

Natural Thirst Quenchers

Water

Al-Ain 500ml	5 AED
Vos Sparkling	18 AED
Vos Still	12 AED

Juices

Natural goodness in a cup

Fresh Juices	12 AED
Alo Original + Honey	16 AED
Alo Pomegranate + Cranberry	16 AED
Alo Mangosteen + Mango	16 AED

Smoothies

Prepared fresh to order

Minted Citrus / Strawberry / Sweet Melon / Kiwi Banana	15 AED
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Iced Tea

All natural and always home-made

Cinnamon Peach / Dragon Berry / Passion Fruit / Herbal Hibiscus	18 AED
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Natural teas

Choose from our selection of natural teas, including all of the classics and lots of different, more interesting fusions 12 AED

Coffee Bar

The ideal place to get your caffeine fix! (or a decaf if you prefer) Go for the healthy option with skimmed milk or low-fat cream.

Single Espresso	8 AED
Cappuccino	14 AED
Cafe Latte	12 AED
Flavored Latte	14 AED
Brewed Coffee (American coffee)	9 AED
Hot Chocolate	9 AED
Ice Blended Coffee	18 AED
Ice Blended Mocha	18 AED
Turkish Coffee	14 AED
Extra shot of Espresso	3 AED



Did you know that we bake our own bread?

Well we do! We have a number of speciality loaves that we bake on a daily basis, we use these within our restaurant and they are also available for you to buy, take home & enjoy.

Not quite sure whether you'd like breakfast or lunch?

Take a look at our breakfast menu, available daily from 8am-11am & all day on Saturday.

Nathalie's

Eat.Live.Love

Call us - 02 4411330

For office & home deliveries and all your catering needs.

www.nathalies.ae

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Nathalie's Menu



The Power of the Pomegranate

Pomegranate is considered the king of super fruits. A glass of this healthy stuff has the highest levels of antioxidants of any fruit juice. These brilliant little things keep cholesterol at bay and protect the body from free-radicals.

It's also a well known fact that eating pomegranate seeds or drinking pomegranate juice can increase oxygen levels to the heart.

These great attributes have some remarkable effects: lowering the risk of heart disease and cancer.

controlling your weight and fighting cell damage — and you can't say that for almost any other fruit.

What's also unique about this wonder fruit, is that it's one of the few fruits whose juice is just as beneficial as its flesh or seeds.

While we're only discovering the huge benefits of eating pomegranate in the 21st century through scientific studies, this fruit has held legendary powers for centuries. It has featured in mythology and tradition

as a symbol of good tidings the world over.

Greeks break open a pomegranate at wedding celebrations and the Chinese eat candied pomegranates for good luck. What's more, Persians actually believe Eve plucked and ate a pomegranate from the tree of knowledge in the Garden of Eden, not an apple.

So next time you're enjoying your pomegranate seeds or juice, you know you're doing your body some serious good.

5 Tips for Healthy Well-Being



Eat lots of fruits and veg

It might sound simple and obvious but many of us don't eat enough vegetables. We should eat at least five portions of fruit and vegetables a day to get the nutrients and vitamins we need to keep our body fit and healthy. Ask one of our team to find out how you can get one of your 5 a day from our delicious menu.



Eat more fish

Fish is a fantastic source of protein and also contains lots of vitamins and minerals. Oily fish is also high in omega-3 fats, which help prevent heart disease. Aim for at least two portions of fish a week, which is easy with the vast amount of different fish available. Variety is the spice of life, after all.



Eat less salt

About 70% of the salt we eat is already in the food we buy, with high levels in pre-packaged meals, cold cuts and other foods. Eating too much salt can raise your blood pressure and lead to health problems. At Nathalie's, we're always thinking of your salt intake and use only fresh, natural ingredients in our products for this reason



Don't skip breakfast

Research shows that eating breakfast can help people control their weight and that it's an important part of a balanced diet. It also gives us the energy we need to kick start the day and be the best we can be! Wholemeal cereal, fruit and yogurts are among the best breakfast options see our breakfast menu for some great healthy options.



Drink lots

We need to drink at least 6-8 glasses of water every day to prevent being dehydrated. Keeping hydrated is easy; just drink plenty throughout your day. Water is your best option and try to avoid sugary soft and fizzy drinks that are high in added sugars and calories. Don't forget that when the weather is warm, you'll need to up your intake!

Baked Beauties

The perfect start to the day

Croissants & Muffins

Choose from our selection of Low Fat, Whole Wheat Croissants & Muffins, freshly baked in our kitchen every day **12 AED**

Calories: 250 Protein: 5 Fat: 6 Carbohydrate: 47

Bagels & Homemade Bread

Choose from a variety of fresh bagels (Cinnamon, Plain, Black Sesame) and a variety of our Signature Breads (Halloumi Emmental, Sundried Tomato Walnut, Jalapeno Cheddar, Dry Fruits & Nuts, Multi seed Bread) **16 AED**

Calories: 203 Protein: 8 Fat: 3 Carbohydrate: 34

Low-Fat Granola Parfait

Served with homemade low-fat flavored & Plain Yogurt with your choice of an assortment of toppings including Granola, Fruit Salad, Mixed Nuts, Berries & Honey **18 AED**

Calories: 257 Protein: 12 Fat: 9 Carbohydrate: 35

Pastries

Treat yourself to one of our guilt-free sweet indulgences, which are all free of artificial sweeteners & also suitable for diabetics.

Smore Cookies **9 AED**
Calories: 100 Protein: 1 Fat: 5 Carbohydrates: 13

Chocolate Pecan Fudge Brownie **10 AED**
Calories: 150 Protein: 2 Fat: 9 Carbohydrates: 17

Peanut Butter Jelly Bar **8 AED**
Calories: 149 Protein: 4 Fat: 7 Carbohydrates: 18

Mixed Berries and White Chocolate Tart **16 AED**
Calories: 103 Protein: 1 Fat: 6 Carbohydrates: 16

Rocky Road **4 AED**
Calories: 50 Protein: 1 Fat: 4 Carbohydrates: 4

Apple Strudel **12 AED**
Calories: 100 Protein: 2 Fat: 1 Carbohydrates: 20

Wheat free Cookies **5 AED**
Calories: 51 Protein: 0.5 Fat: 3 Carbohydrates: 5

Guilt-free Munchies

Lovely treats to keep you going.

Spicy Summer Cocktail **18 AED**
Calories: 109 Protein: 2 Fat: 6 Carbohydrates: 12

Palmier **14 AED**
Calories: 25 Protein: 0.5 Fat: 1 Carbohydrates: 3

Marshmallow Bites **15 AED**
Calories: 30 Protein: 0.5 Fat: 1 Carbohydrates: 7

Chocolate Coffee Beans **19 AED**
Calories: 54 Protein: 1 Fat: 3 Carbohydrates: 6

Chocolate Filled Wafer Roll **18 AED**
Calories: 38 Protein: 0.5 Fat: 2 Carbohydrates: 3

Chocolate Slab **18 AED**
Calories: 24 Protein: 2 Fat: 1 Carbohydrates: 3

Grab n' Go

Our gourmet sandwiches are prepared fresh every morning with the best wholesome ingredients. We always list the nutrition content to help you choose what's best for you.

Baguettes, Ciabattas & Paninis

Chicken Arrabiata **28 AED**
Calories: 449 Protein: 33 Fat: 12 Carbohydrates: 54

Chicken Pesto **32 AED**
Calories: 452 Protein: 33 Fat: 33 Carbohydrates: 57

Chicken-Zaatar & Dried Fig Marmalade **32 AED**
Calories: 343 Protein: 27 Fat: 2 Carbohydrates: 54

Char-grilled Veggies & Hummus **24 AED**
Calories: 367 Protein: 14 Fat: 7 Carbohydrates: 67

Minted Halloumi **28 AED**
Calories: 458 Protein: 21 Fat: 15 Carbohydrates: 63

Steak & Cheese **32 AED**
Calories: 475 Protein: 33 Fat: 14 Carbohydrates: 56

Tuna Pesto in Olive Ciabatta **32 AED**
Calories: 404 Protein: 29 Fat: 7 Carbohydrates: 59

Vegetarian Pesto **26 AED**
Calories: 357 Protein: 15 Fat: 8 Carbohydrates: 59

Wholenheat Clubs

Classic Chicken Club **28 AED**
Calories: 402 Protein: 27 Fat: 9 Carbohydrates: 55

Roast Beef Dijonnaise **30 AED**
Calories: 442 Protein: 27 Fat: 8 Carbohydrates: 61

Two-in-One club **28 AED**
Calories: 444 Protein: 31 Fat: 7 Carbohydrates: 60

Tuna Salad Club **26 AED**
Calories: 370 Protein: 9 Fat: 12 Carbohydrates: 57

Wholenheat Wraps


Chicken Fajita **24 AED**
Calories: 342 Protein: 27 Fat: 9 Carbohydrates: 37

Chicken Moussakhan **25 AED**
Calories: 265 Protein: 27 Fat: 9 Carbohydrates: 37

Baked Falafel **22 AED**
Calories: 269 Protein: 15 Fat: 7 Carbohydrates: 45

Kafta & Hummus **25 AED**
Calories: 221 Protein: 23 Fat: 16 Carbohydrates: 34

Lebanese Breakfast **20 AED**
Calories: 210 Protein: 10 Fat: 10 Carbohydrates: 26

 Vegetarian  Contains Nuts  Wheat Free

Daily Specials

Salads

Cal. (g) Prot (g) Fat (g) Carb (g)

Sunday Soup of the Day: Barley & Mixed Beans Soup

Cal. (g) Prot (g) Fat (g) Carb (g)

132 6 2 25

• Buckwheat Salad (Sweet Corn, Sun-Dried Tomato, Cucumber Pickle & Spring Onion) 154 5 4 27
• Potato & Dill Salad 118 5 2 20
• Quinoa & Grilled Vegetables Salad 141 5 4 22
• Fennel & Red Grape Fruit Salad **N** 75 1 3 12
• Char Grilled Broccoli & Chili Garlic **N** 75 2 2 10

• Chicken Breast & Mashed Potato, Steamed Broccoli & Mushroom Sauce 356 37 10 29
• Shrimps, Fettuccini Pasta, Marinara Sauce 468 30 7 72
• Pizza A La Diavola 130 8 4 16

Monday Soup of the Day: Mushroom Soup

88 4 4 12

• Light Greek Salad 125 6 9 6
• Grilled Aubergine in Coriander Tahina Dressing 78 2 4 12
• Couscous & Mixed Fruit Salad 197 5 4 37
• Light Caesar Salad 196 8 12 13
• Roasted Root Vegetable Salad (Sweet Potato, Parsnip, Carrot & Turnip) 113 2 3 23

• Traditional Fish Siyyadieh **N** 473 34 11 58
• Whole-Wheat Classic Beef 374 18 11 52
• Nathalie's Veggie Pizza 147 8 4 23

Tuesday Soup of the Day: Carrot & Potato Soup

103 2 1 22

• Traditional Nicoise Salad 122 8 7 8
• Roast Pumpkin & Low-Fat Yogurt Salad 94 3 4 14
• Char Grilled Broccoli & Chili Garlic **N** 75 2 2 10
• Greek Bulgur Salad 146 5 5 22
• Green Lentil Salad 137 1 13 7

• Beef & Vegetable Teriyaki Skewers (Mini Stuffed Leek & Hives Potato) 407 24 12 44
• Whole-Wheat Chicken Penne Pesto **N** 463 32 8 65
• Pizza Verdure 149 6 3 27

Wednesday Soup of the Day: Country Style Barley & Vegetable Soup

99 3 3 18

• Watermelon, Low-Fat Feta & Fresh Mint Salad 125 7 6 11
• Orzo Salad **N** 155 5 5 24
• Red Cabbage, Pears & Raisins, Walnut dressing **N** 100 3 2 20
• Roasted Pumpkin, Beetroot & Pecan Nut Salad **N** 94 3 4 14
• Quinoa & Grilled Vegetables Salad 141 5 4 22

• BBQ Chicken with Brown & Steamed Vegetables 365 33 5 45
• Whole-Wheat Spicy Pepperoni Lasagna 404 22 15 46
• Chicken Tikka Pizza 210 14 6 25

Thursday Soup of the Day: Tomato Basil Soup

109 3 3 19

• French Beans & Snow Peas Salad **N** 157 5 10 14
• Burnt Aubergines & Yellow Pepper Salad 100 2 7 11
• Sweet Potato, Zucchini, Parsnip & Sundried Tomato Salad, Pesto Dressing **N** 129 4 4 22
• Puy Lentil Salad (White Beans, Snow Peas & Broccoli, Sesame, Soya Dressing) 163 9 7 19
• Farmer's Salad 95 1 5 12

• Chicken Satay, Brown Rice & Steamed Vegetables 481 42 8 60
• Whole-Wheat Spaghetti Bolognese 460 28 8 69
• Margarita Pizza & Pesto Sauce **N** 151 8 5 20

Friday Soup of the Day: Hearty Lentil Soup

149 9 2 26

• Farmer's Salad 95 1 5 12
• Roasted Vegetables Chickpea & Couscous Salad 157 6 3 28
• Green Lentil 137 1 13 7
• Fennel & Feta 109 6 5 11
• Quinoa Salad & Chicken Dry Apricot 162 12 3 21

• Herb-Crushed Fish & Parmesan on a Bed of Vegetables 443 35 10 56
• Whole Wheat Mixed Vegetables Lasagna 299 12 9 42
• Caramelized Onion & Beef Bacon Pizza 212 11 11 17

Saturday Soup of the Day: Minestrone Soup

153 4 3 30

• Spinach, Low-Fat Feta & Orzo Salad **N** 185 7 7 25
• Roasted Beetroot Salad 150 5 7 18
• Grilled Zucchini, Eggplant & Chickpeas Salad **N** 75 2 3 12
• Orange & Date Salad 167 5 1 37
• Quinoa Garden Salad 147 5 4 24

• Chicken Biryani **N** 455 35 9 57
• Whole-Wheat Mixed Beans & Vegetables Lasagna 399 21 10 55
• Four Cheeses Pizza 170 9 5 23

1 Salad: 14 AED / 2 Salads: 28 AED / 3 Salads: 38 AED

Hot Stuff: 38 AED