

soups



cauliflower & mushroom 22
 mushrooms, cauliflower, onion, light cream, garlic, leeks, celery oil & seasoning

pumpkin & coriander 22
 pumpkin, onion, garlic, leeks, celery, light cream, coriander, oil & seasoning

lentil soup 22
 yellow lentils, carrot, celery onion, leeks, cumin, lime

yogurt

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

bagels



multiseed bagels
avocado bagel 20
 salmon & cream cheese bagel 24
 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 32
 chocolate protein, cocoa, peanut butter & almond milk
bounty beast 32
 chocolate protein, cocoa & coconut milk
berry cheesecake 32
 protein, raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, oats, maple syrup & almond milk
gym greens 32
 protein, spinach, mint, lemon, omega seeds, banana & apple juice
peanut butter protein 26
 protein, peanut butter, banana & low fat milk

juices

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

smoothies

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



toss'd always delivers!

04 2215033

rainbow wraps



avocado & sundried tomato sweet chilli

	chicken	halloumi	falafel
sweet chilli	36	36	32
chicken / grilled halloumi V / falafel vg			
sweet chilli, coriander & mint, pickled veg and rainbow slaw			

	chicken	halloumi	falafel
avocado & sundried tomatoes	36	36	32
chicken / grilled halloumi V / falafel vg			
chunky avocado, sundried tomatoes, pickled veg and rainbow slaw			

	chicken	halloumi	falafel
piri protein	36	36	32
chicken / grilled halloumi V / falafel vg			
chunky avocado, piri piri sauce, pickled veg and rainbow slaw			

	chicken	halloumi	falafel
muscle mezze	36	36	32
chicken / grilled halloumi V / falafel vg			
houmous, cucumber, mint, pickled red onion & pomegranate relish, pickled veg and rainbow slaw			

	chicken	halloumi	falafel
super avocado caesar	36	36	32
chicken / grilled halloumi V / falafel V			
chunky avocado, caesar dressing, pickled veg and rainbow slaw			

wraps



chipotle	38
falafel V / chicken gf + AED 4 for grilled chicken	
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing	

chicken, mozzarella & pesto	24
chicken	
mozzarella, pesto & pickled red onion in a toasted wholewheat wrap	

Toss'd
Dubai Airport Freezone food court
Qusais
t: 04 2215033



house salads



new! veggie power

veggie power n vg new!	34
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, 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	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, egg, 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	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	

tossed.ae @tosseduae
All prices inclusive of VAT

create your own

salad or wrap



salad 38

wrap 38

base options

lettuce
kale & cos
supergrains gf
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

+ 3 veggies

almond flakes
beetroot
broccoli
carrot
cashews
cranberries
croustons
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 gf
soy & sesame vg
XV olive oil vg