FOR YOUR SOUL

DETOX

Pro Greens | **30** AED
Ginger, Lemon, Spinach, Kale, Parsley, Celery, Cucumber & Red Apple

Mean Green | **30** AED
Spinach, Kale, Parsley, Celery, Cucumber, Chlorella & Spirulina

Feisty Green | **30** AED
Fennel, Celery, Lime, Green Apple, Ginger

Bliss'd Detox | **25** AED
Spinach, Celery, Cucumber & Green Apple

Beeternal Bliss | **30** AED
Beetroot, Carrot, Orange, Celery & Pears

SUPERSHOTS

Ginger Shot | **18** AED
Ginger & Green Apple

Quick Bliss | **18** AED
Pineapple, Red Apple, Ginger, Blue & Green Spirulina

Berry Beauty | **18** AED
Orange, Strawberry & Blueberry

Alkaline Shot | **18** AED
Parsley, Lemon, Moringa Powder, Cinnamon Powder & Olive Oil

Energy Shot | **18** AED
Beetroot, Orange & Ginger

Immunity Bliss | **18** AED
Orange, Lemon, Turmeric & Black Pepper Powder

TO FOLLOW YOUR BLISS

SPECIAL BLENDS

Carribean Passion | **35** AED
Pineapple, Red Apple, Passion Fruit & Shredded Coconut

Nanaberry | **38** AED
Red Apple, Raspberry & Banana

Spring Fest | **35** AED
Carrot, Green Apple & Ginger

Malibu Sunrise | **38** AED
Pineapple, Orange, Mango & Blue Spirulina

Breezy Bliss | **35** AED
Watermelon, Lime & Mint

Bitter Sweet | **35** AED
Grapefruit, Orange, Lemon & Lime

TO WAKE YOU UP

COFFEE..

BLACK

Single / Double Espresso | **20** AED
Americano | **23** AED
V60 | **40** AED
Kalita | **40** AED
Chemex | **50** AED
Cold Brew / Cold Drip | **35** AED

WHITE

Picollo | **23** AED
Single / Double Macchiato | **23** AED
Latte | **24** AED
Cortado | **23** AED
Flat White | **24** AED
Cappuccino | **24** AED

SIGNATURE

Dulce Latte | **30** AED
Matcha Latte | **30** AED
Hot Chocolate | **30** AED

TO SOFTEN THE EDGE

Non-dairy Milk Options: | **+5** AED

Oat Milk (OATLY)
Almond Milk
Coconut Milk
Soya Milk

TEA

Green Tea | **22** AED
Black Tea | **22** AED
Hibiscus | **25** AED
Cascara (Seasonal) | **30** AED

FOR THE NEWBIES!:)

TO ENTERTAIN YOUR TASTEBUDS

SMOOTHIES

PB & Jam | **42** AED
Peanut Butter, Strawberry, Blueberry & Coconut Milk

So Berry | **40** AED
Acai, Banana & Strawberry

Greenshield | **38** AED
Kale, Pineapple, Banana, Chlorella, Spirulina & Almond Milk

Sense of Bliss | **42** AED
Pitaya, Banana, Peach & Almond Milk

Much-a Collagen | **40** AED
Matcha Powder, Collagen Powder, Banana, Almond Butter & Almond Milk

Blue Colada | **38** AED
Pineapple, Banana, Blue Spirulina, Shredded Coconut & Coconut Milk

Za'abeel Date | **40** AED
Dates, Cinnamon Powder, Banana, Almond Butter & Almond Milk

Sneaky Snickers | **42** AED
Cacao Nibs, Cocoa Powder, Peanut Butter, Banana & Almond Milk

Tropical Mango | **40** AED
Mango, Pineapple, Passion Fruit & Coconut Milk

Add ons: | **+10** AED

Whey Protein Powder
Plant Based Protein Powder
Collagen Powder | **+5** AED

Almond Butter
Peanut Butter

BLISS'D BOWLS

Açai Bowl | **48** AED
Açai Puree

Antioxidant Smoothie Bowl | **45** AED
Pitaya, Blueberry, Strawberry, Peach, Banana & Coconut Milk

Vegan Bounty Smoothie Bowl | **45** AED
Cocoa Powder, Banana, Peach, Cashew Nuts, Fresh Shredded Coconut & Coconut Milk

Chia Pudding | **22** AED
Chia, Almond Milk, Coconut Cream

Oatmeal | **22** AED
Rolled Oats, Almond Milk, Dark Chocolate, Cocoa Powder

Greek Yoghurt Bowl | **48** AED
Greek Yogurt, Walnuts, Cinnamon, Agave Syrup

Toppings

First 3 toppings **free** | **+5** AED for more

Superfoods
Cacao Nibs
Shredded Coconut
Goji Berries
Chopped Dates
Peanut Butter
Almond Butter
Chia Seeds
Granola
Coconut Yogurt

Fruits
Blueberry
Strawberry
Raspberry
Banana
Pineapple
Passionfruit
Pomegranate

SANDWICHES

Chicken Sandwich | **48** AED
Chicken, Avocado, Tomato, Cheese, Spicy Honey mustard Sauce

Spicy Tuna Sandwich | **48** AED
Tuna, Fresh Jalapeno, Cheese, Citrus Tartar Sauce

Turkey Sandwich | **40** AED
Turkey, Tomato, Romaine Lettuce, Cheese & Red Bell Pepper Sauce

Egg Sandwich | **40** AED
Choice of Boiled or Omelet Egg
Light Mayo, Sriracha Sauce, Cheese

Caprese | **45** AED
Green Pesto, Avocado, Tomato, Mozzarella Cheese

SOURDOUGH TOAST

Avotoast | **40** AED
Mashed Avocado, Chili Flakes

Almond Butter Banana | **38** AED
Almond Butter, Banana, Walnuts & Agave Syrup

Chocolate Strawberry | **38** AED
Chocolate Protein Spread, Strawberry & Granola

Vegan Labneh & Za'atar | **38** AED
Homemade Vegan Labneh Spread, Za'atar Powder, Olive oil & Pomegranate Seeds

PB&J Toast | **38** AED
Peanut Butter, Strawberry Jam & Granola

Add ons:

Egg (of your choice)
Cheese (of your choice)
Labneh Spread
Tuna Spread

SALADS

Earthy | **38** AED
Spinach, Avocado, Chickpeas, Sesame, Apple, Carrot-Ginger Dressing

Kale Superfood | **38** AED
Kale, Cucumber, Avocado, Almonds, Chia Seeds, Pumpkin Seeds, Walnuts
Peanut Dressing or Olive oil Dressing

BLISS'D
COFFEE & JUICE BAR