



100&TEN

JUICE BAR

SMOOTHIES



Booster Energy

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

Tropics

Mango, banana, chia seeds, orange & almond milk
28AED

Home Sweet Home

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

Iron Man

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

Healthy

Pomegranate, avocado, banana, chia seeds, blueberries & agave
34AED

Peanut Time

Peanut butter, almond milk, oats & dates
28AED

Amazonian

Watermelon, banana, acai berry, raspberry & honey
28AED

Avo!

Avocado, honey & almond milk
28AED

COFFEES

(Hot & Cold)



Espresso / Dbl Espresso
12/14AED

Cappuccino / Latte
18AED

Americano
14AED

Hot chocolate
18AED

Piccolo
15AED

Macchiato / Dbl Macchiato
13/15AED

(Almond or soy milk add 2AED)

JUICE BAR



Detox

Carrot, pineapple, ginger & lime
28AED

Carrot, watermelon, cucumber & coriander
28AED

Beetroot, lemon, carrot & apple
28AED

Mint, cucumber, celery, spinach & kiwi
28AED

Stay Fit

Lemon, apple, cucumber & pineapple
28AED

Apple, cucumber, kale, celery & ginger
32AED

Beetroot, ginger, carrot, lemon & honey
28AED

Lemon, apple, beetroot, spinach & carrot
28AED

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)



Great drinks that are 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 are refuelled in style.