










smoothies



green dream smoothie








	regular	large
green dream  	22	26
spinach, avocado, banana, apple juice, lemon juice & mint		
passionista 	20	24
mango, strawberries, passion fruit, banana, orange juice		
berry punch 	20	24
raspberries, redcurrants, cherries, blueberries, banana, apple juice, fat-free yogurt		
strawberry supreme 	20	24
strawberries, banana, apple juice, fat-free yogurt		
peanut butter protein    	20	24
peanut butter, protein shot, banana, milk, fat-free yogurt		

 add whey protein shot +4

juices



strawberry fields juice

green detox  	22	26
spinach, apple & cucumber		
super kale 	22	26
kale, cucumber, lemon, mint & apple		
strawberry fields  	20	24
strawberry, kiwi & apple		
ACG 	20	24
apple, carrot & ginger		
orange, apple	14	18
OR carrot 		

hot drinks



cappuccino	14
latte	14
americano	14
hot chocolate	14
fresh mint tea	10
green tea	10
superberry tea	10

cold drinks

fresh coconut	16
pomegranate juice	16
pepsi / diet pepsi	6
water	3

getting to know us

We set out to create a healthy food offering with lots of choice that doesn't compromise on taste or portion size. We keep calories and saturated fat to a minimum, and use lots of lean protein and low GI carbs. We pile in heaps of fresh fruit and veg, so you can eat to your heart's content!



Tossed UAE

DAFZA Plaza Food Court
Ground Floor
Dubai Airport
Free Zone

 tossed.ae    @tosseduae

 **tossed**
the healthier eating place

menu



salads • wraps • juices • smoothies

salads & wraps



greek

super kale caesar 39

grilled chicken n & turkey bacon
kale & cos, avocado, croutons, parmesan crisps, caesar dressing & lemon juice

muscle builder 52g protein 39

chicken & turkey (+4 for grilled chicken)
cheddar, egg, baby plum tomatoes, new potatoes, cucumber, sweetcorn & ranch dressing

halloumi & roasted veg 39

grilled halloumi n v
sweet potato, red onion, pesto, roasted peppers, sun dried tomatoes & balsamic vinaigrette

the italian 36

chicken OR mozzarella v
avocado, roasted tomato, supergrains, olives, croutons, pesto & balsamic vinaigrette

chipotle 36

chicken OR falafel v
avocado, cheddar, mixed beans, jalapeños, coriander, tomato salsa, tortilla chips & ranch dressing

greek 32

feta v OR avocado v
houmous, olives, baby plum tomatoes, cucumber, fresh peppers, red onion, oregano & balsamic vinaigrette

tuna niçoise 32

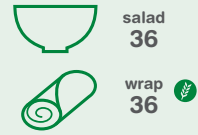
tuna
tuna, new potatoes, baby plum tomatoes, olives, cucumber, egg, red onion, oregano & french dressing

lebanese 32

falafel v
houmous, baby plum tomatoes, cucumber, red onion, parsley, mint, pitta chips, lemon juice & olive oil

create your own

salad or wrap



salad 36

wrap 36

base options

lettuce
spinach
kale & cos
supergrains gf v

+ 1 protein

add 7 for extra

chicken breast	smoked salmon
grilled chicken + 4 n	tuna
falafel vg	tuna mayo lite
grilled halloumi + 4 n	turkey bacon
	turkey

+ 1 deli

add 3 for extra

avocado	mozzarella
cheddar	parmesan crisps
egg	roasted peppers
feta	sun dried tomatoes
houmous	sweet potato

+ 3 veggies

add 2 for extra

broccoli	parsley
carrot	pesto
cashews	fresh peppers
coriander	pomegranate
croutons	red onion
cucumber	omega seeds
edamame	spring onion
jalapeños	supergrains
fresh mint	sweetcorn
mixed beans	tomato salsa
new potatoes	tomatoes
olives	tortilla chips

+ dressing

balsamic vinegar vg	french vg
balsamic vinaigrette	honey & lemon
caesar	lemon juice vg
chilli mayo	ranch
	XV olive oil vg

toasted wraps



chicken, mozzarella & pesto

chicken, mozzarella & pesto 22

chicken
mozzarella, pesto & red onion in a toasted wholewheat wrap

falafel & halloumi v 22

halloumi & falafel
roasted peppers & chilli mayo in a toasted wholewheat wrap

tuna melt 22

tuna mayo lite
cheddar & spring onion in a toasted wholewheat wrap

soups



cauliflower & mushroom vg 20

Mushrooms, cauliflower, onion, garlic, leeks, celery oil & seasoning.

pumpkin & coriander vg 20

Pumpkin, onion, garlic, leeks, celery, coriander, oil & seasoning.

nutritional symbols

n contains nuts	v suitable for vegetarians	vg suitable for vegans
h served hot!	g whole grain	3 5-a-day
s skinny	h big protein	l low GI

breakfast



bagels

multiseed bagel

avocado bagel vg 18

salmon & cream cheese bagel 22

with low-fat spread v 10

with cream cheese, v 14

peanut butter vg OR honey v



bakery

raisin & bran muffin 12

plain or za'atar croissant 10

cookie 5



yogurt

low fat greek yogurt

honey yogurt n 10

mango passion 15

big fat greek n 15