

Raw Vegan Chia Seed Pudding with Fresh Fruits 200Kcal

S - 27 AED | L - 40 AED

Overnight chia seeds soaked in coconut milk, layered with blueberry compote and topped with fresh berries and a touch of agave nectar.

Crunchy Granola with Toppings 380Kcal

37 AED

Homemade raw vegan zesty granola lightly sweetened with coconut sugar, served with plant based milk, mixed berries and a touch of agave nectar

Homemade Nutella Toastie 258 Kcal

27 AED

Homemade raw vegan hazelnut chocolate spread on a gluten-free sourdough oat bread topped with banana & strawberries and a drizzle of our homemade chocolate sauce. A delightful way to start your day!

Hummus Toastie with Mushroom Tapanade 439Kcal

37 AED

Your ultimate hummus toastie! A delicious gluten-free oat sourdough bread with homemade hummus and a duo of Raw Vegan Mushroom Paste and Raw Vegan Basil Pesto toppings on each slice with our homemade Raw vegan Cheeses and Marinated Chickpeas. Comes with cucumber, tomato and homemade pink sauerkraut on the side.



SMOOTHIE BOWLS

S - 32 AED | L - 42 AED

Soothing Soul 80Kcal

Refreshing, re-energizing, revitalizing. What more could you need? Ingredients: acai, blueberries, strawberries, coconut cream and banana topped with our homemade granola, fresh strawberries, shredded coconut, goji berries and a splash of agave! Available in small or large.

Sweet Serenity 264Kcal

As sweet as it sounds - this bowl of goodness will hit all the right spots. Ingredients: pitaya, mango, coconut cream, banana, papaya and pineapple topped with our homemade granola, fresh strawberries, shredded coconut, maca powder and a splash of agave. Available in small or large.

Supreme Strength 214Kcal

A powerful plant-based protein kick, perfect for straight after a workout! Ingredients: spirulina, pineapple, plant protein, coconut cream and banana topped with our homemade granola, fresh strawberries, shredded coconut, bee pollen and a splash of agave. Available in small or large.



YOUR MAINS

Truffle Tagliatelle 264 Kcal

37 aed

Full of flavor and a lovely creamy texture, this zucchini tagliatelle will quickly become your favorite!

Fine ribbons topped with homemade mushroom truffle pesto, dressed in a creamy cheesy sauce finished with our famous coconut cheese crumbs.

'BLT' Sandwich 373Kcal

40 aed

A mouthwatering BLT sandwich on sourdough bread with raw vegan smoky coconut meat, sweet caramelized onions, homemade BBQ sauce, tomatoes and lettuce with raw vegan mayonnaise sauce.

A deeply satisfying experience for the hungry ones!

Pad Thai with Spicy Almond Sauce 250Kcal

37 aed

Our best seller featuring fresh vegetable zoodles, a hint of shallots, crunchy activated nuts, topped with sprouts and finished with a delicious homemade spicy almond butter sauce with lime, lemongrass, ginger and tamari.

Walnut Pesto Zoodles 595Kcal

37 aed

Light and fresh raw zucchini zoodles coated in delicious walnut & basil pesto, topped with cherry tomatoes, sprinkle of coconut cheese, sprouts and crunchy vegan cheese

Cheese, Pesto and Tomato Toastie 710Kcal

40 aed

Grab your ultimate vegan lunch that will keep you satisfied for hours! Prepared with delicious gluten free protein bread, topped with walnut and basil pesto, sweet tomatoes and vegan cheeses, accompanied by fresh mixed salad leaves, homemade pink sauerkraut, sprouts and a drizzle of olive oil.

Cesar Salad 308Kcal

37 aed

Delightful Vegan Cesar Salad with marinated chickpeas, coconut crumbs and homemade sauerkraut on a bed of creamy lettuce, topped with vegan crispy cheese and fresh sprouts.



Sweet Potato Salad with Cashew Nut Dressing 310Kcal

37 aed

Grounding mixed leaves salad topped with sweet potatoes, sprouts, sprinkle of vegan coconut cheese, and a creamy cashew sauce for a perfect finish!

SIDES & SNACKS

16 AED Kale Chips 139Kcal

16 AED Tamari Spicy Nuts 265Kcal

16 AED Honey Glazed Nuts 255Kcal

SWEET TREATS

280Kcal Blueberry Cheesecake

27 aed

Soft and creamy delight made with oats base, coconut meat and cashews cheese layer, topped with berry & chia jam and fresh berries - simply irresistible!

325Kcal Goji Berry & Cacao Truffles

16 aed

Your perfect snack on the go. Chocolate bites with goji berries. Jam-packed with antioxidants and full of flavor. 4 pieces per pack - 80g

323kcal Orange & Maca Truffles

16 aed

Your perfect snack on the go. Chocolate bites with goji berries. Jam-packed with antioxidants and full of flavor. 4 pieces per pack - 80g

Chocolate Brownie 329Kcal

27 aed

For all chocolate lovers, this moist brownie topped with raw vegan hazelnut spread is worth taking home guilt free!

Carrot Cake 225Kcal

21 aed

The healthiest treat ever! Made with fresh carrots, walnuts, raisins, coconut flakes and topped with cashew frosting and caramelized nuts.

Chocolate Cheesecake 333Kcal

27 aed

Our new best-selling raw vegan Cheesecake! A delightful combination of coconut, vanilla and dark chocolate, heavenly dessert and an absolute crowd-pleaser. Must order! :).



Did you know that we are also on Deliveroo?



Smoothies

S - 21 AED M - 27 AED L - 32 AED

Sweet Greens

A delicious burst of superfoods, micro nutrients, healthy fats and protein. Ingredients include: pineapple, kale, banana, coconut milk, spirulina and plant based protein powder. Ideal for: Weight Loss, Detoxing the blood & increasing Iron levels

Berry Burst

Your anti-aging immune booster; full of these fresh ingredients: acai, blueberries, strawberries, banana and coconut milk.

Tropical Dragon

Amazing for hormone balancing and bringing a smile on your face! Ingredients include: pineapple, pink dragon fruit, mango, banana, papaya, coconut milk and maca.

Mango Dream

This bright, hydrating and collagen boosting refreshing smoothie not only satisfies the sweet tooth but floods your body with some rich vitamin C! Ingredients include: mango, green apple, orange, pineapple, banana, dates & coconut milk. Ideal for: supporting your natural Collagen production

Detoxification

25 AED

Clean Greens

Cleanse the body from the inside out with our superfood greens based blended beverage with a little sweet kick for some added flavor. Ingredients include: cucumber, kale, green apple, lemon & agave. Ideal for: Hydration, deep cleanse of internal systems & skin health

THIRSTY?

27 AED

Kombucha

What is it?

Sweetened, fermented tea with a light fizz that's full of fantastic health benefits

Our Homemade Flavors:

Strawberry & Green Tea
Apple & Chai



Tea-Types

Starting from 14 AED

Check our Tea box

We have a tea for every occasion. Ranging from a gentle throat coat to help soothe uncomfortable to warm and flavour-filled ginger tea.

Ask your barista for support



☼ COFFEE ANYONE? ☼

Speciality Coffees

- Americano (Hot or Iced)
- Cappuccino Espresso
- Cortado
- Flat White Latte
- Sunshine Latte (Hot or Iced)
- V - 60 Slow Drip Brewed Coffee



Mushroom Coffee

What is it?

Mushroom Coffee contains medicinal mushrooms which means less caffeine - reducing anxiety & helping you sleep better. This also assists in reducing inflammation within the body and, as they contain antioxidants, help to support your immune system!

We Have:

- Mushroom Coffee (Caffeinated)*
- Mushroom Cacao Mix (De-Cafe)*
- Mushroom Elixir (De-Cafe)*

Not sure what to try? Ask your server for some guidance and they can help you choose!

MOCKTAILS

Pina Colada

with Coconut Cream, Coconut Milk & Pineapple Juice

27 aed

Takes you straight to Bali! Ingredients: pineapple, coconut milk and lemon juice.

Raspberry Ripple Iced Tea

27 aed

Non-alcoholic & refreshing raspberry recipe! Ingredients: Fresh lemon juice, berry tea, mashed fresh raspberries & agave syrup

Sunshine Spirit

16 aed

Big Boost of Vitamin C
Freshly Squeezed Orange Juice

Charcoal Lemonade

16 aed

Detoxify your body with this little burst of goodness! Assists with kidney and gut health, cleanses the blood and boosts skin radiant. Ingredients: filtered water, activated charcoal and lemon juice.



Blue Elixir with Butterfly Blue Pea Tea

21 AED

A magic mix of lemongrass, ginger, lemon juice and blue butterfly pea tea for a refreshing burst of beautiful flavours.



DID YOU KNOW?

The water we serve here at Seven Wellness is speciality Alkaline water from our very own Kangan Machine.

This removes all of those yucky BPA molecules & toxic chemicals from the food and water that you consume here with us!

There are so many perks to drinking Alkaline water such as increasing metabolism, improves digestion & can even improve your skin health!

Bottle: 10 AED

5L Bag: 30 AED

Ask your server about weekly refills and water fasts that we can help you with!