

SANDWICHES

VEGGIE GREEN (X)

Asparagus, edamame, roasted onion, sunflower seeds, sumac, Turkish chili flakes, dairy free cheddar cheese, gluten free multi-seed bread. **(V, GF) BD 3.7**

GREEN GODDESS (X)

Baked vegetables with our housemade spicy green goddess spread in gluten free multi-seed bread **(V,GF) BD3.7**

JACKFRUIT SAJ SHAWARMA

Spiced jackfruit with vegan tzatziki & Izma salad, wrapped in toasted saj bread **(V) BD3.9**

V: VEGAN / GF: GLUTEN FREE

SOMETING SWEET

OAT & COCONUT COOKIES (V) BD2.2 (X)

CARAMEL & ALMOND TART (V,GF) BD2.4

SHARBAT LUMEE

SPIRULINA LEMONADE

Lemon, lime, celery, cucumber, spirulina, agave nectar. **BD 2.6**

COCONUT LEMONADE

Lemon, lime, coconut water, chia seeds, agave nectar. **BD 2.4**

V: VEGAN / GF: GLUTEN FREE



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LUMEE

VEGAN . GLUTEN FREE . DAIRY FREE

THE "FREE FROM" MENU



STARTER

VEGAN TZATZIKI (X)
Tangy tahini and almond milk with fresh herbs (V,GF) **BD2.1**

CORN ON COB (X)
A mix of grilled and fried corn on the cob, served with our house-made sumac sauce (V) **BD2.8**

MEDITERRANEAN FILO TART
Layers of filo, smoked tomato and vegan cheese topped with cherry tomato, mushroom and roasted eggplants (V) **BD2.9**

V: VEGAN / GF: GLUTEN FREE



SALAD

Medium: **BD 3.2** | Large: **BD 3.9**

LENTIL & BUCKWHEAT SALAD (X)
Lentils and buckwheat topped with roasted cauliflower and edamame in a garlic herb dressing (V,GF)

CAULIFLOWER KOSHARI
Steamed cauliflower rice, fire-roasted cauliflower, green lentils, chickpeas, gluten free spaghetti, onion hamsa, flax seeds, sunflower seeds, spicy daqaos sauce. (V, GF)

MEDITERRANEAN SALAD (X)
Red & white quinoa, cucumber, olives, cherry tomatoes, green beans, celery, tofu, almond flakes, pumpkin seeds, oregano vinaigrette. (V, GF)

V: VEGAN / GF: GLUTEN FREE



CAULIFLOWER KOSHARI

LENTIL & BUCKWHEAT SALAD

MEDITERRANEAN SALAD



BUTTERNUT KHORESH

WILD RICE

BAMIA BIL ZAIT

MADROOBA

MAINS

BAMIA BIL ZAIT (X)
Fresh bamia gently cooked in pomegranate molasses, served with brown rice (V,GF) **BD3.9**

BUTTERNUT KHORESH (X)
Roasted butternut and pine khoresh, served with brown rice (V,GF) **BD4.1**

MADROOBA
Beaten rice with tomato and peppers, slow cooked in our blend of Bahraini spices. (V,GF) **BD3.5**

WILD RICE
Steamed red, brown and wild rice, roasted aubergine, mushrooms, pumpkin seeds, sunflower seeds, spiced spinach & dill sauce. (V, GF) **BD 4.1**

V: VEGAN / GF: GLUTEN FREE