

*The*  
*Wellness Cafe*  
BY DR. T





# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS



= VEGAN



= SIGNATURE

## ALL-DAY BREAKFAST

Your Choice of Plain / Multi Grain Croissant  
Your Choice of Scrambled Eggs / Poached Egg / Sunny Side Up

15

Scrambled Egg Croissant



Fresh tomato, mixed green veg and scrambled eggs, japanese mayo.

15

Egg & Mushroom Croissant



Fresh sautéed mushroom, mixed green veg and scrambled eggs, japanese mayo

16

Egg & Avocado Croissant



Fresh avocado, mixed green veg, poached egg, japanese mayo

18

Egg Benedict Croissant



Fresh avocado, mixed green veg, poached egg, turkey ham, japanese mayo, hollandaise sauce

18

Turkey & Cheese Croissant



Turkey bacon, emmental cheese, mixed green veg, japanese mayo

15

Tuna Croissant & Sandwich



Tuna, capsicum, cucumber, mixed green veg, fresh tomato, japanese mayo

All Breakfast items are served with brewed coffee or infused water

### additional

turkey +6 / chicken +5 / shrimp +8 / avocado +3 / cheese +3 / multi grains croissant +3

### sides dish eggs

Omelet Eggs	5
Scrambled Eggs	5
Sunny Side Up Eggs	5

## BREAKFAST BOWLS

15

Granola Bowl



Fresh yogurt, caramelized granola, mixed fresh fruits, honey, chia seed.

18

Acai Bowl



Acai berry, mixed fresh fruits, caramelized oats, honey, chia seed.

15

Plain Multi Grain



Fresh milk, raisins, overnight soaked multi grains, honey.

15

Mix Fruit Oat Bowl



Fresh milk, overnight soaked oats, mix fresh fruits, honey.

PLEASE BE ADVISED THAT FOOD HERE MAY CONTAIN THESE INGREDIENTS: DAIRY, SOYBEAN, SHELLFISH, AND NUTS. IF YOU HAVE ALLERGY, PLEASE ASK ONE OF OUR TEAM MEMBERS TO HELP YOU WITH YOUR REQUEST

DUE TO LIMITED QUANTITIES, WE KINDLY ASK THAT YOU PLACE YOUR ORDER AT LEAST AN HOUR IN ADVANCE OF YOUR DESIRED TIME.



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS



= VEGAN



= SIGNATURE

## ALL-DAY BREAKFAST

Your Choice of Plain / Multi Grain Baguette  
Your Choice of Scrambled Eggs / Poached Egg / Sunny Side Up

15

Creamy Mushroom Toast



Sliced bread fresh greek yogurt, sour cream, sauteed mushroom, mixed green veg

18

Egg & Avocado Toast



Sliced fresh avocado, mixed green veg and egg

16

Egg & Mushroom Toast



Fresh sauteed mushroom, mixed green veg and egg

12

Hummus Salad Toast



Sliced bread fresh hummus, mixed veg salad

20

Egg & Turkey Ham Toast



Sliced bread, sunny side up egg, cheese, turkey ham

22

Smoked Salmon Toast



Sliced fresh avocado, smoked salmon, sour cream, mixed green veg

15

Jam & Butter Toast



Sliced bread mixed berries jam & butter, fresh mixed berries

20

French toast



Fresh french toast, mixed fresh fruits, maple syrup & honey

### additional

turkey +8 / chicken +5 / shrimp +8 extra  
egg +3 / avocado +3 / cheese +3 / meat +10

All Breakfast items are served with brewed coffee or infused water

PLEASE BE ADVISED THAT FOOD HERE MAY CONTAIN THESE INGREDIENTS: DAIRY, SOYBEAN, SHELLFISH, AND NUTS. IF YOU HAVE ALLERGY, PLEASE ASK ONE OF OUR TEAM MEMBERS TO HELP YOU WITH YOUR REQUEST

DUE TO LIMITED QUANTITIES, WE KINDLY ASK THAT YOU PLACE YOUR ORDER AT LEAST AN HOUR IN ADVANCE OF YOUR DESIRED TIME.



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS



= VEGAN



= SIGNATURE

## ALL DAY LUNCH MENU

Your Choice of Plain / Multi Grain Baguette

20

### Turkey Egg Sandwich



Slice bread of your choice, emmental cheese, turkey ham, egg omelet, mixed green veg

21

### Grilled Chicken Sandwich



Slice bread of your choice, cheddar cheese, tomato, mixed green veg, grilled chicken, tomato, cucumber, mayo

24

### Air Fry Katsu Sandwich



Slice bread of your choice, boiled egg, cucumber, mixed green veg, air fried breaded chicken, mayo.

21

### Teriyaki Chicken Sandwich



Slice bread of your choice fresh avocado, teriyaki chicken breast, mixed green veg, mayo, tomato

18

### Healthy Tuna Sandwich



Slice bread of your choice, tuna, capsicum, cucumber, mixed green veg, fresh tomato, mayo, pickle riles

16

### Grilled Vegetables Sandwich



Slice bread of your choice, capsicum, marrow, mixed green veg, eggplant, zucchini, garlic

20

### Beef Stew Rice Bowl



Beef tender, carrot, potato, capsicum, onion, garlic, tomato sauce, paprika.

23

### Japanese Chicken Katsu Bowl



Air fried breaded breast of chicken, spring onion, carrot, cucumber, Japanese curry

23

### Japanese Ebi Tempura Bowl



Air fried breaded shrimp, spring onion, carrot, cucumber, Japanese curry

10

### Koshary Bowl



Egyptian rice, Chickpeas, caramelized onion, tube pasta, vermicelli, brown lentils

### additional

turkey +8 / chicken +5 / shrimp +8 / extra egg +3 / avocado +3 / cheese +3 / rice plain +5 / rice brown +6 / meat +10

12

### Vegetarian Fried Rice



Egyptian rice, egg, carrot, sweetcorn, celery, onion, garlic

PLEASE BE ADVISED THAT FOOD HERE MAY CONTAIN THESE INGREDIENTS: DAIRY, SOYBEAN, SHELLFISH, AND NUTS. IF YOU HAVE ALLERGY, PLEASE ASK ONE OF OUR TEAM MEMBERS TO HELP YOU WITH YOUR REQUEST

DUE TO LIMITED QUANTITIES, WE KINDLY ASK THAT YOU PLACE YOUR ORDER AT LEAST AN HOUR IN ADVANCE OF YOUR DESIRED TIME.



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS



= VEGAN



= SIGNATURE

## ALL DAY LUNCH MENU

15

### Tabouleh Salad



Fresh mint, parsley, tomato, bulgar wheat, onion, garlic, lemon

20

### Quinoa Pomegranate Salad



Organic quinoa, sweet potato, pomegranate seed, mixed green veg, coriander, kale, mint

15

### Fattoush Salad



Fattoush, red radish, tomato, onion, romaine lettuce, cucumber

25

### Air Fried Prawn Salad



Boiled egg, red radish, avocado, sweet corn, mixed green, cherry tomato, air fried prawns

24

### Healthy Chicken Caesar Salad



Fresh mixed green veg, tomato, grilled chicken breast, garlic croutons, parmesan cheese

26

### Steak and Mango Salad



Fresh mango, grilled steak, tomato, quinoa, mixed green veg, lemon, onion

25

### Grilled Chicken Salad



Fresh avocado, kale, cherry tomato, mixed green veg, grilled chicken

18

### Greek Salad



Mixed green veg, black olives, tomato, feta cheese, cucumber

### additional

turkey +8 / chicken +5 / shrimp +8 extra egg +3 / avocado +3 / cheese +3 / meat +10

PLEASE BE ADVISED THAT FOOD HERE MAY CONTAIN THESE INGREDIENTS: DAIRY, SOYBEAN, SHELLFISH, AND NUTS. IF YOU HAVE ALLERGY, PLEASE ASK ONE OF OUR TEAM MEMBERS TO HELP YOU WITH YOUR REQUEST

DUE TO LIMITED QUANTITIES, WE KINDLY ASK THAT YOU PLACE YOUR ORDER AT LEAST AN HOUR IN ADVANCE OF YOUR DESIRED TIME.



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS



= VEGAN



= SIGNATURE

## SOUPS

12

### Lentil Soup



**Monday**

Brown lentil, vegetables stocks, celery, carrots, cumin, corriander



12

### Corn Soup



**Tuesday**

Sweet corn, onion chives, vegetables stocks, oat milk

10

### Onion Soup



**Wednesday**

Onion spring, garlic, vegetables stocks, yellow onion



12

### Pumpkin Soup



**Thursday**

Butternut squash, ginger, cumin, coconut milk, cinnamon, vegetable stocks

12

### Tomato Soup



**Friday**

Tomato, carrot, yellow onion, garlic, tomato paste, thick cream, butter, parmesan cheese



## DAILY SNACKS PRE ORDERS

Pre-Orders on Demand

25

### Chicken Free Beetroot Bun Burger



Beetroot bun, Chicken free patty, Japanese mayo, romaine lettuce, cheese, caramelized onion, tomato.



25

### Chicken Free Spinach Bun Burger



Spinach bun, Chicken free patty, Japanese mayo, romaine lettuce, cheese, caramelized onion, tomato.



28

### Beef Free Charcoal Bun Burger



Charcoal bun, Beef free patty, Japanese mayo, romaine lettuce, cheese, caramelized onion, tomato.



PLEASE BE ADVISED THAT FOOD HERE MAY CONTAIN THESE INGREDIENTS: DAIRY, SOYBEAN, SHELLFISH, AND NUTS. IF YOU HAVE ALLERGY, PLEASE ASK ONE OF OUR TEAM MEMBERS TO HELP YOU WITH YOUR REQUEST

DUE TO LIMITED QUANTITIES, WE KINDLY ASK THAT YOU PLACE YOUR ORDER AT LEAST AN HOUR IN ADVANCE OF YOUR DESIRED TIME.



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS



= VEGAN



= SIGNATURE

## DAILYS SPECIAL PRE ORDERS

ALL PRE ORDERS MUST BE PLACED AN HOUR BEFORE TO ENSURE TIMELY PREPARATION



28

**Monday**  
Half marinated baby chicken, sauteed baby potato, special sauce.



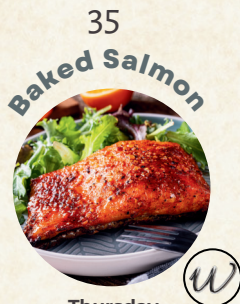
32

**Tuesday**  
Beef tenderloin, garlic, butter, salt, pepper, rosemary, sauteed baby potato.



28

**Wednesday**  
Breaded chicken breast, sesame dressing, garlic, lemon, soy sauce, ketchup, siracha sauce



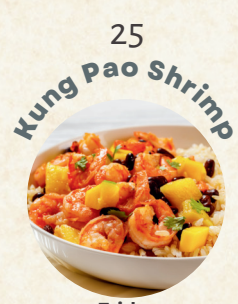
35

**Thursday**  
Fresh salmon, asparagus, lemon, mix green veg.



### Choose one side dish

Mix Greens / Boiled Potato / Steamed Rice / Asparagus / Sautéed Potato / Sautéed Broccoli/ Steamed Brown Rice



25

**Friday**  
Shrimp, capsicum, yellow onion, peanut, ginger, garlic, scallion



28

**Monday**  
Shrimp, calamari, mussels, clams, linguine pasta, marinara sauce, garlic, parsley.



20

**Tuesday**  
Penne pasta, cream sauce, chicken, mushrooms, parmesan cheese, parsley.



18

**Wednesday**  
Spaghetti pasta, bolognes sauce, parmesan cheese, garlic, parsley.



16

**Thursday**  
Penne pasta, pesto sauce, pinenuts, basil mint, garlic, parmesan cheese, parsley



### additional

turkey +8 / chicken +5 / shrimp +8 extra /cheese +3 /meat +10 / broccoli + 5 / Brown pasta + 5 / calamari + 8



20

**Friday**  
Lasagna sheets, bechamel sauce, ground beef, mozzarella cheese parmesan cheese

PLEASE BE ADVISED THAT FOOD HERE MAY CONTAIN THESE INGREDIENTS: DAIRY, SOYBEAN, SHELLFISH, AND NUTS. IF YOU HAVE ALLERGY, PLEASE ASK ONE OF OUR TEAM MEMBERS TO HELP YOU WITH YOUR REQUEST

ALL PRE ORDER MUST BE PLACED BY 12 PM TO ENSURE TIMELY PREPARATION.



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS



= VEGAN



= SIGNATURE

## MENU SUSHI MAKI & ROLL

20

### Maguro Maki



**Monday**

Japanese rice, nori, tuna, horse radish pickled, soy sauce, wasabi

22

### Tempura Maki



**Tuesday**

Japanese rice, tempura, nori, tobiko orange, avocado, soy sauce, wasabi

20

### Crispy Maki



**Wednesday**

Japanese rice, nori, crabstick, cucumber, breadcrumbs, soy sauce, wasabi

18

### Kapa Maki



**Thursday**

Japanese rice, nori, cucumber, mayo soy sauce, wasabi



8PCS  
SERVING

22

### Sake Maki



**Friday**

Japanese rice, nori, fresh salmon, horse radish soy sauce, wasabi

22

### Spicy Maguro Roll



**Monday**

Japanese rice, nori, tuna, horse radish pickled, soy sauce, wasabi

20

### Ebi Roll



**Tuesday**

Japanese rice, shrimp, nori, avocado, soy sauce, wasabi

22

### Crunchy Roll



**Wednesday**

Japanese rice, crab stick, nori, tobiko orange, avocado, cucumber, soy sauce, wasabi

18

### Kani Avocado Roll



**Thursday**

Japanese rice, nori, crabstick, cucumber, avocado, soy sauce, wasabi

6PCS  
SERVING

20

### Tamago Roll



**Friday**

Japanese rice, nori, crabstick, cucumber, egg omelet, soy sauce, wasabi

PLEASE BE ADVISED THAT FOOD HERE MAY CONTAIN THESE INGREDIENTS: DAIRY, SOYBEAN, SHELLFISH, AND NUTS. IF YOU HAVE ALLERGY, PLEASE ASK ONE OF OUR TEAM MEMBERS TO HELP YOU WITH YOUR REQUEST

ALL SUSHI ORDER MUST BE PLACED BY 12 PM ONWARDS TO ENSURE TIMELY PREPARATION



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS

## DESSERT CREATIONS

### PUDDINGS

15  
**Vanilla Chia**



Organic Chia seeds  
overnight soaked, fresh  
milk, maple syrup,  
honey, mix fruits, vanilla

10  
**Chocolate Chia**



Organic Chia seeds  
overnight soaked, fresh  
milk, maple syrup,  
honey, mix fruits,  
chocolate

15  
**Blueberry Chia**



Organic Chia seeds  
overnight soaked, fresh  
milk, maple syrup,  
honey, mix fruits, mix  
berry jam

18  
**Banana Split Chia**



Organic Chia seeds  
overnight soaked, fresh  
milk, maple syrup,  
honey, banana, vanilla,  
sweet cream

20  
**Strawberry Chia**



Organic Chia seeds  
overnight soaked, fresh  
milk, maple syrup,  
honey, strawberry,  
strawberry jam

### SWEET TOOTH CAKES

15  
**Cream Sicilian Nutella**



Sponge chocolate cake,  
hazelnut nutella spread,  
chocolate ganache.

20  
**Mousse Au Chocolate**



Chocolate sponge cake,  
chocolate ganache,  
whipping cream.

15  
**Tiramisu**



Vanilla sponge cake,  
whipping cream, espresso  
coffee, white chocolate,  
cocoa powder

18  
**Red Velvet**



Red velvet cake sponge,  
whipping cream, cream cheese

10  
**Cream Honey**



Vanilla with honey sponge  
cake, white chocolate, sour  
cream, whipping cream



# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS

## FRESHLY BAKED PASTRY

### CROISSANTS



### MUFFINS



### DOUGHNUTS & COOKIES





# The Wellness Cafe

BY DR. T

BREAKFAST | STARTERS | MAINS | DESSERTS | DRINKS

## SPECIALITY HOT & COLD DRINKS

<b>Espresso</b>	<b>8</b>
<b>Piccolo</b>	<b>10</b>
<b>Cortado</b>	<b>12</b>
<b>Flatwhite</b>	<b>12</b>
<b>Long Black</b>	<b>10</b>
<b>Spanish Latte</b>	<b>15</b>
<b>Matcha Latte</b>	<b>18</b>
<b>V60 Drip Coffee</b>	<b>15</b>
<b>Iced Spanish Latte</b>	<b>18</b>
<b>Iced Matcha Latte</b>	<b>20</b>



### alternative milk

Oat Milk + 3 / Soya Milk +3/ Almond Milk +3 / Coconut Milk + 3 / Lactose Free + 2

### additional syrup

Caramel + 3 / Vanilla +3/ Honey +2 / Condensed + 2 / Maple + 3 / Shot of Espresso +5

## FRESH JUICES

<b>Orange</b>	<b>10</b>
<b>Apple</b>	<b>12</b>
<b>Watermelon</b>	<b>10</b>
<b>Carrot Orange</b>	<b>10</b>
<b>Pineapple</b>	<b>10</b>
<b>Lemon &amp; Mint</b>	<b>8</b>
<b>Immune Booster</b>	<b>10</b>
<b>Carrot Apple</b>	<b>12</b>
<b>Ginger Shot</b>	<b>8</b>





## HEALTHY SMOOTHIES

<b>Green Smoothie</b>	<b>19</b>
<b>Energy Smoothie</b>	<b>22</b>
<b>Oatmeal Smoothie</b>	<b>15</b>
<b>Mango Banana Smoothie</b>	<b>15</b>
<b>Avocado Date Smoothie</b>	<b>21</b>
<b>Pineapple Coconut Smoothie</b>	<b>15</b>
<b>Chocolate Almond Smoothie</b>	<b>18</b>
<b>Strawberry Banana Smoothie</b>	<b>21</b>
<b>Toffee Choco-Caramel Smoothie</b>	<b>15</b>



### additional

Oat Milk + 3 / Soya Milk +3 / Almond Milk +3 / Coconut milk +3 / Lactose Free +2 / Shot of Espresso +5

## PROTEIN SMOOTHIES

<b>Muscle Marvel Smoothie</b>	<b>18</b>
<b>Protein Power Punch</b>	<b>22</b>
<b>Creamy Protein Dynamo</b>	<b>25</b>
<b>Whey Bliss Boost</b>	<b>18</b>
<b>Protein Paradise Blend</b>	<b>20</b>

