



100&TEN

RESTAURANT

BREAKFAST

Eggs

Omelette with organic eggs (D)(3PCS)
18AED

Additional filling 5AED each

Mushroom / Tomato / Emmental cheese / Onion / Chilli / Extra egg

Additional filling 15AED each

Smoked salmon / Smoked beef bacon

Poached eggs with avocado & toasted bread
35AED

Scrambled eggs with smoked salmon & toasted bread (D)
38AED

Eggs Benedict with beef bacon or smoked salmon
or spinach or mushroom (D)
38AED

Pan fried eggs with shakshouka & tomato basilica salsa
38AED

Viennoiseries & Fresh Bread

Bread basket
5AED

Bread basket with butter & jam
18AED

Croissant (D)
16AED

Brioche with sugar (D)
22AED

Pain aux chocolat (D)
17AED

Sweet

French toast with vanilla ice cream (D)
21AED

Organic acai puree
30AED

Extra nuts & dried fruits 3AED each

Granola / Almonds / Pecan nuts / Coconut powder

Extra fruits 5AED each

Fresh berries / Banana / Grapes / Fruit of the day

SALAD

Baby spinach & tuna with cranberries,
roasted almonds & cucumber sesame dressing (G)(N)
65AED

Smoked beef bacon & apple with goat cheese,
walnuts & yogurt dressing (D)(N)(V)
70AED

Bean salad with tomatoes, parsley,
peppers, cranberries & feta cheese (D)(V)
50AED

Grilled chicken with pecan nuts, avocado,
boiled eggs & Parmesan dressing (D)
65AED

Heirloom tomatoes & spicy watermelon with
mozzarella, basil & balsamic vinaigrette (D)(V)
65AED

Kale & roasted pumpkin with red cabbage,
carrot & orange dressing (V)
55AED

Gluten free penne with Cecina de León,
mozzarella, tomatoes, pesto & raisins (D)(N)
70AED

Cobb salad with avocado, corn, beans, eggs,
tomatoes, chicken and a honey dressing
70AED

POKE BOWL

Create your own
90AED

Standard base
(Cherry tomatoes, roasted sweet potato,
coriander, spring onion & avocado)

Choose a grain
Quinoa / Sushi rice

Choose a protein
Tuna / Salmon / Chicken breast

Choose a sauce
Yuzu / Honey & lemon / Sesame

MAINS

Grilled black Angus beef fillet

(Freshly grilled & accompanied with your choice of sauce & side)

98AED

Grilled salmon

(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

(Freshly grilled & accompanied with your choice of sauce & side)

97AED

Complimentary sauces

(Beef jus / Béarnaise / Horseradish cream / Peppercorn)

Spicy prawn linguine (G)(D)

(Served with zucchini tomato sauce, Parmesan cheese & basil)

110AED

Gluten free pasta (D)

(Served with mushrooms, cheese sauce & garlic breadcrumbs)

95AED

SANDWICHES & TARTINES

Smoked salmon sandwich (D)(G)

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

68AED

Cecina de León sandwich (D)(G)

(French baguette with cecina, comté cheese, lettuce & honey truffle mayo)

68AED

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

(Rye bread ciabatta with walnuts & homemade blackberry jam)

62AED

Mattar farm smoked pulled beef sandwich (G)

(French baguette with coleslaw & sriracha sauce)

105AED

Seared yellow fin tuna sandwich (G)

(French baguette with mayonnaise & tomatoes)

65AED

Avocado tartine (D)(G)(V)

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

55AED

Smoked salmon tartine (D)(G)

(Served with sour cream, lemon juice & dill)

55AED

Tomato mozzarella tartine (D)(G)(V)

(Served with aged balsamic & basil)

50AED

SIDES

Mixed leaf salad (V)

20AED

Roasted new potatoes (D)(V)

25AED

Steamed rice (V)

15AED

French fries (V)

25AED

Pasta (V)

20AED

Steamed French beans (D)(V)

20AED

DESSERT

(All served in a jar)

Cheesecake with oats & peanuts (D)(G)(N)

(Sugar free)

18AED

Greek yogurt dark chocolate mousse (D)

24AED

Madeleines original recipe (D)

18AED

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

29AED

Tiramisu (D)(G)

19AED

Vanilla cream with strawberries & pistachio nuts (D)(N)

18AED

Orange blossom panna cotta (D)

18AED

Fruit tagine (N)

(Sugar free)

18AED

Fruit salad

(Selection of fresh fruits)

20AED



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 are dining in style.