Nabati lab نباتي

FOOD MENU

Salad
A Happier
You

Signature Salads

Wholesome flavors for a brighter you

Good Ingredients Brighter Days

Beiruti

$13.00

Romaine lettuce, rocca, tomato, radish, mint, cucumber, pomegranate, grilled halloumi, thyme, sumac, lemon pomegranate sauce.

358 kcal | Protein 24g | Carbs 16g | Fat 24g | Allergens: Dairy

The Texan

$17.00

Iceberg, cherry tomato, carrots, sweet corn, red beans, avocado, rosemary chicken, mozzarella, Texan sauce.

475 kcal | Protein 45g | Carbs 28g | Fat 21g | Allergens: Dairy

Skinny Burger

$15.00

Iceberg, minced beef, cherry tomato, sauteed onion, pickles, cheddar cheese, burger sauce.

354 kcal | Protein 28g | Carbs 9g | Fat 25g | Allergens: Dairy

California

$15.00

Romaine lettuce, cherry tomato, black kidney beans, sweet corn, avocado, shredded mozzarella, spring onion, cilantro, spicy chipotle ranch.

417 kcal | Protein 45g | Carbs 27g | Fat 15g | Allergens: Dairy

Green Garden

$19.00

Romaine lettuce, BBQ chicken, cherry tomato, carrots, sweet corn, avocado, cheddar cheese, almonds, crispy onion, balsamic vinaigrette.

582 kcal | Protein 47g | Carbs 37g | Fat 30g | Allergens: Dairy, Tree nut

Lime Shrimp & Grain

$20.00

Romaine lettuce, black rice, shrimp, cherry tomato, carrots, red onion, edamame, shredded beetroot, cashews, spring onion, mango sauce.

407 kcal | Protein 41g | Carbs 42g | Fat 10g | Allergens: Shellfish, Soy, Tree nut

Crunchy Freekeh Fusion $15.00

Freekeh, romaine lettuce, arugula leaves, roasted butternut squash, feta cheese, carrots, cherry tomato, dry fig, balsamic vinaigrette.

338 kcal | Protein 9g | Carbs 49g | Fat 13g | Allergens: Gluten, Dairy

Crunchy Crab $13.00

Mixed cabbage, iceberg, crab sticks, carrots, beetroot, spring onion, cilantro, roasted peanuts, toasted sesame seeds, jalapeño, sesame sauce.

267 kcal | Protein 14g | Carbs 32g | Fat 11g | Allergens: Gluten, Egg, Soy, Fish, Peanut, Sesame

Salmon Power $23.00

Kale leaves, quinoa, rosemary salmon fillet, avocado, carrots, orange, sweet potato, shredded mozzarella, sweet chili sauce.

485 kcal | Protein 36g | Carbs 36g | Fat 18g | Allergens: Fish

Mediterranean $13.00

Romaine lettuce, arugula leaves, tomato, olive, red onion, feta cheese, balsamic vinaigrette.

197 kcal | Protein 4g | Carbs 12g | Fat 15g | Allergens: Dairy

Pasta Salad $17.00

Fusilli pasta, chipotle chicken, arugula leaves, iceberg, cherry tomato, mushroom, sweet corn, oregano, garlic honey mustard sauce.

411 kcal | Protein 41g | Carbs 50g | Fat 5g | Allergens: Gluten

Light Caesar $15.00

Iceberg, parmesan cheese, grilled chicken, croutons, Caesar dressing.

378 kcal | Protein 50g | Carbs 14g | Fat 13g | Allergens: Dairy

The Fruity One $14.00

Watermelon, pineapple, strawberry, mango, grape, pomegranate, blueberry, caramelised pecans, coconut flakes, golden bloom dressing.

271 kcal | Protein 4g | Carbs 42g | Fat 14g | Allergens: Tree nut, Dairy

Good Food Brighter Days

Sandwiches & Wraps

Fresh flavors for a brighter you

Chicken Pesto $13.00

Tortilla wrap, rosemary chicken, mozzarella, cherry tomato, pesto sauce.

664 kcal | Protein 48g | Carbs 57g | Fat 27g | Allergens: Gluten, Dairy, Tree nut

Avo Turkey Club $13.00

Ciabatta bread, turkey slices, provolone, mashed avocado, cherry tomato, pesto sauce.

649 kcal | Protein 34g | Carbs 76g | Fat 24g | Allergens: Gluten, Dairy, Tree nut

Halloumi Garden $11.00

Tortilla wrap, grilled halloumi, chopped sundried tomato, cucumber, pesto sauce.

527 kcal | Protein 20g | Carbs 58g | Fat 24g | Allergens: Gluten, Dairy, Tree nut

Kickin Tuna $14.00

Ciabatta bread, tuna mix, cherry tomato, jalapeño pickles, pesto sauce.

537 kcal | Protein 29g | Carbs 77g | Fat 14g | Allergens: Gluten, Dairy, Tree nut, Egg, Fish

Melt Me Tuna $13.50

Sourdough bread or ciabatta bread, tuna mix, shredded cheddar cheese.

616 kcal | Protein 34g | Carbs 75g | Fat 21g | Allergens: Dairy, Gluten, Egg, Fish

Avo Crush $12.00

Ciabatta bread, mashed avocado, provolone, tomato, pesto sauce.

612 kcal | Protein 22g | Carbs 78g | Fat 25g | Allergens: Gluten, Dairy, Tree nut

The Farm $14.00

Tortilla wrap, turkey, egg, mozzarella, cherry tomato, garlic honey mustard.

624 kcal | Protein 36g | Carbs 70g | Fat 22g | Allergens: Egg, Dairy, Gluten

Summer Chicken $14.00

Tortilla wrap, sliced chipotle chicken, spinach leaves, carrots, avocado, spicy ranch sauce.

559 kcal | Protein 44g | Carbs 61g | Fat 15g | Allergens: Gluten

Caesar Wrap $14.00

Tortilla wrap, sliced rosemary chicken, iceberg, croutons, parmesan cheese, Caesar sauce.

617 kcal | Protein 50g | Carbs 66g | Fat 16g | Allergens: Gluten, Dairy

Sizzlin' Chick $15.00

Tortilla wrap, grilled chicken, grilled bell pepper, mozzarella, mashed avocado, cottage cheese, mozzarella.

577 kcal | Protein 43g | Carbs 59g | Fat 19g | Allergens: Gluten, Dairy

The Philly Melt $17.00

Ciabatta bread, beef fillet strips, grilled bell pepper, grilled onion, cheddar cheese, mozzarella.

712 kcal | Protein 42g | Carbs 75g | Fat 29g | Allergens: Gluten, Dairy

Sourdough Toasts

Avo Toast $10.00

Sourdough bread, mashed avocado, cream cheese, sundried tomato, olive oil, pumpkin seeds, sunflower seeds.

483 kcal | Protein 12g | Carbs 46g | Fat 29g | Allergens: Gluten, Dairy

Egg Avo Toast $12.00

Sourdough bread, mashed avocado, cream cheese, boiled egg.

544 kcal | Protein 22g | Carbs 44g | Fat 32g | Allergens: Gluten, Egg, Dairy

Creamy Salmon $15.00

Sourdough bread, cream cheese, smoked salmon, capers, fresh dill.

389 kcal | Protein 20g | Carbs 38g | Fat 17g | Allergens: Gluten, Fish, Dairy

Halloumi Toast $11.00

Sourdough bread, grilled halloumi, sundried tomato, sliced cucumber, olive, mint, pesto sauce.

498 kcal | Protein 24g | Carbs 43g | Fat 26g | Allergens: Gluten, Dairy, Tree nut

Golden Spread Toast $7.50

Sourdough bread, cream cheese fig mix, edible flower.

300 kcal | Protein 8g | Carbs 40g | Fat 12g | Allergens: Gluten, Dairy

PBJ Toast $7.50

Sourdough bread, peanut butter, mixed berries jam.

408 kcal | Protein 14g | Carbs 52g | Fat 17g | Allergens: Gluten, Peanut | Report name: PB&J

Caprese Protein $13.00

Sourdough bread, cottage cheese, cherry tomato, arugula, basil, olive oil, balsamic.

273 kcal | Protein 14g | Carbs 42g | Fat 6g | Allergens: Gluten, Dairy

Berry Bliss $14.00

Sourdough bread, cottage cheese, mixed berries, honey drizzle, chia seeds, edible flowers.

326 kcal | Protein 15g | Carbs 56g | Fat 5g | Allergens: Gluten, Dairy

The Lebo Twist $13.00

Sourdough bread, cream cheese, cucumber, zaatar, sumac, olive oil, edible flowers.

231 kcal | Protein 7g | Carbs 40g | Fat 5g | Allergens: Gluten

Warm Bowls

Wholesome bowls for a brighter you

Freekeh Smokey Feast $21.00

Freekeh, chipotle chicken, roasted cauliflower, chickpeas, cilantro, smoked tahini sauce.

601 kcal | Protein 52g | Carbs 81g | Fat 9g | Allergens: Gluten, Sesame

Refuel Bowl $19.00

Black brown rice, rosemary chicken, spinach, sautéed mushrooms, baby corn, garlic honey mustard sauce.

705 kcal | Protein 53g | Carbs 83g | Fat 16g

Orzo Herb Salmon $23.00

Orzo pasta, rosemary salmon fillet, sundried tomatoes, basil, pesto sauce.

750 kcal | Protein 44g | Carbs 82g | Fat 22g | Allergens: Gluten, Fish

Asian Beef Bowl $19.00

Soba noodles, beef fillet, edamame, peanuts, spring onion, cilantro, roasted sesame seeds.

773 kcal | Protein 49g | Carbs 76g | Fat 32g | Allergens: Gluten, Soy, Peanut, Sesame

Greek Bowl $20.00

Quinoa, rosemary chicken, roasted potatoes, cucumber, tomato, onions, feta cheese, olives, tzatziki dressing.

762 kcal | Protein 50g | Carbs 77g | Fat 27g | Allergens: Dairy

Soups

Pumpkin Cream Soup $7.00

Creamy pumpkin soup with a hint of nutmeg, topped with roasted pumpkin seeds.

153 kcal | Protein 5g | Carbs 25g | Fat 7g | Allergens: Dairy

Tomato-Basil Soup $7.00

Classic tomato soup blended with fresh basil, finished with a touch of cream.

85 kcal | Protein 4g | Carbs 11g | Fat 4g | Allergens: Dairy

Sides

Crunchy Carrots Cup	67 kcal | Protein 2g | Carbs 16g | Fat 1g | Allergens: Sesame	$5.00
Cucumber Cup	33 kcal | Protein 1g | Carbs 7g | Fat 1g	$5.00
Sweet Potato Fries	208 kcal | Protein 3g | Carbs 32g | Fat 8g	$8.00
Tzatziki Cup	100 kcal | Protein 12g | Carbs 8g | Fat 3g	$7.00
Guacamole Cup		$7.00

240 kcal | Protein 3g | Carbs 16g | Fat 21g

Good Stuff Feels Better

Desserts

Sweet treats. A brighter you.

Jacked Cinnamon Roll $8.00

240 kcal | Protein 5g | Carbs 54g | Fat 7g | Allergens: Dairy, Egg

Layan's Signature Banana Bread $7.50

235 kcal | Protein 8g | Carbs 25g | Fat 14g | Allergens: Tree nut, Dairy, Egg

Frozen Yogurt $10.00

Honey, caramelised pecans. Add fruits extra charge $1.5. Extra honey +$1.5.

150 kcal | Protein 14g | Carbs 30g | Fat 5g | Allergens: Dairy

Acai $10.00

1 fruit, honey. Add fruits extra charge $1.5. Extra honey +$1.5.

130 kcal | Protein 2g | Carbs 38g | Fat 9g

Mix Frozen Yogurt & Acai $12.00

Strawberry, blueberry, honey. Add fruits extra charge $1.5. Extra honey +$1.5.

Yogurt Clusters $6.50

77 kcal | Protein 2g | Carbs 9g | Fat 5g | Allergens: Dairy

Banana Bread Protein Cookie Dough Balls $3.50

97 kcal | Protein 4g | Carbs 11g | Fat 5g | Allergens: Gluten, Dairy, Soy, Tree nut

Matcha Protein Balls $4.00

Carrot Cake $7.50

Build Your Own Bowl

Fresh ingredients. Your choice.

Base Price $12.00

Includes leaves, 20 normal toppings, carbs, fruits, cheese, dressing.

ADD A PROTEIN

Rosemary / BBQ / Chipotle Chicken $4.00

Rosemary: 236 kcal, P33g C2g F10g
BBQ: 194 kcal, P32g C7g F4g
Chipotle: 184 kcal, P32g C4g F4g (Sesame).

Shrimps $5.00

139 kcal | Protein 22g | Carbs 1g | Fat 5g | Allergens: Shellfish

Rosemary Salmon $7.00

272 kcal | Protein 24g | Carbs 1g | Fat 15g | Allergens: Fish

Minced Beef $4.00

260 kcal | Protein 20g | Carbs 3g | Fat 19g | Allergens: Gluten, Soy

PRIME TOPPINGS $3.50 each

- Crab Meat Sticks
- Avocado
- Guacamole
- Asparagus
- Sun Dried Tomatoes
- Blueberries

Turkey

Grilled Sweet Corn

Pesto Pasta

Fig

Strawberry

Mushroom

Mixed Bell Peppers

Pickled Ginger

Blackberries

Raspberries

Build Your Own

Sandwich or Wrap or Toast

Fresh ingredients. Your choice.

Base Price $7.00

ADD A PROTEIN

Rosemary / BBQ / Chipotle Chicken Rosemary: 236 kcal, P33g C2g F10g BBQ: 194 kcal, P32g C7g F4g Chipotle: 184 kcal, P32g C4g F4g (Sesame).	$4.00
Shrimps 139 kcal | Protein 22g | Carbs 1g | Fat 5g | Allergens: Shellfish	$5.00
Rosemary Salmon	$7.00

272 kcal | Protein 24g | Carbs 1g | Fat 15g | Allergens: Fish

Minced Beef $4.00

260 kcal | Protein 20g | Carbs 3g | Fat 19g | Allergens: Gluten, Soy

PRIME TOPPINGS $3.50 each

- Crab Meat Sticks
- Avocado
- Guacamole
- Turkey
- Grilled Sweet Corn
- Pesto Pasta
- Fig
- Strawberry
- Asparagus
- Sun Dried Tomatoes
- Blueberries
- Mushroom
- Mixed Bell Peppers
- Pickled Ginger
- Blackberries
- Raspberries

Add-Ons

EXTRA PROTEIN

Rosemary / BBQ / Chipotle Chicken $4.00

Rosemary: 236 kcal, P33g C2g F10g;

BBQ: 194 kcal, P32g C7g F4g;
Chipotle: 184 kcal, P32g C4g F4g (Sesame).

Shrimps 139 kcal | Protein 22g | Carbs 1g | Fat 5g | Allergens: Shellfish	$5.00
Rosemary Salmon 272 kcal | Protein 24g | Carbs 1g | Fat 15g | Allergens: Fish	$7.00
Minced Beef / Beef Filet 260 kcal | Protein 20g | Carbs 3g | Fat 19g | Allergens: Gluten, Soy	$4.00

PRIME TOPPINGS $3.00 each

- Crab Meat Sticks
- Avocado
- Guacamole
- Turkey
- Grilled Sweet Corn
- Pesto Pasta
- Fig
- Strawberry
- Asparagus
- Sun Dried Tomatoes
- Blueberries
- Mushroom
- Mixed Bell Peppers
- Pickled Ginger
- Blackberries
- Raspberries

EXTRA DRESSING $3.00 each

Lemon Pomegranate (Beiruti)
246 kcal | Protein 0g | Carbs 17g | Fat 20g

Texan
61 kcal | Protein 3g | Carbs 3g | Fat 4g
Allergens: Dairy, Egg, Sesame

Balsamic Vinaigrette
181 kcal | Protein 0g | Carbs 10g | Fat 15g
Allergens: Sesame

Light Caesar
80 kcal | Protein 7g | Carbs 2g | Fat 5g
Allergens: Dairy

Sweet Chili
89 kcal | Protein 0g | Carbs 22g | Fat 0g

Garlic Honey Mustard
78 kcal | Protein 5g | Carbs 12g | Fat 2g
Allergens: Dairy

Spicy Chipotle Ranch
90 kcal | Protein 5g | Carbs 5g | Fat 6g
Allergens: Dairy, Egg

Smoked Tahini
235 kcal | Protein 7g | Carbs 9g | Fat 20g
Allergens: Sesame

Golden Bloom
28 kcal | Protein 0g | Carbs 7g | Fat 0g

Thai Peanut
127 kcal | Protein 5g | Carbs 15g | Fat 7g
Allergens: Peanut, Gluten, Soy, Fish, Sesame

Mango Dressing
170 kcal | Protein 1g | Carbs 10g | Fat 15g

Burger Sauce
114 kcal | Protein 1g | Carbs 9g | Fat 9g
Allergens: Egg, Dairy

Sesame Dressing
322 kcal | Protein 6g | Carbs 11g | Fat 29g
Allergens: Egg, Sesame, Gluten, Soy

Pesto Dressing
171 kcal | Protein 5g | Carbs 4g | Fat 16g
Allergens: Tree nut, Dairy

Tzatziki
50 kcal | Protein 5g | Carbs 4g | Fat 1g
Allergens: Dairy

Ranch
71 kcal | Protein 5g | Carbs 4g | Fat 4g
Allergens: Dairy, Egg

Extra Items

Nuts & garnishes.

Almond	$0.50
Peanuts	$0.50
Cashew	$0.50
Coconut Flakes	$1.00
Dates	$1.50
Walnuts	$0.50
Caramelised Pecans	$1.50

Croutons $1.00

1301 g crouton batch (4110 kcal, P121g, C517g, F180g)