

WELLNESS WEDNESDAYS

CHOICE OF ONE DISH + 2 DRINKS

From Breakfast Menu*

NUTELLA OVERNIGHT OATS D N V

BANANA, GRANOLA, MINT

BERRY PANCAKES D E G V

BERRY COMPOTE, MAPLE SYRUP, VANILLA WHIPPED CREAM

RED VELVET WAFFLES D E G S U V

STRAWBERRIES, WHITE CHOCOLATE SAUCE

AVOCADO TOAST E G S E

GUACAMOLE, 2 EGGS YOUR WAY, BEETROOT HUMMUS

305 CROISSANT D E G

SCRAMBLED EGGS, ARUGULA, TURKEY HAM, CHEESE

OMELETTE D E G S U

EGGS, CHEESE, MIXED VEGETABLES, TURKEY HAM, TOSTADA CUBANA

From Main Menu**

GREEN QUINOA SALAD M U N V

MIXED LETTUCE, CUCUMBER, BUTTERNUT SQUASH, AVOCADO, COURGETTE, CHERRY TOMATO, PASSION FRUIT DRESSING

AVOCADO & PINEAPPLE D N S U V

CANDIED WALNUTS, CHILI, MIXED GREENS, PICKLED ONION, HONEY LEMON DRESSING

GRILLED CORN & AVOCADO MAKI D E V

MIXED PEPPERS, JALAPEÑO MAYO

VEGETARIAN TACOS D G S U V

MIXED PEPPERS, GUACAMOLE, WILD MUSHROOMS, SALSA VERDE, COTTAGE CHEESE, CRISPY SWEET POTATO

FALAFEL WRAP D G S E S U V

HUMMUS, TAHINI YOGHURT, TOMATO, PICKLED ONION, LETTUCE, PARSLEY

CHICKEN QUESADILLA D G S E

MIXED PEPPERS, PICO DE GALLO, GUACAMOLE, SOUR CREAM

Drinks

MOCHA OR SALTED CARAMEL ICED COFFEE

MOCHA OR SALTED CARAMEL, MILK, COFFEE, WHIPPED CREAM, COOKIE CRUMBLE, BELGIUM CHOCOLATE

SMOOTHIES

PASSION FRUIT

PASSION FRUIT, ORANGE, VANILLA, BLACKBERRIES, BLACKCURRANT HONEY

MATCHA

MATCHA, VANILLA, MILK, DRAGON FRUIT, COCONUT FLAKES

*ONLY AVAILABLE UNTIL MIDDAY

**ONLY AVAILABLE AFTER MIDDAY

DISHES ARE PREPARED IN A KITCHEN THAT HANDLES NUTS SHELLFISH & DAIRY.
 DISHES INDICATED WITH C CELERY, D DAIRY, E EGG, F FISH, G GLUTEN, L LUPIN,
MU MUSTARD, N NUTS, R RAW, S SHELLFISH, SE SESAME, SO SOYBEAN, SU SULPHITES, V VEGETARIAN

BLEND $\times$ THE 305

Wellness

WEDNESDAYS

aed 250

WELLNESS WEDNESDAYS

CHOICE OF ONE DISH + 2 DRINKS

Food

GREEN QUINOA SALAD MU N V

MIXED LETTUCE, CUCUMBER, PUMPKIN, AVOCADO,
COURGETTE, CHERRY TOMATO, PASSION FRUIT
DRESSING

AVOCADO PINEAPPLE SALAD D N V

CANDIED WALNUTS, CHILI, PINEAPPLE, MIXED
GREENS, PICKLED ONIONS, HONEY LEMON DRESSING

CORN & AVOCADO MAKI D E V

MIXED PEPPERS, JALAPEÑO MAYO

THE MIAMI VICE MAKI F G R S SE SO

SPICY TUNA, AVOCADO, CUCUMBER, SHRIMP TEMPURA,
MANGO, SWEET CHILI SAUCE

VEGETARIAN TACOS D G SU V

MIXED PEPPERS, GUACAMOLE, WILD MUSHROOMS,
SALSA VERDE, COTTAGE CHEESE, CRISPY SWEET POTATO

MIAMI CRAB TACOS D E F G SU

AVOCADO, KIMCHI, LIME, SPICY DASHI BUTTER

FALAFEL WRAP D G SE V

HUMMUS, TAHINA YOGHURT, TOMATO,
PICKLED ONION, LETTUCE, PARSLEY

GREEN RICE BOWL D E F SE

SALMON, AVOCADO, KALE, PICO DE GALLO,
PICKLED CARROT, PUMPKIN, ROMESCO, POACHED EGG

CHICKEN CAESAR WRAP D E F G

BABY GEM, PARMESAN, GARLIC CROUTONS

FRUIT PLATTER V

SEASONAL FRUITS

Drinks

MOCHA OR SALTED CARAMEL ICED COFFEE

MOCHA OR SALTED CARAMEL, MILK, COFFEE, WHIPPED CREAM, COOKIE CRUMBLE,
BELGIUM CHOCOLATE

SMOOTHIES

PASSION FRUIT

PASSION FRUIT, ORANGE, VANILLA, BLACKBERRIES, BLACKCURRANT HONEY

MATCHA

MATCHA, VANILLA, MILK, DRAGON FRUIT, COCONUT FLAKES

BLEND~~E~~D x THE 305

Wellness

WEDNESDAYS

aed 250