



Breakfast

Omelette from a chickpea base with your choice of:

- *Vegetables: mushrooms, cherry tomatoes, or spinach*
- *Vegan cheese filling*
- *Any vegetable and vegan cheese filling*

Tofu scramble

A nutritious breakfast served with spinach, avocado and green peas

Muesli

The perfect combination of consistency and flavor made from soaking overnight oats in our homemade almond milk, sprinkled with raisins and cinnamon

Toast platter

Multi-seed or buckwheat quinoa bread with vegan butter and organic jams

Chia pudding

A light and fruity breakfast made with homemade almond milk

Price (BHD)

2.400

2.800

3.100

3.000

3.000

2.000

2.900

Starters

Hummus

Pureed chickpeas blended with tahini, lemon, garlic and drizzled with extra virgin olive oil, served with bread

2.200

Hummus with tabouleh

Our signature hummus with a classic tabouleh salad

3.300

Zaa'tar manaeesh

Mediterranean flat bread made with a simple dough topped with zaa'tar and olive oil

1.200

Olive pâté

Spread made from crushed green olives served with pita bread

2.200

Soup of the day

Made fresh daily

2.500

Salad

Mango salad

Lettuce, carrots, tomatoes, pomegranate seeds and mangoes tossed with Anais' special dressing

2.200

Tabouleh

Chopped parsley, mint, tomato, and onions with pomegranate molasses

2.200

Quinoa Salad

Crisp vegetables tossed with quinoa and chickpeas in our special olive oil dressing

2.500

Keto bowl

Mix and match from our array of vegetable and fruit ingredients

3.800 (M) / 4.800 (L)

Main Course

Specials

Vegan pizza

Peppers, onions, mushrooms and olives in homemade tomato sauce, available as gluten free

3.500 / 3.500 (GF)

Vegan burger

Options available in whole-wheat bun or lettuce wrap. Vegan cheese is optional

3.500 / 4.000

Vegetable curry

A wholesome coconut based curry served with basmati rice or quinoa salad

3.500 / 4.000

Vegetable meatballs

Served with steaming basmati rice, hummus, or mashed potato

3.300

Pasta

Tagliatelle pasta

Tomato based pasta served with fresh mushrooms

4.200 / 4.800 (GF)

Arrabiata pasta

Tomato based pasta with fresh basil and oregano

4.200 / 4.800 (GF)

Cashew alfredo

Pasta with spinach in a creamy cashew based sauce

4.200 / 4.800 (GF)

Sandwiches, Wraps, & Pies

Vegan cheese sandwich

In your choice of sourdough or rye bread

2.600

Vegan mushroom sandwich

In your choice of sourdough or rye bread

3.300

Vegetable & hummus wrap

Creamy hummus with sliced vegetables rolled in a soft, whole-wheat tortilla flatbread

2.500

Tofu wrap

Tofu rolled with vegetables and flavorful homemade sauce

2.500

Bean wrap

Soft flatbread with black bean filling and diced vegetables

2.500

Spinach pie

Golden baked crust stuffed with local spinach, sweet potato, and tofu

2.600

Dessert

Cake

Forest berries slice

Full cake – 1.6kg

2.900

Creamy dessert made with assorted berries, cacao, and nuts

29.000



Raspberry cake	
Full cake -1.6kg	2.800
<i>Sweet raspberries exploding with lemon flavors</i>	29.000
Strawberry & kiwi cake	
Full cake - 2.4kg	2.800
<i>A combined sweet and tangy dessert made with strawberries and kiwis, cacao and nuts</i>	43.000
Papaya cake	
Full cake -1.6kg	2.800
<i>An exotic pleasure that you'll love</i>	29.000
Carrot cake	
Full cake – 2.4kg	3.000
<i>A modern take on a classic dessert</i>	43.000
Lemon saffron cake	
Full cake – 1.6kg	3.100
<i>A combination of fresh citrus with subtle saffron tones</i>	29.000
Seasonal grapefruit cake	
Full cake – 2.4kg	2.900
<i>A vibrant flavor with hints of sweet citrus</i>	43.000
Chocolate mango cake	
Full cake – 2.4kg	2.900
<i>Decadent combination of in-season mangoes, cacao and nuts</i>	43.000
Dark cherry chocolate	
Full cake – 1.6kg	2.900
<i>Loaded with juicy cherries in a cacao layer</i>	29.000
Chocolate mandarin	
Full cake – 2.4kg	2.900
<i>Deep cocoa flavors merged with a punch of refreshing citrus</i>	43.000
Triple chocolate cake	
Full cake – 2.4kg	3.100
<i>Velvety and rich chocolate dessert made with the finest cacao</i>	43.000
Keto chocolate cake (3.4g net carbs per slice)	
Full cake – 2.4kg	3.100
<i>Velvety thick chocolate dessert for Keto dieters</i>	43.000

Tiramisu cake	3.100
Full cake – 2.4kg	43.000
<i>Italian-inspired coffee dessert made with cacao and nuts</i>	
Ice cream (popsicle or scoop)	
Mixed berries	1.000
<i>A combined burst of sweet and tart in one bite</i>	
Lemon with saffron	1.000
<i>Fresh citrus with subtle saffron tones</i>	
Raspberry banana	1.000
<i>A unique blend of sweet and zing</i>	
Strawberry banana	1.000
<i>Ripe and tropical</i>	
Mango	1.000
<i>A deeply exotic delight</i>	
Coffee	1.000
<i>Intense made from quality beans</i>	
Ice cream of the day	1.500
<i>Homemade, using all natural ingredients</i>	
Pies	
Apple pie slice	2.900
Full pie	21.000
<i>Golden baked, whole-wheat crust with crispy red apple filling</i>	
Peach pie slice	2.900
Full pie	21.000
<i>Flaky, whole-wheat crust stuffed with juicy peaches</i>	
Raspberry pie slice	2.900
Full pie	21.000
<i>Crumbly with sweet raspberry filling</i>	
Nibbles	
Date pearls (4 pieces)	0.500
Date pearls box	3.500
<i>Your choice of orange zest, edible rose petals, peppermint, or a mix of all</i>	
Almond muffins	1.200
<i>Moist with crunchy walnuts</i>	
Chocolate muffins	1.200
<i>Sure to satisfy the most serious chocoholics</i>	
Banana bread	1.500 for 2 slices
<i>A traditional treat that gets your taste buds buzzing</i>	
Dried orange slices	1.500 per 50g
<i>An all-natural treat perfect for on-the-go snacking</i>	



Brownie piece Family size brownie (8 pieces) <i>A nutty fudge made with cacao, nuts and dates, can be served with banana raspberry ice cream</i>	2.000 / 3.000 16.000 full
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Biscuits & Crackers

Chia seed & almond biscuits <i>5 or 21 sweetened cookies</i>	1.500 / 5.500
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Chia seed & almond crackers <i>5 or 21 crackers lightly salted with Himalayan salt</i>	1.500 / 5.500
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Multi seed crackers <i>Crispy, crunchy multigrain crackers, loaded with seeds, perfect for dipping and adding to cheese platters</i>	2.500
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Cold Drinks

Juices

Orange juice <i>Freshly squeezed OJ contains vitamin C and bioflavonoids, making it a powerful antioxidant source</i>	2.000
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Apple juice <i>Studies suggest that apple juice may support brain function and mental health as you age</i>	2.000
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Carrot juice <i>A good source of beta-carotene, a type of vitamin A, helps protect eye vision</i>	2.000
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Mixed juice <i>A glass of energy boost made from seasonal ingredients</i>	2.000
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C3 Juice <i>Our cooling blend of oranges, lemons and grapefruits for a fresh spark of vitamin C</i>	2.000
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Lemonade <i>A refreshing drink made from lemons, lime, lemongrass, lemon leaves, oranges & ginger</i>	2.000
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Matcha lemonade <i>A chlorophyll-dense rendition of classic lemonade with superior antioxidant properties</i>	2.000
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Sweet Smoothies

Berry detox smoothie <i>Super berries with homemade almond milk, additional fruits and vegetables optional</i>	2.500
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Red ruby smoothie <i>Pomegranate, beetroot, banana, and orange with homemade almond milk</i>	2.500
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Green detox smoothie <i>Juiced vegetables with energizing hints of ginger and neem leaves</i>	2.500
Coconut mango <i>A perfect tropical treat loaded with nature's electrolytes</i>	2.500
Bloody ice <i>A unique blend of banana, orange, berries, spirulina, chia seeds</i>	3.100
Energy boost <i>A sweet and sour party in your mouth enriched with strawberries, bananas and oranges</i>	2.500
Summer breeze <i>An electric combination of crushed strawberries and lemons</i>	2.500
Strawberry & almond milk <i>A fruity and delicate source of vitamin C known for its skin tightening properties. Made with homemade almond milk</i>	2.500

Savory smoothies

Red root smoothie <i>An earthy balance of tomato, beetroot and turmeric in homemade almond milk</i>	2.500
Cashew & maca milk <i>A savory blend made from the Peruvian maca root, popularly used as a health supplement among bodybuilders and athletes. Made with homemade almond milk</i>	2.500
Anti-inflammatory golden milk <i>An ancient Indian beverage incorporating soaked cashews in homemade almond milk. A special shot of turmeric and probiotic mix is optional</i>	2.500 / 3.000

H2O

Infused water <i>With raspberry, mint and your choice of lime or orange, served chilled still or sparkling</i>	0.300 / 0.500
Bottled water <i>Still or sparkling bottled water, served chilled or room temperature as per your liking</i>	0.700

Cold Brews

Cold black coffee <i>Brewed coffee served chilled over ice cubes</i>	1.600
Frappe <i>Roasted coffee beans blended with homemade almond milk, served cold</i>	2.100
Anais frappe <i>Finest freshly roasted coffee beans whisked with homemade almond milk and topped with a scoop of vegan ice cream</i>	2.500



Hot Drinks

Hot Brews

Espresso <i>Made from ground roasted coffee beans</i>	1.200
Double Espresso <i>Made from ground roasted coffee beans</i>	1.600
Americano – black <i>1/3 espresso with 2/3 hot water</i>	1.600
Cappuccino with almond milk <i>A frothy cappuccino made like no other in town</i>	1.900
Latte with homemade almond milk <i>Brewed coffee beans blended with homemade almond milk</i>	2.000
Keto coffee <i>A stimulating coffee bean brew for Keto enthusiasts</i>	1.900
Hot chocolate <i>An inviting nostalgic favorite, addition of ginger or turmeric is optional</i>	1.900 / 2.500
Turkish coffee <i>Longing for the busy streets of Istanbul? Available as traditional, decaf, or flavors of rose, chocolate, cinnamon, cardamom, dark roast or mastic gum</i>	2.000

Tea

Organic thyme tea <i>A gentle earthy charm laced with each sip</i>	1.500
Organic rosemary tea <i>An aromatic tea designed to restore your overall wellbeing</i>	1.500
Organic tulsi tea from India <i>A holy tea used in Indian culture as a religious, spiritual, and healing herb for more than 5,000 years</i>	1.500
Susan's tea <i>An invigorating mix of lemon, ginger, citrus fruit, and fresh mint created by one of Anais' employees</i>	1.500
Yerba Mate tea <i>South American tea to relieve physical and mental fatigue, can be served hot or cold</i>	2.000
Rose tea <i>A fusion of lemon and fresh mint with floral notes</i>	1.500

Off the Shelf

Organic Jams

Elderberry <i>Considered one of the most healing plants, it is also a flavorful addition to your diet</i>	3.500
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Aronia jam

Made from a super berry that contains three times the anti-oxidant amount of blueberries

3.500

Organic blackberry jam

Excellent option for regulating blood sugar content and is also rich in vitamin C

3.500

Fresh from our kitchen

Our homemade breads baked fresh daily. Available as a 750g full loaf, half loaf, and quarter loaf:

- *Buckwheat and quinoa bread (860g, gluten free)*
- *Multi-seed bread (790g)*
- *Keto roll (4.7g net carbs per roll)*

7.000 per loaf

8.000 per loaf

0.800 per roll

Homemade almond milk

A mild and nutty dairy alternative, available for refills or direct purchases in 250ml, 500ml or 1L bottles

0.850 / 1.400/ 2.200

Honey (non-vegan)

Sidr

A monofloral honey from Yemen known for its medicinal qualities

14.000

Sidr with saffron

Sidr honey with light saffron notes from Yemen

14.000

Sumur

Boosts immunity and high iron content from Yemen

14.000

Frankincense

A rare wildflower honey from Yemen eaten orally as well as added to skincare products

14.000

Organic acacia honey

The choice for diabetics due to its low sugar content from Romania

5.000

Organic linden honey

A mellow honey known for its unique woody aroma that pairs well with tea from Romania

5.000

Organic sunflower honey

A nourishing fruity and light honey with many health benefits from Romania

5.000

White honey

An anti-aging honey derived from wild flowers of Turkmenistan

14.000