

## • START YOUR DAY THE AURA WAY •

7:00AM - 11:30AM

|                                                                                                       |    |
|-------------------------------------------------------------------------------------------------------|----|
| <b>ASIAN BRUNCH BOWL</b><br>Poached Egg, Kimchi, Avocado, Nori Crackers (S) (VG)                      | 70 |
| <b>MISO EGGS BENEDICT</b><br>Shiitake Mushroom, Miso Hollandaise (D) (VG) (S)                         | 70 |
| <b>SCRAMBLED EGGS</b><br>Toasted Sourdough, Togarashi, Sesame (D) (VG)<br>add Fresh Black Truffle +10 | 60 |
| <b>AVOCADO ON TOAST</b><br>Radish, Pickled Ginger (VG) (V)<br>add Poached Egg +10                     | 65 |
| <b>TRUFFLE MUSHROOMS ON TOAST</b><br>Truffle Cream, Wild Mushrooms (D) (VG)<br>add Poached Egg +10    | 70 |
| <b>SMOKED SALMON BAGEL</b><br>Wasabi Cream Cheese, Nori, Pickled Ginger (D)                           | 95 |
| <b>BLUEBERRY AÇAI BOWL</b><br>Mixed Berries, Banana, Pomegranate (GF) (VG) (V)                        | 50 |
| <b>GRANOLA &amp; YOGHURT BOWL</b><br>Mixed Berries (D) (N) (VG) (GF)                                  | 50 |
| <b>MIXED FRUITS</b><br>Greek Yoghurt (D) (VG) (V)                                                     | 50 |
| <b>JAPANESE PANCAKE</b><br>Vanilla Chantilly (D) (VG)                                                 | 50 |

## • BEVERAGE •

|                                                                                                                                                                                                               |    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>CALAMOSA</b><br>Calamansi, Ginger Beer, Sparkling Wine                                                                                                                                                     | 85 |
| <b>BLOODY AURA</b><br>Spiced Tomato, Yuzu, Wasabi   Choice of Vodka, Gin or Tequila                                                                                                                           | 90 |
| <b>BREWITINI</b><br>Cold Brew Coffee, Coffee Liqueur, Tobacco Syrup, Tequila                                                                                                                                  | 90 |
| <b>FLAVOURED COLD BREW</b><br>COLD PASSION - Passion Fruit, Ginger Ale<br>ALMOND HAZE - Hazelnut, Almond Milk<br>AURA BLEND - Salted Caramel, Irish Syrup, Soya Milk<br>S & S - Tobacco Syrup, Sweetened Milk | 60 |
| <b>SMOOTHIES</b><br>ACAI BERRY - Mixed Berry, Banana, Pomegranate<br>HEART BEET - Sweet Melon, Mango Sorbet, Orange, Beetroot<br>GREEN MEADOW - Kale, Spinach, Celery, Banana, Green Apple                    | 60 |

ALLERGENS GLUTEN FREE (GF) DAIRY (D) NUTS (N) SOY (S) VEGETARIAN (VG) VEGAN (V)

ALL PRICES ARE INDICATED IN AED & ARE INCLUSIVE OF 7% MUNICIPALITY FEE, 10% SERVICE CHARGE & 5% VALUE-ADDED TAX

### *Choose Your Powder*

100% WHEY PROTEIN ISOLATE WITH ADDED VITAMINS AND MINERALS

|                               |                                              |
|-------------------------------|----------------------------------------------|
| <b>VANILLA CREAM</b>          | Zero Carb   25g Protein   100 Kcal   0 Sugar |
| <b>STRAWBERRIES AND CREAM</b> | Zero Carb   25g Protein   100 Kcal   0 Sugar |
| <b>DUTCH CHOCOLATE</b>        | Low Carb   25g Protein   110 Kcal   0 Sugar  |
| <b>COOKIES AND CREAM</b>      | Zero Carb   25g Protein   110 Kcal   0 Sugar |

### *Choose Your Liquid*

|                      |                                                                    |
|----------------------|--------------------------------------------------------------------|
| <b>ALMOND MILK</b>   | Per 150ml = 36 Calories   0.75g Protein   2.6g Carb   1.2g Fat     |
| <b>FULL FAT MILK</b> | Per 150ml = 91.2 Calories   4.8g Protein   6.9g Carb   4.8g Fat    |
| <b>LOW FAT MILK</b>  | Per 150ml = 63.6 Calories   5.1g Protein   7.8g Carb   1.5g Fat    |
| <b>SKIMMED MILK</b>  | Per 150ml = 50.4 Calories   5.1g Protein   7.2g Carb   0.1g Fat    |
| <b>COCONUT WATER</b> | Per 150ml = 33 Calories   0g Protein   8.4g Car   0g Fat           |
| <b>SOYA MILK</b>     | Per 150ml = 50.4 Calories   4.95g Protein   4.05g Carb   2.85g Fat |

### *Choose Four Ingredients*

|                           |                                                                      |
|---------------------------|----------------------------------------------------------------------|
| <b>OATS</b>               | Per 100g = 9g Fiber   11g Protein   60g Carb   8g Fat                |
| <b>PEANUT BUTTER</b>      | Per 1tbsp = 3g Sugar   4g Protein   3.5g Carb   8g Fat               |
| <b>SUNFLOWER SEEDS</b>    | Per 1/4cup = 3.9g Fiber   5.8g Protein   7g Carb   19g Fat           |
| <b>CHIA SEEDS</b>         | Per 10g = 3.84g Fiber   1.7g Protein   46.4g Kcal   3.52g Fat        |
| <b>ALMOND NUTS</b>        | Per 10g = 1.25g Fiber   2.12g Protein   2.16 Carb   5g Fat           |
| <b>WALNUTS</b>            | Per 10g = 0.7g Fiber   1.5g Protein   1.37 Carb   6.52g Fat          |
| <b>BANANA</b>             | Per pc = 3g Fiber   1g Protein   28 Carb   110 Calories              |
| <b>STRAWBERRY</b>         | Per 100g = 2g Fiber   0.7g Protein   7.7 Carb   32 Calories          |
| <b>DARK CHOCOLATE 63%</b> | Per 20g = 2g Fiber   1.5g Protein   10g Carb   113 Calories          |
| <b>GREEK YOGHURT</b>      | Per 20g = 2g Fiber   1.5g Protein   10g Carb   113 Calories          |
| <b>CINNAMON POWDER</b>    | Per 1tsp = 1.4g Fiber   11.2mg Potassium   2.1g Carb   6.42 Calories |
| <b>DATES</b>              | Per 50g = 4g Fiber   1.25 Protein   37.5g Carb   141 Calories        |
| <b>COFFEE</b>             | Per 60ml = 125.6mg Caffeine   0.5 Carb   0.1g Fat   2.7 Calories     |