



SPECIALS ★

Foodings english breakfast Beef or chicken sausage veal bacon tomato mushroom egg any style baked beans hash brown toasted sourdough butter and preserves choice of your danish. <i>Add a coffee or orange juice for just Aed -10</i>	67AED
Healthy breakfast Egg white omelet smoked salmon avocado toasted sourdough house salad. <i>Add a coffee or orange juice for just Aed -10</i>	64AED
Breakfast burritos Egg cheese veggies tacos seasoning cilantro dressing spinach tortilla. <i>Add chicken -10, prawns -14, pulled beef -16</i> <i>Add a coffee or orange juice for just Aed -10</i>	45AED
Burrata shakshuka Gently poached eggs tomatoes onions garlic peppers spices & herbs burrata cheese sour dough bread. <i>Add a coffee or orange juice for just Aed -10</i>	56AED
Mushroom on toast Sourdough bread oyster mushroom button mushroom portobello mushroom feta cheese balsamic reduction. <i>Add a coffee or orange juice for just 10 AED.</i>	45AED

AVOCADO TOAST ★

Foodings avocado toast Toasted sourdough bread smashed avocado two perfectly poached eggs.	49AED
Salmon avocado Toasted sourdough bread smoked salmon smashed avocado.	57AED
Feta cheese chili avocado toast Toasted sourdough bread smashed avocado feta cheese cherry tomato chili flakes.	46AED

SIGNATURE BREAKFAST ★

Amazonian acai bowl ✓☺ Pure acai banana fresh berries granola peanut butter coconut flakes drizzle of honey.	47AED
Pitaya Bowl Flavor pack bowl topped with kiwi banana blueberry coconut flakes raspberry drizzle of maple syrup.	44AED
Granola bowl ✓☺ Fresh berries yogurt low sugar granola honey.	42AED
French toast Warm brioche french toast maple syrup whipped cream fresh berries fresh berries compote.	46AED
Pancakes Layered pancakes fresh berries strawberry coulis vanilla ice cream.	46AED
Waffles Freshly baked waffles Fresh berries whipped cream chocolate drizzle.	44AED
Coconut chia pudding with fresh berries ✓☺ Chia seeds with coconut milk maple syrup fresh berries coconut flakes	35AED



EGGS ★

Benedict

Two poached eggs with beef bacon on toasted home-baked English muffins | topped hollandaise sauce | served with house salad.

49AED

Royal

Two poached eggs with cured smoked salmon on toasted home-baked English muffins | topped hollandaise sauce | served with house salad.

56AED

Florentine

Two poached egg with wilted spinach | button mushrooms on toasted home-baked English muffins | topped hollandaise sauce | served with house salad.

49AED

Brisket benny

Braised beef brisket with two poached eggs on toasted home-baked English muffins | topped hollandaise | served with house salad.

49AED

Egg any style (3eggs)

Poached | fried | scrambled | sunny side up | omelet | masala omelet | hash brown | choice of toast | served with house salad.

42AED

A bit on the side

Smoked Salmon 🍷	35AED
Chicken Sausages	18AED
Beef Sausages	19AED
Veal Bacon	19AED
Turkey Bacon	18AED
Sautéed Spinach ✓	18AED
Sautéed Mushrooms ✓	16AED
Hash Browns ✓	18AED
Smashed or Sliced Avocado ✓	18AED



SOUPS ★

Pumpkin and lemongrass soup 🌱🍴🍴 39AED

Crispy pumpkin seeds | roasted pumpkin cubes.

Chicken Laksa soup 🍴 39AED

Homemade laksa paste | coconut milk | shredded chicken | tofu | beans sprout.

Wild mushroom cappuccino soup 🍴 41AED

Wild mushrooms | cream | mushroom biscotti | truffle foam.

SALADS ★

Foodings beetroot feta salad 🌱🍴 47AED

Beetroot | baby gem lettuce | pistachio | almond flakes | feta cheese | strawberries | strawberry balsamic dressing.

Chicken ceaser salad 50AED

Baby gem lettuce | creamy dressing | grilled chicken | parmesan cheese | turkey bacon | anchovies | croutons.

Salmon salad 🍴 57AED

Roasted salmon flakes | rocket leaves | fennel | avocado | cucumber | lemon dressing | capers | dill leaves.

Burrata salad 🍴 55AED

Burrata cheese | rocket leaves | pesto sauce | tomato | sundried tomatoes | balsamic reduction | toasted bread.

TO SHARE ★

Volcano prawns 🍴 53AED

Batter-fried prawns | dynamite sauce.

Volcano chicken 🍴 51AED

Batter-fried chicken | dynamite sauce.

Momos

Chicken Momos – 39AED / Veg Broccoli Momos – 37AED

Sesame & house chutney on the side. Steamed / Pan fried.



SANDWICHES & WRAPS ★

- | | |
|---|--------------|
| Chicken blt sandwich
Grilled chicken turkey bacon lettuce tomato cheese garlic mayo
sourdough french fries. | 47AED |
| Cheesy steak sandwich
Beef tenderloin caramelized onion cheddar cheese
garlic mayo ciabatta french fries. | 58AED |
| Smoked salmon bagel
Dill cream cheese capers onions rockets leaves sesame bagels french fries. | 57AED |
| Chicken & turkey bacon wrap
Grilled chicken breast turkey bacon tomato cheese lettuce special sauce
wrapped in tomato tortilla french fries. | 42AED |

Make your sandwiches interesting by adding beef bacon – 18AED /
turkey bacon – 18AED / fried egg 1Pc – 4AED / beef brisket – 18AED /extra cheese – 8AED.

SLIDERS ★

- | | |
|--|--------------|
| Beef sliders (2pcs)
Angus beef cheddar cheese lettuce tomato caramelized onion special dressing
brioche bun french fries. | 49AED |
| Chicken sliders (2pcs)
Zinger chicken cheddar cheese lettuce tomato siracha sauce
caramelized onion brioche bun french fries. | 45AED |

VEG BURGERS ★

- | | |
|--|--------------|
| Avocado sweetcorn burger
Breaded avocado and sweet corn patty cheddar cheese lettuce
caramelized onions tomato secret sauce brioche bun french fries. | 47AED |
| Vegan burger
Plant based patty lettuce tomato sweet & spicy tomato relish
multigrain vegan bun sweet potato fries. | 51AED |



BEEF BURGERS ★

Foodings burger	50AED
Angus beef patty cheddar cheese lettuce tomato caramelized onion pickled cucumber secret sauce brioche bun french fries.	
Truffle burger	51AED
Angus beef patty cheddar cheese lettuce garlic truffle mayo caramelized onions brioche bun french fries.	
BBQ beef burger	52AED
Angus beef patty cheddar cheese veal bacon lettuce caramelized onion bbq sauce brioche bun french fries.	
Mushroom & mozzarella burger	51AED
Angus beef patty fresh Italian mozzarella mushroom lettuce secret sauce brioche bun French fries.	
Philly cheese steak burger	53AED
Tender thinly sliced tenderloin beef bacon strips cheddar cheese caramelized onion garlic mayo brioche bun french fries.	

Make your burgers interesting by adding double patty – 22 AED / beef bacon – 18AED / turkey bacon – 18AED / fried egg 1Pc – 4AED / beef brisket – 18AED /extra cheese – 8AED.

CHICKEN BURGERS ★

Chicken sando burger	49AED
Fresh fried chicken cheddar cheese lettuce secret sauce pickles brioche bun french fries.	
Grilled chicken burger	49AED
Grilled chicken breast cheddar cheese lettuce tomato caramelized onion secret sauce brioche bun french fries.	
Chicken schnitzel burger	50AED
Chicken schnitzel cheddar cheese lettuce caramelized onion secret sauce brioche bun french fries.	
Smoky BBQ chicken burger	50AED
Chicken schnitzel cheddar cheese lettuce caramelized onion BBQ sauce brioche bun french fries.	

Make your burgers interesting by adding double patty – 22AED /turkey bacon – 18AED / fried egg 1Pc – 4AED / extra cheese – 8AED.



LARGE PIZZAS (12 INCHES) ★

Burrata Burrata cheese red cherry tomatoes black olives pesto mozzarella tomato base.	58AED
Quattro Fromage – (4 Cheese) Gorgonzola mascarpone mozzarella parmesan cheese.	52AED
Norcina Truffle cream fresh mozzarella cheese mushrooms truffle oil.	51AED
Veg on fire Tomato base onions jalapeño peppers spinach mozzarella siracha drizzle.	50AED
Margherita Tomatoes base mozzarella fresh basil extra virgin olive oil.	48AED
Chicken delight Chicken peppers onion jalapeno olives mozzarella siracha mayo drizzle.	54AED
Meat lover Chicken pepperoni pulled beef veal bacon tomato base mozzarella.	59AED
Pepperoni Pepperoni mozzarella tomato base.	56AED
Smokey joe Chicken onions mozzarella BBQ sauce.	55AED
Beef & bacon Tomato base mozzarella shredded beef beef bacon mixed peppers.	58AED
Salmon Alfredo sauce mozzarella grilled salmon cherry tomato onion capers rocket leaves	63AED
Chicken & ham Tomato sauce topped with chicken turkey ham mozzarella bell peppers onion jalapeno	56AED



PASTAS ★

Creamy truffled mushroom tagliatelle pasta ✓	52AED
Creamy mushroom sauce parmesan shavings oregano truffle oil garlic bread.	
Penne all' arrabbiata pasta ✓	49AED
Penne pasta smoked paprika tomato sauce basil grated parmesan garlic bread.	
Mac and cheese pasta ✓	49AED
Creamy baked macaroni cheddar cheese mozzarella cheese garlic bread.	
Creamy pesto pasta ✓	51AED
Penne pasta creamy pesto sauce pine nuts parmesan garlic bread.	
Alfredo pasta ✓	51AED
Penne pasta creamy white sauce mushroom parmesan cheese garlic bread.	
Aglio e olio pasta ✓	48AED
Spaghetti classic aglio e olio olive oil garlic parmesan cheese crushed red pepper flakes garlic bread.	
Gnocchi Pesto Pasta ✓	49AED
Gnocchi pasta creamy pesto sauce parmesan cheese garlic bread.	
Spaghetti bolognese pasta	55AED
Ground beef tomato sauce parmesan cheese garlic bread.	
Spaghetti fruit de mer pasta	59AED
Sautéed shrimps mussels calamari octopus garlic bread.	

Add chicken -14, beef -16, prawns -18, mix seafood - 20



LA PARRILLA SPECIALS ★

PRIME BEEF CUTS

Australian Angus Ribeye 220gms	105AED
Brazilian striploin 220gms	79AED
Brazilian Ribeye 220gms	89AED
Brazilian beef back ribs	91AED

(All steaks served with mash potato & pepper corn sauce.)

POLLO A LA PARRILLA (CHICKEN SELECTIONS)

Foodings charcoal chicken Succulent half chicken grilled on Parrilla grill infused with our signature spice twist of aromatics served with bread.	53AED
Spatchcock cornfed baby chicken Flattened chicken marinated with garlic herb butter & slow charred for bold flavors served with house slaw.	49AED
Peruvian half roast chicken Our take on Pollo a la Brasa with our twist served with aji verde & house slaw.	53AED

MARISCO A LA PARRILLA (SEAFOOD SELECTIONS)

Tiger prawns Grilled basted tiger prawns in our special velvety spiced butter & house slaw.	65AED
Whole grilled seabass Butterflied whole seabass herb infused, topped with our herb & caper relish.	95AED
Salmon bulgogi 200g Salmon fillet marinated in a sweet spicy Korean bulgogi sauce served with jasmine rice	76AED
Octopus al plancha Caper salsa, wasabi sauce, charred lime.	74AED
Fire cracker salmon 200g salmon fillet marinated with Asian flavors coated in a sweet, tangy, and spicy glaze served with jasmine rice.	76AED

NOTE: AVERAGE COOKING TIME 20 TO 25 MINS
* NO 1 + 1 OFFERS APPLICABLE *



MAIN COURSE ★

Lamb shank Braised lamb aromatic herbs & spices paratha.	81AED
Fish & chips Battered fried cod fish fillet mushy peas tartar sauce chips.	69AED
Herb crusted salmon Choose your side: broccoli cheese bake garden salad jasmine rice mashed potato. Choose your sauce: caper & dill cream sauce garlic butter.	75AED
Chicken biriyani 🍴 Papad raita pickle.	45AED

FROM THE WOK ★

Stir - fry beef 🍴 Beef tenderloin broccoli onions spring onions jasmine rice. <i>Add prawns - 18</i>	67AED
Stir fry soba noodles 🍴 Carrot broccoli mushroom snow peas peppers. <i>Add chicken - 14, beef -16 , prawns -18, seafood - 20</i>	49AED
Gochujang stir fry 🍴 Korean chili paste peppers onion spring onions jasmine rice. Prawns - 65 Chicken - 59	
Chow mein noodles Egg noodles carrots broccoli onions mushrooms peppers bok choy chow mein sauce. <i>Add chicken - 14, beef -16 , prawns -18, seafood - 20</i>	49AED



KIDS MENU ★

Kids chicken popcorn with fries

Chicken popcorn with fries

30AED

Kids chicken strips with fries

3pcs chicken strips with fries

30AED

Kids fish fingers with fries

Fish fingers with fries

40AED

Kids mini burger with fries

Beef / chicken mini burger with fries

40AED

Kids spaghetti bolognese

Ground beef | tomato sauce | parmesan cheese | garlic Bread

35AED

Kids mac and cheese

Creamy baked macaroni | cheddar cheese | mozzarella cheese | garlic bread

30AED

Add: orange juice & watermelon 10 AED

NO OFFERS APPLICABLE

A bit on the side

French Fries	22AED
Steak Fries	22AED
Cajun Fries	23AED
Spicy Fries	23AED
Sando Fries	28AED
Sweet Potato Fries	28AED
Mozzarella Sticks	26AED
Jalapeno Cheese Bites	28AED
Garlic Bread	15AED
Cheese Garlic Bread	21AED
Mash Potato	21AED
Broccoli Cheese Bake	28AED
Garden Salad	19 AED
Jasmine Rice	21AED



DESSERTS ★

Peanut nutella brownie 🍪

Pistachio ice cream | crumble | fresh berries

39AED

Matcha tres leches cake

Matcha infused sponge | matcha flavored cream.

39AED

Tiramisu

Savoiaidi biscuit | espresso | mascarpone | cocoa powder.

39AED

Sen sebastian cheese cake

Creamy cheese cake | distinctive burnt top | berry compote.

39AED

ICE CREAM ★

Vanilla / Chocolate / Strawberry

20AED



WAKE ME UP ★

Hot Library

Espresso	13AED
Double Espresso	16AED
Americano	19AED
Cappuccino	20AED
Café Latte	21AED
Spanish Latte	23AED
Flat White	21AED
Mocha	23AED
Cortado	18AED
Hot Chocolate	22AED
V60	29AED
Cemex	29AEd
Turkish coffee	18Aed

Cold Library

Frosty cappuccino	21AED
Affagato	20AED
Iced latte	21AED
Iced americano	19AED
Iced spanish latte	23AED
Iced mocha latte	23AED
Cold Brew	29AED

MATCHA SPECIALS ★

Hot matcha latte	26AED
Iced matcha latte	26AED
Matcha frappe	27AED
Iced mango matcha latte	29AED
Iced strawberry matcha latte	29AED
Hot matcha mocha latte	29AED

HOT ORGANIC TEAS ★

Peach & pear ●	27AED
Eight treasure ●	27AED
Moroccan mint ●	27AED
Chamomile cooler ●	27AED
Organic ginger breeze ●	27AED
Organic english breakfast●	27AED
Oriental moments●	27AED
Tuscan sun ●	27AED
House teas ●	12AED
<i>Ginger/Karak</i>	

Make your coffee decaf by just 5 Aed

Choice of flavours: Vanilla, Caramel, Cinnamon, Irish & Hazelnut 6 AED
Choice of milk: Soya, Oat, Coconut & Almond 8 AED



FOODINGS WHEY PROTIEEN SHAKES ★

Cardio circuit training 30gms whey protein powder avocado almond milk peanut butter honey.	33AED
Free weight training 30gms whey protein powder mix berries yoghurt oat oat milk honey.	33AED
No coffee no gym 30gms whey protein powder espresso blueberries banana soya milk honey.	33AED
Plyometric training 30gm whey protien powder avocado blueberries banana coconut milk honey	33AED
Matcha green protein shake 30gms whey protein powder matcha broccoli spinach celery mango pineapple banana soya milk honey.	33AED
Weight loss training 30gms whey protein powder banana dates peanut butter oat milk honey.	33AED
Purple power protein shake 30gms whey protein powder acai banana blueberry coconut milk honey.	33AED

SMOOTH HEAVEN ★

Foodings healthy green (vegan) Avocado celery apple matcha agave syrup soya milk	29AED
Berry blue (vegan) Blueberries banana agave syrup oats milk	29AED
Powerberry paradise Blueberries strawberries raspberries yoghurt honey	27AED
Double deck avobanana Avocado banana whole milk honey	27AED
Mangopassion delight Mango passion pineapple apple juice	28AED
Acai grove Acai berries blueberries banana mango apple juice	28AED
Tropical colado Mango passion pineapple coconut powder vanilla icecream	29AED
Peanut butter banana Peanut butter banana oat milk honey.	27AED
Healthy breakfast smoothie Broccoli spinach celery mango pineapple banana yoghurt soya milk honey.	30AED



FREEKY SHAKES ★

Foodings Peanut Frappuccino Espresso peanutbutter vanilla ice-cream Whole milk chantilly cream	27AED
Cafe Frappuccino Double espresso chocolate ice cream whole milk chantilly cream	25AED
Vanilla Caramel Frappuccino Espresso caramel vanilla ice-cream Whole milk chantilly cream	27AED
Lotus biscoff caramel shake Lotus caramel vanilla ice-cream whole milk chantilly cream	26AED
Make your own milk shake Vanilla strawberry chocolate oreo nutella	26AED

THE BUBBLE BEAT ★

Foodings latte bubble tea Espresso non-diary creamer black tea tapioca	27AED
Spanish latte bubble tea Espresso non-diary creamer condensed milk black tea tapioca	27AED
Classic bubble tea Non-diary creamer black tea tapioca	27AED
Matcha bubble tea Matcha powder non-diary creamer black tea tapioca	27AED
Tiger bubble tea Tiger syrup non-diary creamer vanilla ice-cream black tea tapioca	27AED
Make your own bubble tea Flavoured Mango oreo watermelon non-diary creamer black tea tapioca	27AED



Island Teas ★

Tropical foodings ice tea Organic chamomile cooler tea passion fruit sweet and sour	22AED
Zeeland ice tea Organic moroccon mint tea ginger sweet and sour	21AED
Hibiscus Peach ice tea Organic hibicious tea peach sweet & sour	21AED
Make your own ice tea Lime peach passionfruit	20AED

Fresh Juice Corner ★

Orange juice	22AED
Green apple juice	22AED
Watermelon juice	22AED
Pineapple juice	26AED

Immunity Boosters Juices ★

Green apple beetroot carrot	27AED
Green apple beetroot ginger	27AED
Beetroot orange pineapple	27AED
Green apple celery cucumber	27AED

Twist of Mojitos

Foodings special mojito <i>Fresh passionfruit strawberry lime mint sweet & sour</i>	23AED
Passion fruit mojito <i>Fresh passionfruit lime mint sweer & sour</i>	22AED
Strawberry mojito <i>Fresh strawberry lime mint sweer & sour</i>	22AED
Watermelon mojito <i>Fresh watermelon lime mint sweer & sour</i>	22AED
Blue lagoon mojito <i>Blue lagoon syrup lime mint sweer & sour</i>	22AED

Cool Lemon Made Corner ★

Fresh Lemonade	19AED
Fresh Mint Lemonade	19AED
Fresh Ginger Lemonade	19AED
Fresh Beetroot Lemonade	19AED
Fresh Beetroot & Ginger Lemonade	19AED
Fresh Orange & Ginger Lemonade	19AED

Beverages ★

Perrier sparkling water (330ml/750ml)	11/16AED
Still water (330ml/750ml)	7/12AED
Infused water (Lime & mint /orange & mint)	15AED
Soft drinks (Cola/ cola zero/sprite/fanta/ginger ale)	9AED
Red bull	18AED
Fresh lime soda (Sweet /salted /mix)	15AED