

good eggs™



better breakfast 30g protein **28**
scrambled eggs, chunky avocado, wilted spinach, baby plum tomatoes & turkey bacon



39g gym junkie 39g protein **28**
scrambled eggs, chunky avocado, wilted spinach, grilled chicken thigh & piri piri sauce



omega salmon 30g protein **28**
scrambled eggs, chunky avocado, wilted spinach, smoked salmon & omega seeds



fiery eggs 28g protein **25**
scrambled eggs, chunky avocado, wilted spinach, feta, baby plum tomatoes & chilli flakes

coconut porridge



coconut porridge

coconut milk porridge **23**
plain or honey **23**
granola & cranberry **25**
peanut butter and blueberry **25**

yogurt

low fat greek yogurt
honey yogurt **12**
mango passion **16**
big fat greek **16**

bagels



multiseed bagels **20**
avocado bagel **20**
salmon & cream cheese bagel **25**
with low-fat spread **10**
with cream cheese, peanut butter OR honey **15**

hot drinks

cappuccino **15**
latte **15**
americano **15**
flat white **15**
ice coffee **15**
hot chocolate **15**
espresso **10**
selection of teas **10**

cold drinks

fresh coconut **18**
pomegranate juice **20**
coke **10**
diet coke **10**
sparkling water **10**
water **5**
add coconut milk or almond milk **AED 5**

protein shakes



muscle marathon



muscle marathon 30g protein **32**
chocolate protein, cocoa, peanut butter & almond milk
bounty beast 25g protein **32**
chocolate protein, cocoa & coconut milk
berry cheesecake 29g protein **32**
protein, raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, oats, maple syrup & almond milk
gym greens 28g protein **32**
protein, spinach, mint, lemon, omega seeds, banana & apple juice
peanut butter protein 26g protein **26**
protein, peanut butter, banana & low fat milk

juices



	med	large
immune boost 22	22	26
carrot juice, orange juice, lemon, ginger & turmeric		
super kale 24	24	28
kale, cucumber, lemon mint & apple		
ACG 22	22	26
apple, carrots & ginger		
fresh orange 15	15	19

smoothies



	24	28
green dream 24	24	28
spinach, avocado, banana, apple juice, lemon & mint		
passionista 22	22	26
mango, strawberries, passion fruit, banana orange		
berry punch 22	22	26
raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, banana & apple juice		
strawberry supreme 22	22	26
strawberries, banana & apple juice		
coconut café 24	24	28
coconut milk, espresso, banana & medjool dates		

new!

mighty mexican

HOT & HEALTHIER POWER BOWLS

4 power bowls, 3 proteins all hot, all healthy

power up your protein!
swap for egg whites for AED 3



toss'd always delivers!

04 5528827

power bowls



spicy superveg falafel

thai red rocket ^{vg} **42**
 add chicken for AED 4
 supergrains, roasted roots, pickled veg, red thai sauce, with a sprinkle of omega seeds

spicy superveg **42**
chicken ^{gf} / **grilled halloumi** ^v ^{gf} / **falafel** ^{vg}
 chunky avocado, piri piri sauce, roasted sweet potato & carrot, mango, radish & mint, supergrains & rainbow slaw

hearty houmous **46**
chicken ^{gf} / **grilled halloumi** ^v ^{gf} / **falafel** ^{vg}
 spicy beans, pickled veg, houmous, cucumber & mint relish, pickled red onion, pomegranate & supergrains

mighty mexican **46**
chicken ^{gf} / **grilled halloumi** ^v ^{gf} / **falafel** ^v
 spicy beans, chunky avocado, cheddar, tortilla chips & supergrains.

soups



cauliflower & mushroom ^v **24**
 mushrooms, cauliflower, onion, light cream, garlic, leeks, celery oil & seasoning

pumpkin & coriander ^v **24**
 pumpkin, onion, garlic, leeks, celery, light cream, coriander, oil & seasoning

lentil soup ^{vg} **24**
 yellow lentils, carrot, celery onion, leeks, cumin, lime

rainbow wraps



avocado & sundried tomato sweet chili

sweet chili
chicken / **grilled halloumi** ^v / **falafel** ^{vg}
 sweet chili, coriander & mint, pickled veg and rainbow slaw

	chicken	halloumi	falafel
	36	36	32

avocado & sundried tomatoes
chicken / **grilled halloumi** ^v / **falafel** ^{vg}
 chunky avocado, sundried tomatoes, pickled veg and rainbow slaw

	chicken	halloumi	falafel
	36	36	32

piri protein
chicken / **grilled halloumi** ^v / **falafel** ^{vg}
 chunky avocado, piri piri sauce, pickled veg and rainbow slaw

	chicken	halloumi	falafel
	36	36	32

muscle mezze
chicken / **grilled halloumi** ^v / **falafel** ^{vg}
 houmous, cucumber, mint, pickled red onion & pomegranate relish, pickled veg and rainbow slaw

	chicken	halloumi	falafel
	36	36	32

super avocado caesar
chicken / **grilled halloumi** ^v / **falafel** ^v
 chunky avocado, caesar dressing, pickled veg and rainbow slaw

	chicken	halloumi	falafel
	36	36	32

wraps



chipotle ^{gf} **38**
falafel ^v / **chicken** + AED 4 for grilled chicken
 avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

chicken, mozzarella & pesto ^{gf} **25**
chicken
 mozzarella, pesto & pickled red onion in a toasted wholewheat wrap

Toss'd
 Building 5 Ground Floor
 Dubai Design District
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house salads



veggie power

veggie power ^{gf} ^{vg} **34** ^{new!}
 edamame, houmous, mixed beans, pickled veg, cashews and sweetcorn and chilli and avo dressing

gym bunny ^{new!} **38**
chicken + AED 4 for grilled chicken
 avocado, crunchy rainbow slaw, broccoli, edamame, egg whites, and piri piri dressing

superfood salad ^{new!} **34**
chicken + AED 4 for grilled chicken
 beetroot, cranberries, baby plum tomatoes, edamame, feta, omega seeds, and french dressing

salmon greens & grains ^{gf} ^{gf} **46**
smoked salmon
 sweet potato, avocado, pesto, edamame, supergrains, baby plum tomatoes, lemon juice & olive oil

avocado kale caesar **41**
salmon / **chicken** + AED 4 for grilled chicken
 avocado, egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice

muscle builder ^{gf} ^{56g protein} **41**
double chicken + AED 8 for grilled chicken
 cheddar, baked egg whites, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing

halloumi & roasted veg **38**
grilled halloumi ^v ^{gf}
 sweet potato, roasted peppers, sundried tomatoes, pickled red onion, pesto & balsamic vinaigrette

the italian ^{gf} ^{gf} **38**
mozzarella ^v / **chicken** + AED 4 for grilled chicken
 avocado, sundried tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

chipotle ^{gf} **38**
falafel ^v / **chicken** ^{gf} + AED 4 for grilled chicken
 avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

greek ^v ^{gf} **34**
 + AED 4 for grilled halloumi
 avocado, houmous, olives, baby plum tomatoes, cucumber, fresh peppers, pickled red onion, balsamic vinaigrette

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 All prices inclusive of VAT

create your own

salad or wrap



base options

lettuce
kale & cos
supergrains ^{gf} ^{vg}
 brown, red & wild rice, red quinoa & green lentils

+ 1 protein

chicken breast
 grilled chicken + AED 4
 falafel ^{vg}
 grilled halloumi+ AED 4

AED 7 for extra

smoked salmon
 tuna
 turkey bacon

+ 1 deli

avocado
 cheddar
 egg
 feta
 hummus

AED 3 for extra

mozzarella
 parmesan crisps
 roasted peppers
 sun dried tomatoes
 sweet potato
 egg whites

+ 3 veggies

almond flakes
 beetroot
 broccoli
 carrot
 cashews
 cranberries
 croutons
 cucumber
 edamame
 jalapeños
 mixed beans
 olives
 parsley

AED 2 for extra

pesto
 pickled veg
 fresh peppers
 pickled onion
 pomegranate
 rainbow slaw
 omega seeds
 spring onion
 supergrains
 sweetcorn
 tomato salsa
 tomatoes
 tortilla chips

+ dressing

chilli avo ^{vg}
 balsamic vinegar ^{vg}
 balsamic vinaigrette
 caesar
 piri piri ^{vg}

french ^{vg}
 honey & lemon
 lemon juice ^{vg}
 ranch
 soy & sesame ^{vg}
 XV olive oil ^{vg}

vegetarian?
 you can swap the meat for any other item at no extra charge