

## • START YOUR DAY THE AURA WAY •

7:00AM - 11:30AM

<b>ASIAN BRUNCH BOWL</b> Poached Egg, Kimchi, Avocado, Nori Crackers (S) (VG)	70
<b>MISO EGG BENEDICT</b> Shiitake Mushroom, Miso Hollandaise (D) (VG) (S) add Salmon or Shortribs +20	70
<b>SCRAMBLED EGGS</b> Toasted Sourdough, Togarashi, Sesame (D) (VG) add Fresh Black Truffle +10   add Salmon +20	60
<b>AVOCADO ON TOAST</b> Radish, Pickled Ginger (VG) (V) add Poached Egg +10	65
<b>TRUFFLE MUSHROOMS ON TOAST</b> Truffle Cream, Wild Mushrooms (D) (VG) add Poached Egg +10	70
<b>SMOKED SALMON BAGEL</b> Wasabi Cream Cheese, Nori, Pickled Ginger (D)	95
<b>BLUEBERRY AÇAI BOWL</b> Mixed Berries, Banana, Pomegranate (GF) (VG) (V)	50
<b>GRANOLA &amp; YOGHURT BOWL</b> Mixed Berries (D) (N) (VG) (GF)	50
<b>MIXED FRUITS</b> Greek Yoghurt (D) (VG) (V)	50
<b>JAPANESE PANCAKE</b> Vanilla Chantilly (D) (VG)	50
<b>SALMON TRUFFLE TOAST</b> Boiled Eggs, Smoked Salmon, Truffle Caviar, Sourdough Toast (D)	95
<b>TROPICAL FRUIT PLATTER</b>	CLASSIC 75 GRAND 155

## • BEVERAGE •

<b>360 DEGREES</b> Vodka, Sparkling Wine, Pomegranate, Lemon	90
<b>CALAMOSA</b> Sparkling Wine, Calamansi, Cherry Blossom Syrup	90
<b>BLOODY AURA</b> Spiced Tomato, Yuzu, Wasabi   Choice of Vodka, Gin or Tequila	90
<b>AURA COCONUT</b>	60
<b>FRESH JUICE</b> Passion Fruit, Watermelon, Pomegranate, Green Apple, Orange, Pineapple	45
<b>SMOOTHIES</b>	65
AÇAI BURST - Açai, Blueberry, Mango, Banana	
HEART BEET - Beetroot, Ginger, Pineapple, Blueberry	
GREEN MEADOW - Spinach, Celery, Broccoli, Mango, Banana, Pineapple	
SMOOTHIE OF THE DAY - Kindly ask our team for today's flavour	70
<b>COFFEE</b>	
ESPRESSO	35
LATTE   CAPPUCCINO	40
FLAT WHITE   AMERICANO	40
COLD BREW	40
ICED COFFEE	45
AURA HOT CHOCOLATE   MOCHA	45
MATCHA LATTE	45
add Flavour +5	

ALLERGENS GLUTEN FREE (GF) DAIRY (D) NUTS (N) SOY (S) VEGETARIAN (VG) VEGAN (V)

ALL PRICES ARE INDICATED IN AED & ARE INCLUSIVE OF 7% MUNICIPALITY FEE & 5% VALUE-ADDED TAX

## TEA BAGS

ORGANIC ENGLISH BREAKFAST [BLACK]	40
MAJESTIC EARL GREY [BLACK]	40
JASMINE MAO JIAN [GREEN]	40
ORGANIC SPRING MAO FENG [GREEN]	40
RUSH HOUR BERRY [HERBAL INFUSION]	40
ORGANIC CHAMOMILE COOLER [HERBAL INFUSION]	40

## LOOSE TEA

AURA BAMBOO SNOW WHITE [WHITE]	40
ORIENTAL MOMENTS [BLACK]	40
SAPPHIRE JASMINE NEEDLE [WHITE]	40
PEACH BLOOM [WHITE]	45
TROPICAL GREEN [GREEN]	40
ROOIBOS VANILLA EARL GREY [HERBAL INFUSION]	40

## • POWER SHAKES •

75

### Choose Your Powder

100% WHEY PROTEIN ISOLATE WITH ADDED VITAMINS AND MINERALS

#### VANILLA CREAM

Zero Carb | 25g Protein | 100 Kcal | 0 Sugar

#### STRAWBERRIES AND CREAM

Zero Carb | 25g Protein | 100 Kcal | 0 Sugar

#### DUTCH CHOCOLATE

Low Carb | 25g Protein | 110 Kcal | 0 Sugar

#### COOKIES AND CREAM

Zero Carb | 25g Protein | 110 Kcal | 0 Sugar

### Choose Your Liquid

#### ALMOND MILK

Per 150ml = 36 Calories | 0.75g Protein | 2.6g Carb | 1.2g Fat

#### FULL FAT MILK

Per 150ml = 91.2 Calories | 4.8g Protein | 6.9g Carb | 4.8g Fat

#### LOW FAT MILK

Per 150ml = 63.6 Calories | 5.1g Protein | 7.8g Carb | 1.5g Fat

#### SKIMMED MILK

Per 150ml = 50.4 Calories | 5.1g Protein | 7.2g Carb | 0.1g Fat

#### COCONUT WATER

Per 150ml = 33 Calories | 0g Protein | 8.4g Car | 0g Fat

#### SOYA MILK

Per 150ml = 50.4 Calories | 4.95g Protein | 4.05g Carb | 2.85g Fat

### Choose Four Ingredients

#### OATS

Per 100g = 9g Fiber | 11g Protein | 60g Carb | 8g Fat

#### PEANUT BUTTER

Per 1tbsp = 3g Sugar | 4g Protein | 3.5g Carb | 8g Fat

#### SUNFLOWER SEEDS

Per 1/4cup = 3.9g Fiber | 5.8g Protein | 7g Carb | 19g Fat

#### CHIA SEEDS

Per 10g = 3.84g Fiber | 1.7g Protein | 46.4g Kcal | 3.52g Fat

#### ALMOND NUTS

Per 10g = 1.25g Fiber | 2.12g Protein | 2.16 Carb | 5g Fat

#### WALNUTS

Per 10g = 0.7g Fiber | 1.5g Protein | 1.37 Carb | 6.52g Fat

#### BANANA

Per pc = 3g Fiber | 1g Protein | 28 Carb | 110 Calories

#### STRAWBERRY

Per 100g = 2g Fiber | 0.7g Protein | 7.7 Carb | 32 Calories

#### DARK CHOCOLATE 63%

Per 20g = 2g Fiber | 1.5g Protein | 10g Carb | 113 Calories

#### GREEK YOGHURT

Per 20g = 2g Fiber | 1.5g Protein | 10g Carb | 113 Calories

#### CINNAMON POWDER

Per 1tsp = 1.4g Fiber | 11.2mg Potassium | 2.1g Carb | 6.42 Calories

#### DATES

Per 50g = 4g Fiber | 1.25 Protein | 37.5g Carb | 141 Calories

#### COFFEE

Per 60ml = 125.6mg Caffeine | 0.5 Carb | 0.1g Fat | 2.7 Calories

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