

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

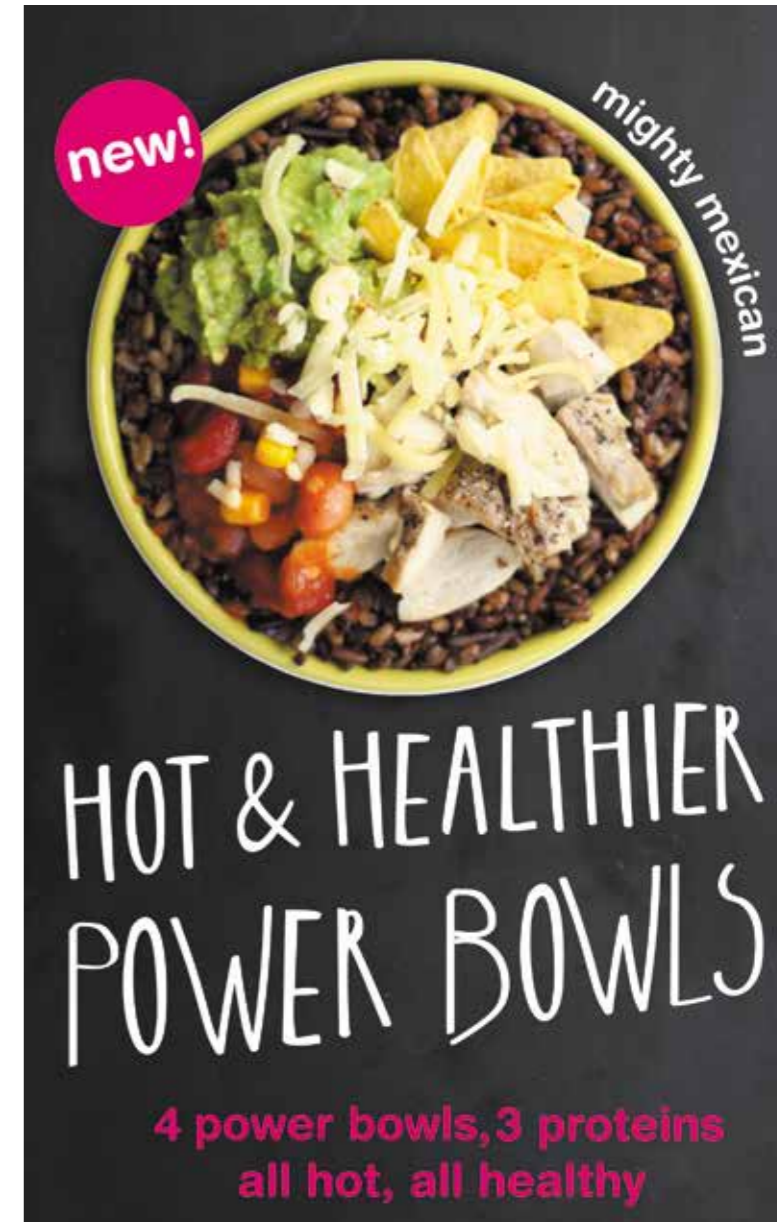


	med	large
immune boost 22	22	26
carrot juice, orange juice, lemon, ginger & turmeric		
super kale 24	24	28
kale, cucumber, lemon mint & apple		
ACG 22	22	26
apple, carrots & ginger		
fresh orange 15	15	19

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		



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



toss'd always delivers!

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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

	chicken	halloumi	falafel
sweet chili			
chicken / grilled halloumi ^v / falafel ^{vg}	36	36	32
sweet chili, coriander & mint, pickled veg and rainbow slaw			

	chicken	halloumi	falafel
avocado & sundried tomatoes			
chicken / grilled halloumi ^v / falafel ^{vg}	36	36	32
chunky avocado, sundried tomatoes, pickled veg and rainbow slaw			

	chicken	halloumi	falafel
piri protein			
chicken / grilled halloumi ^v / falafel ^{vg}	36	36	32
chunky avocado, piri piri sauce, pickled veg and rainbow slaw			

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

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

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
 Golden Mile, Building No. 9
 The Palm Jumeirah
 t: 04 5587863



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

tossed.ae **@tosseduae**
 All prices inclusive of VAT

create your own

salad or wrap



salad **38**

wrap **38** ^{gf}

base options

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

+ 1 protein

AED 7 for extra

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

smoked salmon
 tuna
 turkey bacon

+ 1 deli

AED 3 for extra

avocado
 cheddar
 egg
 feta
 hummus

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

+ 3 veggies

AED 2 for extra

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

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