Menu

COMMON GROUNDS

Fresh and Healthy Eats
07:00 am to 05:00 pm
Quick Bites
05:00 pm to late

{df} - dairy free
{gf} - gluten free
{n} - contains nuts
{v} - veg

All our chicken and eggs are hormone and antibiotic free
Our calorie and protein counts are estimations based on nutritional advice

Order at the counter

COMMON GROUNDS CLASSICS

Acai Bowl 49 {df} {v} (390 kcal – 15g protein - 37 carbs)
banana, blueberry and acai crush, chia seed, granola,
dragon fruit, passion fruit, dried raspberry and cocoa nibs

Granola Muesli 49 {n} {v} (450 kcal – 25g protein - 43 carbs)
apple, pear and stone fruit, kefir and honey soaked nuts

Pitaya Smoothie Bowl 51 {df} {n} {v} (380 kcal – 15.5g protein - 40 carbs)
red dragon fruit crush, exotic fruits, dried coconut,
quinoa granola, bee pollen, banana crisps

Smashed Avocado 49 {v} (420 kcal – 16g protein - 58 carbs)
soy and linseed toast, ricotta, lemon, coriander, sea salt
and chilli flakes
add free range poached eggs **15** (120 kcal – 13g protein)

Omega 3 Bap 47 {df} (570 kcal - 34g protein - 47 carbs)
multi seeded bap with harissa cashew nut spread,
poached chicken, cucumber pickles, alfa sprouts and
iceberg lettuce

Eggs on Toast 35 {v} (316kcal - 24g protein - 44 carbs)
Scrambled eggs on choice of bread
add sides   free range eggs **20**   zaatar lamb sausage **20**
smoked salmon **20** avocado **15** fresh tomato **15**
spinach **15**

Bowl of Super Salad 54 {v} {gf} {df} (191kcal – 14g protein - 15 carbs)
fresh leafy greens, avocado, radish, snow peas,
spanish onion, sprouts and shoots with toasted
good for you seeds
add free range poached chicken **20** (165 kcal - 31g protein)

Veggie Rice Wrap 49 {v} {gf} {df} (360 kcal – 11g protein - 27 carbs)
loads of crisp crunchy vegetables, glass noodles, herbs,
sprouts and leaves with zingy black sesame sauce and
shredded nori

VITALITY BOWLS

Earth Bowl 47 {v} {df} (476 kcal – 29g protein - 66 carbs)
Quinoa and bulgur tabbouleh, avocado, mung beans, broccoli,
lemon dressing, spring beans, chickpea hummus, goji berries,
chia seeds, single poached egg

Seoul Bowl 59 {df} (642 kcal – 38g protein - 36 carbs)
Braised minced beef, pickled carrots, sticky black rice, enoki,
Kimchi bok choy, seasonal sprouts, edamame beans and
soft fried single egg

Poke Bowl 59 {df} (480kcal – 32g protein - 41 carbs)
Brown sushi rice, sashimi salmon, edamame beans, avocado,
mango, spring onions, sesame shoyu dressing, furikake spice,
creamy togarashi sauce, lime

Energy Bowl 55 {gf} {n} (554 kcal – 45g protein - 42 carbs)
Chickpeas, tzatziki, harrisa cashew nut butter,
crunchy veggies, cilantro, free range sous vide chicken,
Moroccan powder

Muscle Bowl 59 {n} (575kcal – 27g protein - 39 carbs)
Giant couscous, macadamia, roasted spiced pumpkin,
heirloom tomato salsa, spinach, zaatar cream cheese,
roast baharat chicken

BUILD YOUR OWN BOWL   40 aed + Extra Protein (Tick your choice)

**1. I put protein on my protein, 80g standard
or double up for extra hulk:**

☐ Free Range Sous Vide Chicken +**15aed** (165 kcal- 31 protein)
☐ Sashimi Grade Atlantic Salmon+**20aed** (130 kcal- 23 protein)
☐ Korean Braised Beef + **20aed**   (275 kcal- 25 protein)
☐ Single Poached or Fried Eggs + **7.50aed** (75 kcal- 7 protein)

2. Carbs are not the enemy 150g portion (choose 1):

☐ Chickpeas (197 kcal- 33 carbs)
☐ Purple Sticky Rice (134 kcal- 28 carbs)
☐ Brown Sushi Rice (156 kcal- 34 carbs)
☐ Giant Cous Cous (134 kcal- 27 carbs)
☐ Quinoa and Bulghur Tabouleh (122 kcal- 24 carbs)

3. Let's get sauced (choose 1):

☐ Sesame Shoyu
☐ Creamy Togarashi
☐ Lemon Dressing

4. Eat your vegetables (choose 3):

☐ Edamame Beans
☐ Spring Beans
☐ Roasted Pumpkin
☐ Avocado
☐ Spinach
☐ Enoki
☐ Seasonal Sprouts
☐ Raw Broccoli
☐ Mung Beans
☐ Crunchy Veggies
☐ Mango

5. Secret ingredient (choose 1):

☐ Tzatziki
☐ Heirloom tomato salsa
☐ Kimchi Bok choy
☐ Pickled carrots
☐ Harissa Cashew Nut Butter
☐ Chickpea Hummus
☐ Zaatar Cream Cheese

6. Toppers and sprinkles (choose 1):

☐ Roasted macadamia nuts
☐ Chia seeds
☐ Moroccan Spice mix
☐ Crispy onions
☐ Goji berries
☐ Furikake spice