

# SOULGREEN

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## SOUL BOWLS

### Asian Bowl / AED 60

Charming Asian-inspired bowl with sesame rice, tamari vegetable wok, shiitake mushrooms, artisan tofu and sautéed pak choi. Served with sesame and miso sauce.

VG | GF | DF

### Asian Bowl with Tuna / AED 85

A tuna alternative that's just as appetizing.

Sesame rice, tamari vegetable wok, shiitake mushrooms, sautéed pak choi, and a mouthwatering tuna tataki, drizzled with sesame and miso topping.

GF | DF | FISH

### Caribbean Bowl with King Fish / AED 72

Freshness explosion of summer flavors, inspired by the cuisine of New Orleans, Cuba, and the Caribbean. Creamy coconut rice, sautéed vegetables with Cajun spices, fresh pineapple, and marinated king fish salad, and smooth sweet potato cream.

GF | DF | FISH

### Indian Bowl / AED 60

Epic Indian-inspired bowl. Carrot salad with cumin, tofu in rogan josh sauce, Pulao rice with peas and cumin seeds, and delicately seasoned lentils.

VG | GF | DF

### Indian Bowl with Cod Fish / AED 75

A fish alternative of our Indian bowl. Carrot salad marinated with cumin, Pulao rice with peas, seasoned lentils and cod cooked in a Rogan Josh sauce.

GF | DF | FISH

### Italian Bowl / AED 62

Rich and delicious bowl which offers a new flavor at every bite.

Eggplant caponata, basil pesto and cashew nuts, traditional Tuscan chickpeas farinata, sweet and sour pepper salad, a mix of cherry tomatoes and balsamic vinegar topping.

VG | GF | DF

### Lebanese Bowl / AED 60

A taste of Middle-Eastern tradition.

Mixed salad, crunchy quinoa salad, hummus, and falafel, drizzled with sesame-based topping.

VG | GF | DF

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### Mexican Bowl / AED 60

Mexican flavors explosion! Creamy guacamole, crunchy Mexican rice, sweet corn salad and Pico de Gallo.

VG | GF | DF

### Pacha Mama Bowl / AED 55

A fresh, Mediterranean bowl high in nutrients and protein. This fresh quinoa salad is refreshing, crisp and delicious. It's simply made with a mix of crunchy vegetables and dried tomatoes.

VG | GF | DF

### Rainbow Bowl with Salmon / AED 80

A fresh bowl rich in nutrients: proteins, mineral salts, vitamins, fiber and complex carbohydrates will help you face the day while remaining light. Marinated beetroot salmon, tender mango, vegetables, two types of rice, all drizzled with yogurt sauce.

GF | DF | FISH

### Soul Tuna Bowl / AED 65

Rich tuna and egg salad with Romaine hearts, cherry tomatoes, radish, and Taggiasca olives, in mustard and extra virgin olive oil topping.

A complete dish, high in proteins, mineral salts and vitamins.

GF | DF | FISH

### Soulgreen Bowl / AED 55

A perfect bowl to stay light and get a vitamin refill. Mixed salad with crunchy vegetables, dried fruit, pomegranate, and soft avocado.

VG | GF | DF

### Thai Bowl / AED 60

Comfort food in a Thai-inspired bowl, steamy and filling! Vegetables cooked in a green curry sauce, red rice, coleslaw and a mix of seasonal vegetables sautéed in the wok.

VG | GF | DF

### Thai Bowl with Cod Fish / AED 75

Hot and rich bowl with cod sautéed in green curry, red rice, coleslaw, a mix of seasonal wok vegetables.

VG | GF | FISH

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## SOUL PASTA & SOUPS

### **Pink & White Risotto / AED 75**

Creamy risotto with beetroot, crunchy almonds and vegan cashews Stracchino cheese.  
VG | GF | DF

### **Porcini Risotto / AED 82**

Creamy risotto with the freshest Porcini mushrooms.  
VG | GF | DF

### **Green & White Risotto / AED 72**

Creamy risotto with spinach cream, vegan Stracchino cheese and chopped pistachios.  
VG | GF | DF

### **Green Gazpacho / AED 39**

Light and fresh green pepper-based soup with green tomato, cucumber, and creamy avocado.  
VG | GF | DF

### **Green Velouté / AED 39**

Creamy green vegetable soup perfect for a light and detoxifying meal.  
Leafy greens are good source of many nutritional properties.  
VG | GF | DF

### **Indian Mish Mash / AED 39**

Delicately seasoned Indian lentil soup with crunchy vegetables.  
VG | GF | DF

### **Nonna I Miss You / AED 39**

Traditional Minestrone soup with a twist! Hearty clear soup with seasonal vegetables.  
VG | GF | DF

### **Thai Soul with Amerjack / AED 49**

Japanese Amberjack tartare and hot coconut milk soup with vegetables,  
lemongrass, coriander, lime, and ginger.  
GF | DF | F

### **Thai Soul Winter / AED 39**

Thai-inspired hot vegetable and coconut soup with an infusion of lemongrass,  
coriander, lime, and ginger. Strong and slightly spicy flavor.  
VG | GF | DF

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## BURGERS

### Red Quinoa Burger / AED 55

A perfectly balanced burger, light and nutritious at the same time!  
Quinoa and beetroot burger, with a tasty mushroom mayonnaise, tomato and salad in a soft gluten-free bread. Served with our signature Crisps & Dips!

VG | GF | DF

### Beany Burger / AED 55

A Soulgreen special, extremely nutritious and appetizing burger!  
Burger made from black beans, creamy avocado guacamole, tomato, and salad in a soft gluten-free bread. Served with our signature Crisps & Dips!

VG | GF | DF

### Black Med Burger / AED 55

Mediterranean-inspired delight! Black chickpeas flavored with dried tomatoes, and a mix of herbs. Served with mayonnaise mint, tomato, salad in a soft gluten free bun.

Accompanied by our signature Crisps & Dips!

VG | GF | DF

### Cod Burger / AED 72

Delicate cod and potatoes burger with tomatoes, salad, parsley soy mayonnaise in a soft gluten-free bun. Served with our signature Crisp & Dips!

GF | DF | F

### Falafel Wrap / AED 42

A taste of Middle-Eastern tradition:  
falafel gluten free wrap with creamy coleslaw and tomato.  
Served with our signature Crisp & Dips!

VG | GF | DF

### Tuna & Mustard Wrap / AED 70

Tuna slowly baked in the oven with spices, sweet mustard, soy mayonnaise, tomato, and baby spinach. All wrapped in fresh gluten free tortilla.

Served with our signature Crisp & Dips!

GF | DF | FISH

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## SALAD

### Asparagus Salad / AED 50

Irresistible spring salad with asparagus, red chard leaves, crunchy hazelnuts, and lemon citronette. Raw asparagus has a number of potential health benefits, including digestive and cleansing qualities, it's also rich in vitamins and fibers.

VG | GF | DF

### Avocado Salad / AED 52

Exotic avocado salad with cherry tomato and mango in a lime citronette topped with flax seeds.

VG | GF | DF

### Green Salad / AED 44

Extremely healthy green salad is perfect for your detox diet because leafy greens rich in antioxidants, vitamins and folate, essential for our body well-being.

VG | GF | DF

### Spring Bloom Salad / AED 44

An explosion of spring flavors and aromas, for a good portion of the antioxidant activity and energy. Salad with avocado, strawberries and dressing with balsamic vinager and strawberries.

VG | GF | DF

### Tomatoes Salad / AED 45

A colorful and aromatic twist to your day! Three tomato salad with celery, onion, sweet apple balsamic vinegar, extra virgin olive oil, basil, and oregano.

VG | GF | DF

### Vegan Coleslaw Salad / AED 44

Our version of an American classic, carrot salad, cabbage, and red cabbage, with vegan mayo and black sesame seeds.

VG | GF | DF

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## APPETIZERS

### Amberjack Tartare / AED 85

Japanese Amberjack tartare with green apple, cucumber and fresh spinach complemented by balsamic apple vinegar and caramelized pepper cream.  
GF | DF | FISH

### Avocado Slice / AED 44

Sliced and seasoned avocado, with pomegranate, and mixed seeds. Avocado taste is complemented by its nutritional qualities: it is rich in antioxidants and it counteracts cholesterol.  
VG | GF | DF

### Bruschetta Avocado and Salmon / AED 49

A delicious and energetic bite with homemade beetroot-marinated salmon and guacamole with our gluten-free bread.  
GF | DF | FISH

### Bruschetta with Cod / AED 50

Bruschetta with creamed salt cod, soy milk, capers, red Tropea onion, and cherry tomatoes with our gluten-free bread.  
GF | DF | FISH

### Bruschetta with Twin Tomatoes / AED 40

Bruschetta with black and date tomatoes on our gluten free bread.  
A slight twist on the classic Italian dish!  
VG | GF | DF

### Crisps & Dips / AED 42

Our signature bite! Delicately seasoned and cooked three times potatoes are incredibly crispy outside and very soft inside. Served with ketchup, bbq sauce, and soy mayonnaise.  
VG | GF | DF

### Grilled Corn / AED 35

Our grilled corn, extremely tasty and fresh.  
VG | GF | DF

### Guacamole / AED 35

Traditional avocado-based Mexican dip with gluten-free corn torillas.  
VG | GF | DF

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## APPETIZERS

### Hummus / AED 24

Keep it classic! Creamy chickpeas and oriental spices dip served with crunchy bread gluten free.

VG | GF | DF

### Langoustine Ceviche / AED 105

Langoustine ceviche with fruit and vegetables (mango, tomato, pepper, cucumber, onion) with Leche de Tigre and chili.

GF | DF | SH | FISH

### Lobster Ceviche / AED 105

Lobster ceviche with fruit and vegetables (mango, tomato, pepper, cucumber, onion) with Leche de Tigre and chili.

GF | DF | SH | FISH

### Mini Burgers / AED 50

A selection of five mini burgers, perfect for sharing!

VG | GF | DF

### Potato Sliced / AED 25

Our sliced potatoes, thinly cut and served with a trio of herbs and smoked salt to be soft and tasty all the way through.

VG | GF | DF

### Salmon Tartare / AED 75

Fresh salmon tartare with mango, topped with fresh fennel salad, crispy green onion and pistachio.

GF | DF | FISH

### Sea-bass Carpaccio / AED 70

Sea-bass carpaccio with mixed wild leaves and red fruit.

GF | DF | SH

### Gluten-Free Focaccia / AED 20

100% Gluten-free, prepared every day with a flour mix devised by us served with olives tapenad

VG | GF | DF

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## APPETIZERS

### Spinach Hummus & Crudité / AED 33

Assorted seasonal baby veggies and crispy bread gluten-free served with spinach hummus.

VG | GF | DF

### Tuna Tartare / AED 85

Tuna tartare on a bed of Tomato Panzanella topped with a dash of Romanesco broccoli cream.

GF | DF | FISH

### Tataki Tonno / AED 85

Pan-seared tuna fillet with sesame seeds, mustard sauce, and maple syrup.

GF | DF | SH

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## DESSERT

### Cacao Mousse / AED 40

Creamy avocado and cocoa mousse, with crunchy hazelnuts and red fruit coulis.

### Chocolate Slice / AED 40

Peanut butter and chocolate fondant cake served with a delicious Vanilla ice cream.

### Creme Brulèe / AED 30

A classic that never fails to win you over! Sweet vegetable milk and vanilla cream covered with a crunchy caramelized sugar.

### Exotic Brulèe / AED 40

Exotic fruit cream under a crispy layer of caramelized brown sugar and berries. A light, healthy and delicious dessert.

### Flavored Ice Creams / AED 35

Soulgreen homemade vegan-based ice creams and sorbets selection.

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## DESSERT

### **Fruit Salad / AED 40**

Refreshing seasonal and exotic fruit salad.

### **Fruit Salad & Ice Cream / AED 50**

Refreshing seasonal and exotic fruit salad served with vanilla ice cream.

### **Mango Cheesecake / AED 40**

Our signature refreshing cheesecake with cashew covered with mango glaze.

### **Passion Fruit Pannacotta / AED 35**

Coconut milk and Passion Fruit pannacotta.

### **Petit Fours / AED 30**

One of our iconic Sweet Bites! The perfect ending to your Soul experience.

### **Sweet Trifle / AED 35**

Sweet Spring awakening! Fresh strawberries, coconut cream and crunchy cookie.