



100&TEN

BRUNCH

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It's brunch time at the club!

Please help yourself to the eggs, salad, sandwich and dessert of your choice from our buffet.
Order your drink from one of our service people and then enjoy your healthy and tasty buffet in style.*

100&TEN Buffet & Beverage

110AED**

(*Our tasty Beef Burger and Organic Acai Puree are created fresh from our kitchen rather than being served from the buffet).

(**Please note that ALL main course options are charged separately to our 100&TEN Brunch Buffet & Beverage offer).

VIENNOISERIES & FRESH BREAD

Bread basket (E)(G)

Bread basket with butter & jam (D)(E)(G)

Croissant (E)(G)

Brioche with sugar (E)(G)

Pain aux chocolat (E)(G)

EGGS

Omelette with organic eggs (2 PCS) | (D)(E)

Additional filling:

Mushroom / Tomato / Emmental cheese / Onion / Chilli

Extra egg / Smoked salmon / Smoked beef bacon

Poached eggs with avocado & toasted bread (E)(G)

Scrambled eggs with smoked salmon
& toasted bread (E)(F)(G)

Eggs Benedict with beef bacon or smoked salmon
or spinach or mushroom (D)(E)(F)(G)

Pan fried eggs with shakshouka
& tomato basilica salsa (E)(G)

Egg white souffle with mushroom
& truffle paste & parmesan (D)(E)

Whole avocado with soft boiled eggs
& sesame dressing (E)(Ss)

SALAD

Baby spinach & tuna with cranberries,
roasted almonds & cucumber sesame dressing (N)(Ss)

Bean salad with tomatoes, parsley,
peppers, cranberries & feta cheese (D)

Grilled chicken Caesar with boiled eggs
& Parmesan dressing (D)(E)(N)

Kale & roasted pumpkin with red cabbage,
carrot & orange dressing

Falafel salad with tomato, parsley, mint,
iceberg lettuce & creme cheese dressing (D)

Gluten free penne with Cecina de León,
mozzarella, tomatoes, pesto & raisins (D)

SANDWICHES & TARTINES

Beef burger (D)(E)(G)(M)

*(Served with comte cheese, caramelized onions,
mushrooms & truffle mayo)*

Chicken sandwich (D)(E)(G)(M)

(Rye bread ciabatta with avocado & sirasha sauce)

Smoked salmon sandwich (D)(G)

(Rye bread ciabatta with guacamole, spinach sprouts & lemon cream)

Goat cheese & beetroot sandwich (D)(G)(N)

(Rye bread ciabatta with walnuts & homemade blackberry jam)

Seared yellow fin tuna sandwich (E)(F)(G)(M)

(French baguette with mayonnaise & tomatoes)

Avocado tartine (D)(G)

(Served with red radish, feta cheese, green apple & basil)

Smoked salmon tartine (D)(F)(G)

(Served with sour cream, lemon juice & dill)



(C) Celery / (D) Dairy / (E) Eggs / (F) Fish / (G) Gluten / (M) Mustard
(N) Nuts / (O) Oats / (P) Peanuts / (Ss) Sesame Seeds / (S) Shellfish / (Sy) Soya



DESSERT

Greek Yogurt with granola, honey & red fruits (D)(N)(O)
(Sugar free)

French toast with vanilla ice cream (D)(E)(G)

Organic acai puree

Extra nuts & dried fruits:

Granola / Almonds / Pecan nuts / Coconut powder

Extra fruits:

Fresh berries / Banana / Grapes / Fruit of the day

In the jar

Cheesecake with oats & peanuts (D)(O)(P)
(Sugar free)

Greek yogurt dark chocolate mousse (D)

Low fat yogurt with agave,
organic granola & berries (D)(N)(O)

Tiramisu (D)

Orange blossom panna cotta (D)

Fruit tagine (N)
(Sugar free)

Fruit salad
(Selection of fresh fruits)

MAINS

Grilled black Angus beef fillet
(Freshly grilled & accompanied with your choice of sauce & side)
98AED

Grilled salmon (F)
(Freshly grilled & accompanied with your choice of sauce & side)
85AED

Grilled chicken breast or baby chicken
(Freshly grilled & accompanied with your choice of sauce & side)
85AED

Grilled seabass (F)
(Freshly grilled & accompanied with your choice of sauce & side)
97AED

Complimentary sauces

Beef jus (C) / Béarnaise (E)(O) / Horseradish cream / Peppercorn (C)(D)(E)

Spicy prawn linguine (D)(G)(S)
(Served with zucchini tomato sauce, Parmesan cheese & basil)
110AED

Gluten free pasta (D)(G)
(Served with mushrooms, cheese sauce & garlic breadcrumbs)
95AED

SIDES

Mixed leaf salad
20AED

Roasted new potatoes
25AED

Steamed rice
15AED

French fries
25AED

Pasta (G)
20AED

Steamed French beans
20AED



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SMOOTHIES

Booster Energy *(N)(O)*

Blueberry, banana, carrots, oats & almond milk
30AED

Tropics *(N)*

Mango, banana, chia seeds, orange & almond milk
30AED

Home Sweet Home *(N)*

Pecans, banana, dates, vanilla & almond milk
30AED

Iron Man *(N)*

Almond milk, banana, peach puree, spirulina, kale & agave
30AED

Healthy

Pomegranate, avocado, banana, chia seeds, blueberries & agave
30AED

Peanut Time *(N)(O)(P)*

Peanut butter, almond milk, oats & dates
30AED

Amazonian

Watermelon, banana, acai berry, raspberry & honey
30AED

Avo! *(N)*

Avocado, honey & almond milk
30AED

COFFEES *(Hot & Cold)*

Espresso / Dbl Espresso
12/14AED

Cappuccino / Latte *(D)*
18AED

Americano
14AED

Hot chocolate *(D)*
18AED

Piccolo
15AED

Macchiato / Dbl Macchiato
13/15AED

(Almond or soy milk add 2AED)

JUICE BAR

Detox

Carrot, pineapple, ginger & lime
30AED

Carrot, watermelon, cucumber & coriander
30AED

Beetroot, lemon, carrot & apple
30AED

Mint, cucumber, celery, spinach & kiwi
30AED

Stay Fit

Lemon, apple, cucumber & pineapple
30AED

Apple, cucumber, kale, celery & ginger
30AED

Beetroot, ginger, carrot, lemon & honey
30AED

Lemon, apple, beetroot, spinach & carrot
30AED

FRESH JUICE

Green apple
20AED

Grapefruit
20AED

Pineapple
20AED

Orange
20AED

Juice your own
10AED PER ITEM

TEAS & WATERS

All teas
20AED

Badoit water
8AED (330ml) / 20AED (750ml)

Evian water
8AED (330ml) / 20AED (750ml)



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Great food that's good for you. That's our aim.
After an invigorating workout, relaxing with friends
and family or simply enjoying a tasty treat for yourself,
we want you to feel refreshed and rewarded. Energised
for the rest of your day, in the healthiest way possible.
So rest assured that we'll go the extra mile, that 10%
more, to make sure that you're brunching in style.