Apple / Watermelon</i>	
<b>Pomegranate</b> .....	33

## Coffee & Tea

<b>Espresso</b> .....	10
<b>Double Espresso</b> .....	12
<b>Americano</b> .....	13
<b>Cafe Latte</b> .....	16
<b>Cappuccino</b> .....	18
<b>Long Black Medium</b> .....	16
<b>Single Machiatto</b> .....	12
<b>Double Machiatto</b> .....	15
<b>Selection of Teas</b> .....	10

## Cold Drinks *we make our own almond milk*

<b>Golden Almond Milk</b> .....	18
<i>Organic almonds, turmeric powder, pepper powder, pure honey, pink salt/Himalayan, purified water</i>	
<b>Cold Brew Almond Milk</b> .....	18
<i>Single origin cold brew, organic almonds, medjool dates, pink salt/Himalayan, purified water</i>	
<b>Green Iced Tea</b> .....	18
<i>Lemongrass, green tea, fresh mint, lemon juice lemon slice, ginger, white sugar, ice cubes</i>	

## TREAT YOURSELF

<b>Nutella Sea Salt Cookie ....</b>	10
<b>Peanut Butter and Chocolate Chip Cookie.....</b>	10
<b>Oat Biscuit w/ dulce de leche .....</b>	8

<b>for catering</b> catering@eatjoga.com	<b>for online delivery</b> eatjoga.com
<b>reach us on</b> hey@eatjoga.com	
<b>for free delivery within our zones</b>	<b>&amp; outside</b>
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DAFZ 04 258 0920	
JAFZ 04 335 9029	

**Make your own smoothie .... 25**

Est.  
2004



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# HOT FOOD BAR

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## SUNDAY

### CAULIFLOWER RICE

*w/ Coconut oil, onion, garlic, rosemary*

### BAKED SALMON & GRILL VEGETABLES

*w/ Rosemary, olives oil, lemon juice, grilled carrot, celery, onion*

### MOROCCAN COUSCOUS

*w/ Olive oil, cumin ground, cinnamon,  
cranberries, raisins, coriander, kale green,  
carrots diced, baby marrow*

### BRAISED KALE

*w/ Olive oil, garlic, onion, chilli flakes, apple cider*

### MOROCCAN BAKED CHICKEN

*w/ Olive oil, spring onion, parsley, coriander,  
paprika, cumin, turmeric*

### HALF SALAD

*Choose from Green Salad, Cajun Salad, Mango & Mint, Green Quinoa*

**CHOOSE ANY 3 MEAL FOR 45**

**CHOOSE ANY 2 MEAL FOR 35**

# HOT FOOD BAR

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## MONDAY

### CAULIFLOWER RICE

*w/ Coconut oil, onion, garlic, rosemary*

### MOROCCAN BAKED CHICKEN

*w/ Olive oil, spring onion, parsley, coriander,  
paprika, cumin, turmeric*

### BURGUL TOMATO

*w/ Onion, garlic, green capsicum,  
olive oil*

### MASHED SWEET POTATO

*w/ Garlic*

### MIXED BEANS & BEEF IN TOMATO SAUCE

*w/ White beans, black beans, red kidney beans, chickpeas,  
home-made tomato sauce*

### HALF SALAD

*Choose from Green Salad, Cajun Salad, Mango & Mint, Green Quinoa*

**CHOOSE ANY 3 MEAL FOR 45**

**CHOOSE ANY 2 MEAL FOR 35**

# HOT FOOD BAR

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## TUESDAY

### CAULIFLOWER RICE

*w/ Coconut oil, onion, garlic, rosemary*

### SEA BASS

*w/ Cumin, garlic, cinnamon, nutmeg, olive oil, apple cider*

### MUSHROOM & BABY POTATO W/OATS SAUCE

*w/ Onion, garlic, rosemary, spring onion, sun-dried, tomato*

### CHICKEN BURGUL

*w/ Onion, garlic, chickpeas, white beans, pulled chicken,  
fresh parsley*

### MOROCCAN COUSCOUS

*w/ Olive oil, cumin ground, cinnamon, cranberries,  
raisins, coriander, kale green, carrots diced, baby marrow*

### HALF SALAD

*Choose from Green Salad, Cajun Salad, Mango & Mint, Green Quinoa*

**CHOOSE ANY 3 MEAL FOR 45**

**CHOOSE ANY 2 MEAL FOR 35**

# HOT FOOD BAR

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## WEDNESDAY

### CAULIFLOWER RICE

*w/ Coconut oil, onion, garlic, rosemary*

### EGGPLANT & BEEF MUSHROOM TOPPINGS

*w/ Goat cheese, oregano*

### ROASTED BRUSSELS SPROUTS

*w/ Olive oil, balsamic, vinegar, apple cider*

### MOROCCAN BAKED CHICKEN

*w/ Olive oil, spring onion, parsley, coriander,  
paprika, cumin, turmeric*

### BURGUL TOMATO

*w/ Onion, garlic, green capsicum,  
olive oil*

### HALF SALAD

*Choose from Green Salad, Cajun Salad, Mango & Mint, Green Quinoa*

**CHOOSE ANY 3 MEAL FOR 45**

**CHOOSE ANY 2 MEAL FOR 35**

# HOT FOOD BAR

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## THURSDAY

### CAULIFLOWER RICE

*w/ Coconut oil, onion, garlic, rosemary*

### BAKED POTATO WITH BROCCOLI & KALE

*w/ Cheddar cheese, parmesan cheese*

### MIXED BEANS & BEEF IN TOMATO SAUCE

*w/ White beans, black beans, red kidney beans, chickpeas  
home-made tomato sauce*

### MINCED BEEF & SWEET POTATO

*w/ Sweet potato roasted, mince beef, green beans, cashew nuts,  
salt, onion, garlic, pepper and mixed vegetable*

### MOROCCAN BAKED CHICKEN

*w/ Olive oil, spring onion, parsley, coriander,  
paprika, cumin, turmeric*

### HALF SALAD

*Choose from Green Salad, Cajun Salad, Mango & Mint, Green Quinoa*

**CHOOSE ANY 3 MEAL FOR 45**

**CHOOSE ANY 2 MEAL FOR 35**

# HOT FOOD BAR

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## FRIDAY

### CAULIFLOWER RICE

*w/ Coconut oil, onion, garlic, rosemary*

### MEAT BALLS & APRICOT CHUTNEY

*w/ Minced beef, spring onion, parsley, bread crumbs, paprika, cinnamon, Parmesan cheese, apricot, fresh tomato*

### MOROCCAN BAKED CHICKEN

*w/ Olive oil, spring onion, parsley, coriander, paprika, cumin, turmeric*

### CHICKEN BURGUL

*w/ Onion, garlic, chickpeas, white beans, pulled chicken, fresh parsley*

### MUSHROOM & BABY POTATO W/OATS SAUCE

*w/ Onion, garlic, rosemary, spring onion, sun-dried, tomato*

### HALF SALAD

*Choose from Green Salad, Cajun Salad, Mango & Mint, Green Quinoa*

**CHOOSE ANY 3 MEAL FOR 45**

**CHOOSE ANY 2 MEAL FOR 35**