



SWEET GREENS
a taste of healthy living

“The only thing I like better than talking about food is eating” – James Beard

“People who love to eat are always the best people” – Julia Child

	DELICIOUS SALADS	GOURMET WRAPS (SERVED WITH SIDE SALAD)	SIZZLING BURGERS (SERVED WITH SWEET POTATO FRIES)
300 CALORIES	BEET-PESTO CHICKEN 48 broccoli, chicken, beetroot, basil, avocado, garlic, walnut, lemon 320 kcal, 18 g fat, 8 g carbs, 29 g protein	LAMB KOFTA 40 lamb, onion, garlic, coriander, tomatoes, cabbage, yoghurt 305 kcal, 18 g fat, 8 g carbs, 26 g protein	CORNY TUNA 40 bread crumbs, sweetcorn, tuna, cheddar cheese, onions, eggs 300 kcal, 11 g fat, 21 g carbs, 22 g protein
400 CALORIES	POMMY SALMON 57 couscous, salmon fillets, broccoli, lemon, pomegranate, seeds 420 kcal, 10 g fat, 30 g carbs, 30 g protein	SHRIMP FAJITA 44 lime, red chili, garlic, coriander, prawns, avocado, red pepper 420 kcal, 22 g fat, 8 g carbs, 23 g protein	SPICY AVO CHICKEN 44 chicken, lime, garlic, avocado, red peppers, coriander 403 kcal, 16 g fat, 32 g carbs, 29 g protein
500 CALORIES	TURKEY COBB 53 bacon, eggs, lettuce, chicken, tomatoes, feta, avocado, onions 525 kcal, 39 g fat, 10 g carbs, 31 g protein	CHIPOTLE CHICKEN 38 onion, garlic, chicken, tomatoes, black beans, avocado, lettuce, lime 525 kcal, 11 g fat, 49 g carbs, 28 g protein	LAMETA 46 ground lamb, herbed feta, garlic, parley, lemon 546 kcal, 37 g fat, 18 g carbs, 24 g protein
600 CALORIES	SUMMER TUNA 51 quinoa, lemon, tuna, avocado, cherry tomatoes, feta, spinach 663 kcal, 44 g fat, 34 g carbs, 28 g protein	ALL DAY BREAKFAST 44 onion, ground beef, bell pepper, eggs, shredded cheese, cilantro 610 kcal, 36 g fat, 8 g carbs, 34 g protein	JUICY LUCY 46 turkey bacon, ground beef, smoked cheddar, eggs, pickled onions 620 kcal, 18 g fat, 25 g carbs, 29 g protein
NAUGHTY SERIES	STEAK NICOISE 57 eggs, potatoes, beans, steak, lettuce, cherry tomatoes, olives X kcal, X g fat, X g carbs, X g protein	CUBANO 42 paprika, beef pastrami, beef stroganoff, relish, gruyere cheese X kcal, X g fat, X g carbs, X g protein	THE "IT" BURGER 48 turkey bacon, ground beef, lettuce, tomatoes, avocado X kcal, X g fat, X g carbs, X g protein
VEGAN SERIES	TACO ENSALADE 55 baby spinach, tortilla chips, hummus, salsa, baked tofu, cheddar 362 kcal, 13 g fat, 48 g carbs, 27 g protein	VEGAN MOJO 45 spinach, avocado, tomatoes, black beans, coriander, quinoa, lime 513 kcal, 16 g fat, 71 g carbs, 16 g protein	BBQ VEGANESE 48 patty, sesame oil, arugula, sriracha, pickled cucumbers 412 kcal, 23 g fat, 18 g carbs, 24 g protein
INNOVATOR SERIES	MAKE YOUR OWN WITH 4 TOPPINGS 57 EXTRA VEGETABLE TOPPINGS ADD 4 EXTRA PROTEIN TOPPINGS ADD 8	MAKE YOUR OWN WITH 4 TOPPINGS 45 EXTRA VEGETABLE TOPPINGS ADD 4 EXTRA PROTEIN TOPPINGS ADD 8	MAKE YOUR OWN WITH 4 TOPPINGS 48 EXTRA VEGETABLE TOPPINGS ADD 4 EXTRA PROTEIN TOPPINGS ADD 8



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“A balanced diet is a cookie in each hand.” -Barbara Johnson

“You don't need a silver fork to eat good food.” - Paul Prudhomme

WHOLESOME PASTAS (SERVED WITH BREAD)	AUTHENTIC PIZZAS	NUTRITIOUS SMOOTHIES	FRESH JUICES
PESTO AIOLI CHICKEN 48 garlic, chicken, crushed red pepper, sun-dried tomatoes, pesto 328 kcal, 10 g fat, 43 g carbs, 17 g protein	SMOKEY BBQ CHICKEN 60 chicken, onion, pepper, passata, mozzarella 314 kcal, 4 g fat, 12 g carbs, 27 g protein	P & B 25 bananas, milk, peanut butter, honey 335 kcal, 18 g fat, 34 g carbs, 12 g protein	BEET BOOST 27 beet, carrot, orange, spinach, blueberry, ginger 138 kcal, 1 g fat, 31 g carbs, 4 g protein
SPAGHETTI VIENNA 45 beef sausage, ground beef, onion, tomatoes, basil, parmesan 439 kcal, 16 g fat, 47 g carbs, 24 g protein	MEAT LOVER'S 62 turkey ham, chicken, beef pepperoni, mozzarella 438 kcal, 8 g fat, 16 g carbs, 28 g protein	HEAVENLY BLUEBERRY 28 banana, milk, yogurt, flax seed, honey, blueberry 250 kcal, 2 g fat, 50 g carbs, 9 g protein	MORNING MIST 25 lemon, kale, celery, apple, ginger 102 kcal, 1 g fat, 26 g carbs, 4 g protein
SCAMPI LINGUINE 55 butter, shallots, garlic, shrimp, dry grape juice, lemon, parsley 511 kcal, 19 g fat, 57 g carbs, 21 g protein	CREAMY PEPPERONI 64 beef pepperoni, spinach, mushrooms, parmesan, mozzarella 502 kcal, 13 g fat, 7 g carbs, 26 g protein	SWEET MANGO 26 mango, yogurt, honey 482 kcal, 4 g fat, 102 g carbs, 13 g protein	BERRY FUSION 24 raspberry, blueberry, blackberry, apple 180 kcal, 4 g fat, 35 g carbs, 6 g protein
SALMON ALFREDO 63 butter, shallot, heavy cream, parmesan cheese, salmon, parsley 603 kcal, 41 g fat, 33 g carbs, 26 g protein	PORCINI FUNGI 62 mushrooms, black olives, mozzarella, tomato, beef prosciutto 647 kcal, 38 g fat, 45 g carbs, 15 g protein	MOCHA MADNESS 28 milk, vanilla extract, honey, coffee 260 kcal, 4 g fat, 48 g carbs, 6 g protein	MELON MINT 22 watermelon, mint, honey, lemon 113 kcal, 1 g fat, 22 g carbs, 4 g protein
CAJUN FIESTA 52 cajun chicken, butter, peppers, mushrooms, basil, parmesan X kcal, X g fat, X g carbs, X g protein	QUATTRO FORMAGGI 64 mozzarella, parmesan, goat, feta cheese, passata X kcal, X g fat, X g carbs, X g protein	GREEN DETOX 29 spinach, avocado, mango, banana, milk 134 kcal, 6 g fat, 16 g carbs, 3 g protein	CUCUMBER COOLER 23 cucumber, lemon, soda, basil 107 kcal, 0 g fat, 27 g carbs, 0 g protein
LEAFY PRIMAVERA 57 broad beans, asparagus, pea, leeks, butter, parmesan 476 kcal, 9 g fat, 74 g carbs, 20 g protein	VEGAN CAPRESE 65 peppers, onion, mushrooms, basil, oregano, vegan parmesan 395 kcal, 13 g fat, 59 g carbs, 15 g protein	COCO BERRY 29 strawberry, avocado, cocoa, milk, honey 260 kcal, 19 g fat, 25 g carbs, 3 g protein	TROPICAL PARADISE 26 orange, carrot, strawberry, pineapple, apple 158 kcal, 3 g fat, 29 g carbs, 5 g protein
MAKE YOUR OWN WITH 4 TOPPINGS 57 EXTRA VEGETABLE TOPPINGS ADD 4 EXTRA PROTEIN TOPPINGS ADD 8 ZOODLES ADD 12	MAKE YOUR OWN WITH 4 TOPPINGS 65 EXTRA VEGETABLE TOPPINGS ADD 4 EXTRA PROTEIN TOPPINGS ADD 8 CAULIFLOWER CRUST ADD 10	MAKE YOUR OWN WITH 4 TOPPINGS 29 EXTRA TOPPINGS ADD 4 EXTRA ORGANIC PROTEIN SHOT ADD 8	MAKE YOUR OWN: WATERMELON, CARROT, ORANGE, APPLE, PINEAPPLE 20



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May the breakfast be with you

<p>BREAKFAST (Served through out the day)</p>	<p>AVO TOAST WITH EGGS 50 avocado, multigrain bread, eggs, cherry tomatoes, side salad 393 kcal, 21g fat, 30g carbs, 24g protein</p>	<p>FULL ENGLISH 55 beef sausages, avocado, mushrooms, eggs, tomatoes, multigrain bread 618 kcal, 37g fat, 37g carbs, 37g protein</p>	<p>BANANA PANCAKES 44 banana, eggs, cinnamon, maple syrup, peanut butter, apples 250 kcal, 10g fat, 29g carbs, 14g protein</p>	<p>SCRAMBLED TOFU 48 avocado, multigrain bread, tofu, turmeric, parsley, cherry tomatoes 250 kcal, 12 g fat, 25 g carbs, 18 g protein</p>
<p>KIDS' MENU</p>	<p>MINI BEEFY 32 minced beef, onion, carrot, zucchini, garlic, egg, bun, sweet potato 177 kcal, 9 g fat, 18 g carbs, 18g protein</p>	<p>HIDGIE PIZZA 34 spinach, mushroom, light mozzarella cheese, passata, oregano 167 kcal, 6 g fat, 23 g carbs, 7g protein</p>	<p>CHEESY MAC 32 macaroni pasta, cauliflower, zucchini, onion, turkey bacon, grated cheese 217 kcal, 10g fat, 21g carbs, 11g protein</p>	<p>NUGGETZ AND FRIES 34 chicken, egg, bread crumbs, cherry tomatoes, sweet potato fries 225 kcal, 12 g fat, 18 g carbs, 16 g protein</p>
<p>RICE/QUINOA BOWLS</p>	<p>CHICKEN TERIYAKI 48/56 chicken, homemade teriyaki, peppers, broccoli, sesame seeds 333 kcal, 8 g fat, 23 g carbs, 38g protein</p>	<p>BEEF BIRYANI 50/58 beef, ginger, raisin, coriander, yogurt, garlic, onion, cumin, almonds, turmeric 405 kcal, 13 g fat, 46 g carbs, 26 g protein</p>	<p>SHRIMP PAELLA 57/65 shrimp, bay leaf, paprika, tomato, parsley, lemon, red pepper 206 kcal, 4g fat, 18g carbs, 21g protein</p>	<p>POTATO BUDDHA 55/62 chickpea, onion, sweet potato, broccoli, sweet potato, kale 474 kcal, 21 g fat, 52 g carbs, 14 g protein</p>
<p>HEALTHY DESSERTS</p>	<p>CHEESY-CAKE 30 coconut flour, cream cheese, grass-fed butter, egg, vanilla extract, lemon 325 kcal, 31 g fat, 6 g carbs, 7g protein</p>	<p>TRI-SEED BARS 12 protein, oat, raisin, almond butter, sesame seed, pumpkin seed, shredded coconut, cinnamon 250 kcal, 20 g fat, 19 g carbs, 14 g protein</p>	<p>PROTEIN BALL 5 protein, almond flour, turmeric, cashew butter, coconut oil, vanilla extract 180 kcal, 20 g fat, 7 g carbs, 12 g protein</p>	<p>ACAI BOWL 45 acai, banana, berries, shredded coconut, granola, milk, honey 315 kcal, 23 g fat, 13 g carbs, 6 g protein</p>

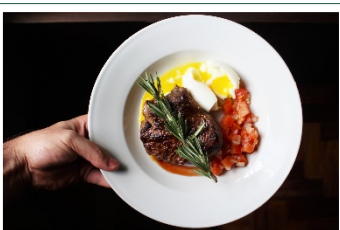
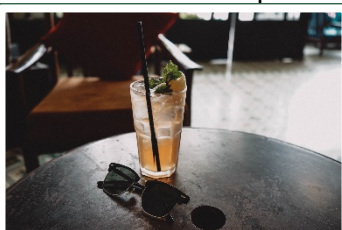
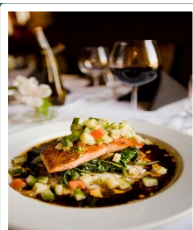
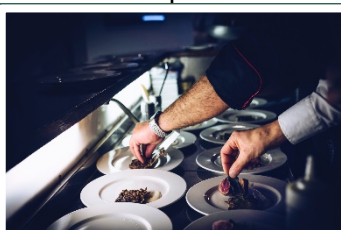
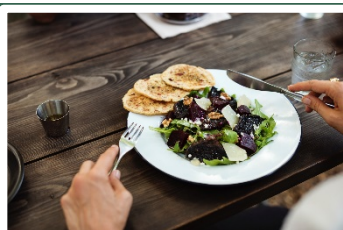


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Let's create healthy habits not restrictions

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUPS SOUP OF THE DAY 25	HAM & POTATO CHOWDER 195 kcal, 10 g fat, 19 g carbs, 6 g protein	BUTTERNUT APPLE BISQUE 216 kcal, 15 g fat, 17 g carbs, 1 g protein	CHICKEN NOODLE CONSOMME 217 kcal, 2 g fat, 26 g carbs, 26 g protein	SPICED CARROT & LENTIL DAL 238 kcal, 7 g fat, 34 g carbs, 11 g protein	MOROCCAN CHICKPEA STEW 211 kcal, 5 g fat, 32 g carbs, 9 g protein	CREAMY KALE & PEA POTAGE 294 kcal, 8 g fat, 47 g carbs, 12 g protein	RIBBON CHILI 480 kcal, 31 g fat, 24 g carbs, 26 g protein
SWEET SNACKS ENERGY BITES (4 PCS) 9 GLUTEN-FREE BARS 8 YOGHURT RICE CAKES 8 ORGANIC WAFERS 6	SAVORY SNACKS ORGANIC CHIPS 8 HEALTHY OATS FLATBREAD 4 MINI PRETZELS 6		DRINKS NAI ICED TEA 12 FRESHLY BREWED COFFEE 15 BLACK/GREEN TEA 15 ORGANIC ALOE VERA WATER 10		WATER SPRING SMALL BOTTLE 5 SPRING BIG BOTTLE 7 SPARKLING SMALL BOTTLE 6 SPARKLING BIG BOTTLE 10		



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