

# • START YOUR DAY THE AURA WAY •

7:00AM - 11:30AM

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

## • BEVERAGE •

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

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## • POWER SHAKES •

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65

### *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

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