

GOODNESS[®] bowl



 goodness_bowl

NOURISH THE BODY
POWER THE SOUL

  +971 50 613 5423

FREE DELIVERY



SOUPS



ROASTED TOMATO & BASIL SOUP - Aed. 20.00

slow roasted cream of tomato soup

WILD MUSHROOM SOUP - Aed. 22.00

creamy mushroom soup drizzled with truffle oil

CURRIED PUMPKIN SOUP - Aed. 20.00

roasted pumpkin soup infused with thai red curry

BROCCOLI SOUP - Aed. 20.00

caramelised onion & broccoli soup thickned with almond cream

ROASTED
TOMATO
SOUP



CURRIED
PUMPKIN
SOUP



WILD
MUSHROOM
SOUP

CREATE YOUR OWN

CHOOSE BASE (CHOOSE 1)



babyspinash



pasta



Iceberg



kale



quinoa



rocket leaf



romaine

CHOOSE YOUR PROTEINS



beef bacon
AED. 10.00



boiled egg
AED. 4.00



chipotle prawns
AED. 12.00



grilled
chicken
breast
AED. 10.00



tuna flakes
AED. 10.00



poached
salmon
AED. 15.00



tex mex steak
AED. 12.00

CHOOSE YOUR DRESSING (CHOOSE 1)



Sesame
dressing



mix
berry



sumac



chipotle
honey



soy
ginger



caroline
musturd
honey



lemon
herb



ranch
dressing

CREATE YOUR OWN SALAD

AED. 34.00

ADD ON EXTRA
TOPPING (EACH)

AED. 3.00

ADD ON EXTRA
DRESSING (EACH)

AED. 4.00



broccoli



aubergine



black olives



baby
spinach



avocado



fusilli pasta



cucumber



couscous



carrot



cherry
tomato



kale



green apple



green grapes



green onion



iceberg



pomogranate



mango



mushroom



mix bell
pepper



mix cabbage



rocket
leaves



roasted
pumpkin



quinoa



red onion



roasted
beetroot



sweet potato



romaine
lettuce



strawberry



sundried
tomatoes



sweet corn



zucchini



tomato

CHOOSE YOR TOPPINGS

(CHOOSE ANY 6)

CREATE
YOUR OWN



dried cranberry
AED. 4.00



raisins
AED. 4.00



peanuts
AED. 4.00



cashews
AED. 4.00



walnut
AED. 4.00



sesame seeds
AED. 4.00



chia seeds
AED. 4.00



flax-seeds
AED. 4.00



cheddar cheese
AED. 4.00



feta cheese
AED. 4.00



parmesan
AED. 4.00



tortilla chips
AED. 4.00

CHOOSE YOUR CHEESE & NUTS



DELUX
COBB

BEET THE
BLUES



SIGNATURE BOWLS

SHRIMPY SUPER SALAD - Aed . 42.00

DRESSING: CAROLINA MUSTARD HONEY

romaine lettuce, iceberg, tomato, cucumber, peppers, sweet corn, green onion, spicy prawns, avocado

TUNA NICOSE - Aed . 36.00

DRESSING: LEMON & HERB DRESSING

rocca, peppers, red onion, corn, roasted pumpkin, kalamata olives, boiled egg, sweet corn, green beans, tuna

CLASSIC CAESAR SALAD NICOSE - Aed . 36.00

DRESSING: CEASAR DRESSING

romaine lettuce, iceberg, cherry tomato, parmesan cheese, egg, beef bacon, tortilla crisp, grilled chicken

POLO POLO SALAD - Aed . 36.00

DRESSING: MEDITERRANEAN PESTO

grilled chicken, romaine lettuce, iceberg, cherry tomato, peppers, onion, black olives

TEX MEX RANCHERO SALAD - Aed . 36.00

DRESSING: CHIPOTLE HONEY

iceberg, cheddar, mixed cabbage, corn, white onion, grilled chicken, avocado, tortilla, coriander

FATTOUSH SALAD - Aed . 32.00

DRESSING: SUMAC DRESSING

romaine lettuce, rocket, cherry tomato, green onion, feta cheese, peppers, pomegranate, tortilla crisp, beef bacon

ORIENTAL CRUNCH BOWL - Aed . 38.00

DRESSING: SOYA GINGER DRESSING

romaine lettuce, iceberg, carrot, gerking, mix cabbage, cherry tomato, avocado, grilled chicken, sesame seeds, sweet corn

DELUX COBB SALAD - Aed . 40.00

DRESSING: AMERICAN STYLE RANCH DRESSING

romain lettuce, iceberg, cucumber, cheddar cheese, green onion, chicken, avocado, egg, beef bacon

BEET THE BLUES - Aed . 32.00

DRESSING: MIX BERRY & BALSAMIC DRESSING

rosso, quinoa, slow roasted beet root, pomegranate, dried cranberries, mushroom, raisins, feta cheese, walnut

HEARTY VEGGIE SALAD - Aed . 32.00

DRESSING: DILL & GREEN ONION RANCH

spinach, kale, tomato, cucumber, broccoli, carrot, mix cabbage, cashew, chia seeds



SALMON SAMURAI SALAD

SIGNATURE BOWLS

SALMON SAMURAI SALAD - Aed . 42.00

DRESSING: SESAME DRESSING

salmon, cherry tomato, cucumber, edamame, wakame, avocado
spinach, quinoa, green onion, sesame seeds

SURF & TURF SALAD - Aed . 42.00

DRESSING: LEMON & HERB DRESSING

chicken, spicy prawn, avocado, spinach, quinoa, mix cabbage,
cherry tomato, sweet potato, green onion, sesame seeds

MEDITERRANEAN FUSSILI SALAD - Aed . 32.00

DRESSING: PESTO DRESSING

cous cous, rocket, tomato, cucumber, broccoli, fusilli pasta, chia
seeds, onion, feta, olives, peppers, sundried tomato

DRAGON FUSION BOWL - AED . 40.00

DRESSING: SEASME DRESSING

romaine lettuce, iceberg, pickle, cucumber, edamame, wakame,
mix bell peppers, boiled noodles, spicy grilled chicken, spring
onion, cashew nut

GRILLED SALMON FILLET

MAIN COURSE

GRILLED CAJUN CHICKEN BREAST - Aed . 42.00

150-170gm of chicken breast, marinated with cajun spices, fresh
herbs served with grilled vegetables and your choice of carbs

GRILLED SALMON FILLET - Aed . 52.00

150gm of cooked norwegian salmon fillet marinated with thyme,
fresh lemon juice, a dash of salt, pepper & lemon zest

GRILLED PRAWNS Aed . 48.00

Grilled prawn marinated with our special cajun spices served
with grilled vegetables and your choice of carbs



CHOOSE YOUR BASE : (CHOOSE 1)

White rice 150gm

Quinoa

Brown Rice 150gm

CHOOSE YOUR SAUCE : (CHOOSE 1)

Lemon Butter Sauce

Creamy Mushroom Sauce



CREATE YOUR OWN AÇAÍ BOWL

SMALL	MEDIUM	LARGE
30.00	36.00	42.00



BUILD YOUR OWN ACAI BOWL

[Choose Your Acai Bowl Crunch (Choose 1)

Crushed lotus biscuit, homemade granola, sliced almonds, organic chia seeds, pumpkin seeds, walnut, cashewnut, dry cranberry, raisins, pistachio, flax seeds

Your Choice of Free Toppings (Choose 3)

Banana, pineapple, apple, strawberry, blueberries, mango, milk powder, kiwi, dates, pomegranate, nutella honey

Your Choice of Toppings (3 Aed Each)

Banana, pineapple, apple, strawberry, blueberries, mango, milk powder, kiwi, dates, pomegranate, nutella honey

Acai Bowl Crunch Add on (3 Aed Each)

Crushed lotus biscuit, homemade granola, sliced almond, organic chia seeds, pumpkin seeds, walnut, cashewnut, dry canberry, raisins, pistachio, flax seeds



BIG
FIVE



AÇAÍ BOWL

SMALL	MEDIUM	LARGE
30.00	36.00	42.00

NUTTY BERRY BLISS

Açaí topped with home made granola, strawberry blueberries, almond flakes, pistachio, walnut and cashewnut

TROPICAL SUNRISE

Açaí topped with mixed nut granola, banana, mango, kiwi, pistachio and chia seeds

SAMBA AMAZE

Açaí topped with homemade mixed nuts granola, banana, peanut butter, pomegranate, coconut flakes, mango and almond flakes

LOUTS LEGACY

Açaí topped with homemade mixed nuts granola, banana, blueberry, strawberry, and crushed lotus biscuit

DESSERT WAVE

Açaí topped with mixed nuts, home made granola, dates, coconut flakes, mango, pistachio & pomegranate

BIG FIVE

Açaí topped with home made granola, strawberry mango, banana, blueberry and kiwi

CLASSIC BOWL

Açaí topped with mixed nut granola, strawberry and banana, chia seeds

NUTTY BERRY BLISS

Açaí topped with homemade mixed nuts granola, strawberry, blueberries, almond flakes, pistachio, walnut and cashewnut.

TROPICAL

Açaí topped with homemade mixed nuts granola, banana, mango, kiwi, pistachio and chia seeds.

SMOKEY
JONES
CHICKEN
WRAP



TEXMEX
BEEFWRAP



WRAPS

SMOKEY JONES CHICKEN WRAP

iceberg, tomato, cucumber, cheddar, chicken, smoky BBQ sauce

Aed. 30.00

TEX MEX BEEF WRAP

iceberg, steak, corn, avocado, tomato, onion, Cheddar, creamy chipotle

Aed. 36.00

VEGGIE WRAP

baby spinach, red onion, mixed peppers, aubergine, sundried tomato, goat cheese

Aed. 28.00

ASIAN PRAWN WRAP

asian slaw, avocado, tomato, dynamite sauce, spring onion, kpop shrimp

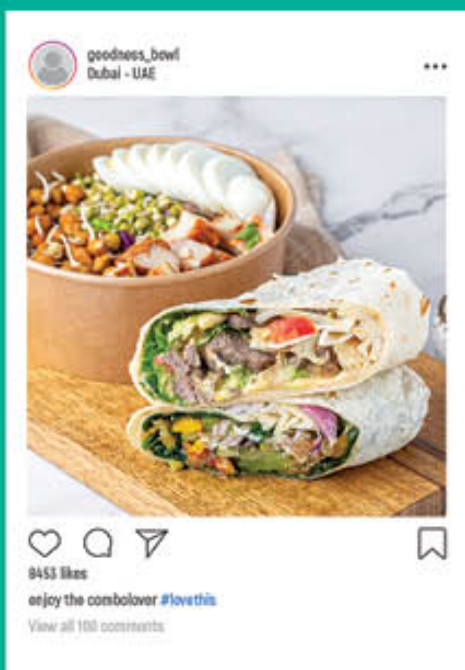
Aed. 36.00



ASIAN
PRAWN
WRAP



SALADS W. JUICES



WRAPS W. SALADS

COMBO SELECTION

SALAD WITH BEVERAGE

CUSTOMIZE OPTION

SMALL SALAD (PLEASE SELECT ANY ONE)

shrimply super salad/tuna nicose/classic caesar salad/polo polo salad
tex mex ranchero salad/fattoush salad/delux cobb salad/beet the blues/
hearty veggie salad

BEVERAGE (PLEASE SELECT ANY ONE)

abc, greenland, berry blast, tropical paradise, carrot, beetroot, orange juice

AED. **55.00**

SALAD WITH WRAP

CUSTOMIZE OPTION

SMALL SALAD (PLEASE SELECT ANY ONE)

shrimply super salad/tuna nicose/classic caesar salad/polo polo salad
tex mex ranchero salad/fattoush salad/delux cobb salad/beet the blues
hearty veggie salad

WRAP (PLEASE SELECT ANY ONE)

smokey jones chicken wrap/tex-mex steak wrap/veggie wrap/chipotle prawns wrap

AED. **66.00**

SALAD WITH SOUP

CUSTOMIZE OPTION

SMALL SALAD (PLEASE SELECT ANY ONE)

shrimply super salad/tuna nicose/classic caesar salad/polo polo salad/
tex mex ranchero salad/fattoush salad/delux cobb salad/beet the blues
hearty veggie salad

YOUR CHOICE OF SOUP(PLEASE SELECT ANY ONE)

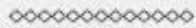
roasted tomato & basil soup/wild mushroom soup/asian corn & coriander soup
curried roasted pumpkin soup

AED. **52.00**

CUSTOMIZE OPTION

smokey jones chicken wrap /tex mex wrap/veggie wrap/asian prawns wrap

roasted tomato & basil soup / wild mushroom soup
curried roasted pumpkin soup



CUSTOMIZE OPTION

smokey jones chicken wrap/tex mex wrap/veggie wrap
asian prawns wrap

abc, greenland, berry blast, tropical paradise, carrot, beetroot, orange juice

COMBO
SELECTIONWRAPS &
SOUPS

DETOX JUICE

FRESH CARROT JUICE Aed. 18.00

FRESH ORANGE JUICE Aed. 18.00

made with freshly squeezed orange
source of vitamine C

FRESH BEETROOT JUICE Aed. 18.00

freshly extracted beetroot juice

ABC JUICE Aed. 20.00

apple, beetroot, carrot

GREENLAND JUICE Aed. 20.00

green apple, kale, cucumber
celery stick

BERRY BLAST Aed. 20.00

beetroot, mix berries, carrot & orange

TROPICAL PARADISE Aed. 20.00

mango, pineapple, banana

AREATED DRINKS

COKE Aed. 6.00

DIET COKE Aed. 6.00

COKE ZERO Aed. 7.00

SPRITE Aed. 6.00

FANTA Aed. 6.00

PERRIER WATER Aed. 10.00

STILL WATER Aed. 6.00

COFFEE & TEA

CAPPICINO Aed. 18.00

CAFE LATTE Aed. 18.00

ESPRESSO Aed. 8/12

CAFE MOCHA Aed. 20.00

ICED MOCHA Aed. 20.00

COLD COFFEE Aed. 20.00

GREEN TEA Aed. 12.00

BLACK TEA Aed. 12.00

MINT TEA Aed. 12.00

LEMON TEA Aed. 12.00

BEVERAGES



ORANGE JUICE



BEETROOT JUICE



N O U R I S H T H E B O D Y
P O W E R T H E S O U L

 goodness_bowl

  +971 50 613 5423

FREE DELIVERY