



**HUNGRY
WOLVES**

LUNCH & DINNER

LUNCH & DINNER MENU

STRIPLOIN TAGLIATA



SALADS

HUNGRY WOLVES CAESAR

Gem lettuce, avocado, and cherry tomato. Topped with grated parmesan cheese, served with light Caesar dressing and craft corn croutons.

P 8 | F 3 | C 8 | KCAL 107

SUPERFOOD SALAD

Baby spinach mixed green lettuce, kale, organic quinoa, avocado, red apple, raspberry, walnut and pumpkin seeds. Served with lemon mustard dressing.

P 9.04 | F 6.73 | C 28 | KCAL 333.35

QUINOA BEETROOT SALAD

Organic quinoa with a beetroot glaze, wild rocket, cilantro, feta cheese, pine-nuts and cherry tomato served with lemon dressing.

P 12.91 | F 7.38 | C 60.4 | KCAL 341.18

THAI MANGO SALAD

Cabbage, wild rocket leaves, baby spinach, cilantro, mango, red capsicum, cucumber, red radish, sesame seeds, Thai chilli, served with a Thai peanut butter dressing.

P 7.51 | F 3.71 | C 16.41 | KCAL 216.01

ADD ON

ADD GRILLED CHICKEN

P 22.01 | F 0 | C 1.65 | KCAL 119.34

ADD GRILLED SHRIMP

P 18.96 | F 0 | C 0.50 | KCAL 99.54

50

57

52

47

17

22

SANDWICHES

ALL SANDWICHES ARE SERVED WITH MIXED GREEN SALAD OR AIR-FRIED FRIES

HUNGRY WOLVES CHICKEN SANDWICH

Multi-grain sourdough with smoked chicken mayo, egg, crushed avocado, Swiss cheese, veal bacon, tomato slice, cucumber pickle and baby gem lettuce.

P 44.57 | F 3.64 | C 54.04 | KCAL 871.9

VEGETERIAN TORTILLA ROLL

Melted Swiss cheese, sautéed mushrooms and wild rocket leaves.

P 20.42 | F 8.72 | C 68.73 | KCAL 515.41

SALMON SANDWICH

Scottish smoked salmon served on sesame ciabatta bread with confit lemon cream cheese, capers, wild rocket leaves and pickled onion.

P 25.36 | F 3.18 | C 66.23 | KCAL 430.26

DOUBLE BEEF BURGER

Two Angus Beef patties in brioche potato bun with Swiss cheese, caramelized onion, veal bacon, tomato, cucumber pickles, gem lettuce and BBQ sauce.

P 40.75 | F 0.74 | C 41.21 | KCA 1742.56

GRILLED CHICKEN BURGER

Grilled chicken breast in brioche potato bun served with gem lettuce, tomato slice and Cajun mayo sauce.

P 44.29 | F 6.3 | C 72.87 | KCAL 712.89

55

51

64

65

51

QUINOA BEETROOT SALAD



THAI MANGO SALAD



SUPER FOOD SALAD

WOLVES FEAST

GRILLED BEEF TENDERLOIN

200g grass-fed beef tenderloin, herbed mashed potato and grilled asparagus, baby carrot served with classic steak sauce.

P 45.39 | F 2.44 | C 23.62 | KCAL 450.64

BAKED BALSAMIC SALMON

Scottish salmon fillet with balsamic glaze served with creamy quinoa.

P 45.06 | F 2.63 | C 19.6 | KCAL 567.03

STRIPLOIN TAGLIATA

Sliced striploin steak topped with wild rocket leaves, cherry tomatoes, shaved parmesan and a drizzle of balsamic reduction. Served with rosemary roasted baby potatoes.

P 41.64 | F 3.1 | C 26.54 | KCAL 506.22

EGGPLANT PARMIGIANA

Oven baked eggplant with tomato sauce and Italian cheeses.

P 16.21 | F 5.46 | C 27.62 | KCAL 485.65

MUSHROOM CHICKEN

Grilled chicken breast topped with mushroom sauce and served with sage mashed potato.

P 44.79 | F 1.32 | C 28.94 | KCAL 574.34

SIDES

MASHED POTATO

P 2.97 | F 0.72 | C 24.31 | KCAL 157.58

AIR-FRIED POTATO

P 3.58 | F 3.60 | C 33.52 | KCAL 193.50

AIR-FRIED SWEET POTATO

P 3.10 | F 8.25 | C 51.08 | KCAL 388.5

JAPANESE STEAMED RICE

P 3.85 | F 1.22 | C 43.93 | KCAL 188.76

ROASTED VEGETABLES

P 2.90 | F 4.71 | C 9.28 | KCAL 56.80

SAUTÉED MUSHROOMS

P 2.72 | F 1.4 | C 4.14 | KCAL 24.3

ROASTED BABY POTATO

P 1.93 | F 0.57 | C 17.65 | KCAL 82.54

CREAMY SPINACH

P 7.04 | F 1.12 | C 5.15 | KCAL 156.60

Hearty Option Nuts Seafood Vegetarian Vegan Signature

WOLVES ITALIANO

CHOOSE BETWEEN CLASSIC OR WHOLE WHEAT

PENNE

P 15.52 | F 3.58 | C 84.78 | KCAL 423.88

SPAGHETTI

P 10.37 | F 3.3 | C 55.22 | KCAL 282

YOUR CHOICE OF SAUCE:

CREAMY PESTO

P 5 | F 1 | C 8 | KCAL 312

BUTTER & CHEESE

P 12.61 | F 0.11 | C 1.27 | KCAL 449.09

WHITE SAUCE

P 7.54 | F 0 | C 7.62 | KCAL 210.04

ARRABBIATA

P 2.21 | F 2.6 | C 7.28 | KCAL 79.91

RISOTTO MUSHROOMS

Carnaroli rice with sautéed wild mushroom and a veal demi-glace topped with vegan bechamel.

P 23.75 | F 5.74 | C 90.08 | KCAL 722.88

ADD GRILLED CHICKEN

P 22.01 | F 0 | C 1.65 | KCAL 119.34

ADD GRILLED SHRIMP

P 18.96 | F 0 | C 0.50 | KCAL 99.54

45

45

69

17

22

BAKED BALSAMIC SALMON



EGGPLANT PARMIGIANA



GRILLED BEEF TENDERLOIN



ALL ITEMS ARE PRICED IN AED. PRICES INCLUDE VALUE ADDED TAX



MUSHROOM CHICKEN

BUILD YOUR OWN

ADD ADDITIONAL CARBS OR PROTEIN TO MAIN MEALS (WITH 100 G OR MORE) TO CREATE YOUR PERFECT MEAL

PROTEIN	100 G	50 G
GRASS-FED BEEF STRIP-LOIN P 21.9 F 3.87 C 0.01 KCAL 122.00	49	25
SALMON FILLET P 25.79 F 0 C 0 KCAL 193.44	49	25
CHICKEN BREAST P 22.01 F 0 C 1.65 KCAL 119.34	17	9
BEEF TENDERLOIN P 23.90 F 0 C 0 KCAL 331.00	57	29
SHRIMPS P 18.96 F 0.10 C 0.50 KCAL 99.54	22	12

FIBER	100 G	50 G
CAULIFLOWER P 1.2 F 0.46 C 2.0 KCAL 15.50	10	5
BROCCOLI P 4.40 F 2.60 C 1.80 KCAL 33.00	10	5
ASPARAGUS P 2.20 F 2.10 C 3.88 KCAL 20.00	26	13
CARROT P 0.95 F 4.18 C 5.55 KCAL 33.22	10	5
COLESLAW P 1.19 F 2.14 C 7.25 KCAL 28.77	10	5
MIXED LEAVES SALAD P 1 F 4.84 C 1.88 KCAL 52.16	18	
SAUTÉED SPINACH P 2.85 F 0.83 C 3.89 KCAL 34.63	10	5
SAUTÉED MUSHROOMS P 2.72 F 1.4 C 4.14 KCAL 24.3	18	9
CARBS	100 G	50 G
WHOLE WHEAT PENNE PASTA P 11.0 F 2.70 C 73.20 KCAL 354	12	6
WHITE JAPANESE RICE P 2.57 F 0.81 C 29.29 KCAL 125.8	10	5
SWEET POTATO P 2.03 F 3.3 C 20.85 KCAL 126	15	8
ROASTED BABY POTATOES P 1.8 F 0.01 C 17.5 KCAL 81	10	5
DRESSING		30 G
LEMON MUSTARD P 0.52 F 0.06 C 0.79 KCAL 6.24		8
THAI PEANUT BUTTER P 0.63 F 0.18 C 1.4 KCAL 20.06		6
CHIMICHURRI P 0.9 F 7.86 C 4.43 KCAL 90.75		6



HW CHICKEN SANDWICH

SWEET BITES

ACAI TROPICANA

Acai berry topped with strawberry, raspberry, mango, chia seeds, blackberry, banana and granola.

P 7 | F 13.53 | C 32 | KCAL 285

FRUIT SALAD

Mix of orange, kiwi, grape, strawberry, blueberry and blackberry.

P 2.57 | F 11.22 | C 76.58 | KCAL 298.07



GRANOLA BOWL

Homemade granola served with mixed berries, berry compote, cinnamon, chia seeds and Greek yogurt.

P 12.33 | F 7.82 | C 40.86 | KCAL 329.43



SEASONED OATMEAL

Your choice of hot or cold.

Steel-cut oats soaked in almond milk, cinnamon apple, pecan nuts and blackberries. Served with maple syrup.

P 12.33 | F 7.82 | C 40.86 | KCAL 329.43

ADD SCOOP OF CORE WHEY PROTEIN

P 7.451 | F 9.14 | C 65.44 | KCAL 396.83

62

49

42

39

12

CLASSIC PANCAKE

P 14.14 | F 2.2 | C 69.74 | KCAL 421.88

45

CLASSIC PANCAKE SERVED WITH YOUR CHOICE OF:

ORGANIC MAPLE SYRUP

P 0.02 | F 0 | C 33.52 | KCAL 130

CHOCOLATE GANACHE

P 1.12 | F 0 | C 27.65 | KCAL 122.40

MIX BERRY COMPOTE WITH LEMON FROSTING

P 4.33 | F 1.17 | C 13.38 | KCAL 163.48



CLASSIC PANCAKE



DOUBLE BEEF BURGER

BEVERAGE MENU



GRANOLA BOWL



SEASONED OATMEAL



ACAI TROPICANA



CLASSIC PANCAKE



FRESH JUICES

100% FRESHLY SQUEEZED

ORANGE JUICE 22
P 3 | F 0 | C 27 | KCAL 115.5

THE HULK 22
Fennel, celery, pear and green apple.
P 3 | F 0 | C 27 | KCAL 115.5

ENERGY CHARGE 24
Beetroot, fresh ginger root, green apple, pear and carrot.
P 3 | F 0 | C 21 | KCAL 115.5



GO GREEN 24
Green apple, cucumber, kale, fresh baby spinach and lemon.
P 3 | F 0 | C 33 | KCAL 128


SUNRISE CALL 25
Fresh pineapple, strawberries and strawberry booba.
P 3 | F 0 | C 33 | KCAL 128



DETOXFIRE 25
Fennel, celery, cucumber, ginger and fresh mint leaves.
P 3 | F 0 | C 33 | KCAL 128

MINT LEMONADE 20
P 000 | F 0 | C 21 | KCAL 99

SMOOTHIES

STRAWBERRY BANANA SMOOTHIE 29
Strawberries, banana, almond milk and honey.
P 2.39 | F 1.64 | C 52.96 | KCAL 231.70  

MANGO SMOOTHIE 22
Mango, skimmed milk, honey and orange blossom water.
P 6.47 | F 0.19 | C 21.36 | KCAL 112.20 

POWER SMOOTHIE 24
Banana, dates, almond milk, crushed almonds and cinnamon.
P 2.09 | F 4.19 | C 21.05 | KCAL 128.90  

AVOCADO SMOOTHIE 26
Avocado, banana, skimmed milk and honey.
P 3.25 | F 17.26 | C 41.33 | KCAL 336.60

BLACK OUT SMOOTHIE 30
Espresso shot, almond butter, dates, almond milk, cardamon.
P 11.97 | F 29.42 | C 30.12 | KCAL 405.30 

WHEYWOLVES

100% WHEY PROTEIN DRINKS

OPTIONS: DYMATIZE +8.00 | 100% WHEY (ISO) +5.00 | VEGAN +8.00

PERFORM

Coconut water, vanilla whey, almond butter, cinnamon, banana, spinach and dates.

P 34.77 | F 8 | C 40.9 | KCAL 554.71

FORTIFY

Kale, avocado, spirulina, almond milk, and vanilla whey protein. Topped with shaved almonds and goji berries.

P 28.57 | F 20.67 | C 12.81 | KCAL 350.56

ALMOND SHAKE

Almond butter, coconut oil, coconut milk and chocolate whey protein. Topped with flax seeds and chocolate chips.

P 34.07 | F 5 | C 21.92 | KCAL 573.19

COOL-ADA

Pineapple, coconut milk, vanilla whey protein, baby spinach, and coconut flakes. Topped with roasted coconut and pineapple.

P 23.24 | F 4.8 | C 16.01 | KCAL 199.48

COOKIES & CREAM BLAST

Oats, chocolate chips, vanilla whey protein, almond milk and maccha powder.

P 37.37 | F 0.24 | C 12.87 | KCAL 186.11

THE BOMB

Avocado, peanut butter, wheat grass, almond milk, and vanilla whey protein. Topped with pumpkin seeds.

P 40.31 | F 5 | C 21.28 | KCAL 638.81

CASHEW SHAKE

Cashew butter, almond milk, banana, dates, sea salt and chocolate whey protein.

P 32.73 | F 2 | C 47.35 | KCAL 543.145

40

41

37

39

39

41

37

PB SHAKE

Peanut butter, banana, vanilla whey protein, almond milk, sea salt, honey and granola.

P 37.22 | F 4.5 | C 46.53 | KCAL 597.00

35

IGNITE

Mixed berries, skimmed milk, vanilla whey protein, honey and yoghurt.

P 28.98 | F 3.1 | C 31.93 | KCAL 254.25

38

ACAI SHAKE

Frozen acai, mixed berries, fresh orange fresh, banana and vanilla whey protein.

P 23.49 | F 2.3 | C 37 | KCAL 264.6

39

APPLE SHAKE

Red apple, skimmed milk, vanilla whey protein, roasted flax seeds and cinnamon powder.

P 27.5 | F 2.5 | C 21.75 | KCAL 211.8

35

MATCHA SHAKE

Mango pulp, ginger, lemon, cashew nuts, matcha, coconut milk and vanilla whey protein.

P 28 | F 0.2 | C 13 | KCAL 226

39

EXTRA PROTEIN (25G)

CORE WHEY

P 18.5 | F 1.6 | C 1.6 | KCAL 94.75

12

WHEY ISO

P 20.16 | F 0.81 | C 2.42 | KCAL 96.77

14

DYMATIZE

P 20.83 | F 00 | C 0.83 | KCAL 91.67

16

VEGAN PROTEIN

P 16.67 | F 1.39 | C 2.78 | KCAL 90.82

16



SEASONED OATMEAL

HOT & COLD BEVERAGES

100% ARABICA

SINGLE ESPRESSO

P 0.4 | F 0.5 | C 0.5 | KCAL 2.7

15

DOUBLE ESPRESSO

P .07 | F .11 | C 1 | KCAL 5.4

19

AMERICANO (HOT OR ICED)

P 0.07 | F 0.11 | C 1 | KCAL 5.4

19

CAPPUCCINO (HOT OR ICED)

P 3.07 | F 0 | C 1 | KCAL 62.40

20

CAFE LATTE (HOT OR ICED)

P 3.04 | F 0 | C 0.5 | KCAL 59.7

20

FLAT WHITE

P 3.07 | F 0 | C 1 | KCAL 62.40

20

MACCHIATO

P 0.94 | F 0 | C 0.5 | KCAL 19.8

19

CORTADO

P 5.4 | F 0 | C 5.13 | KCAL 120

19

PICCOLO

P 1.84 | F 0 | C 0.5 | KCAL 36.9

20

SPANISH LATTE (HOT OR ICED)

P 5.45 | F 0 | C 17.32 | KCAL 158.7

22

TURMERIC LATTE (HOT OR ICED)

P 1.80 | F 0 | C 15.55 | KCAL 146.34

22

MATCHA LATTE (HOT OR ICED)

P 13.0 | F 0 | C 10.0 | KCAL 107.0

22

HOT CHOCOLATE

P 11.87 | F 14 | C 31.04 | KCAL 151.91

22

WOLVES SPECIAL TEA (HOT OR ICED)

P 2.09 | F 1.01 | C 62.17 | KCAL 257.20

22

TEA SELECTION

YOUR FAVORITE TEA

16

SOFT DRINKS

ANY SOFT DRINK

12

WATER

500 ML 1 LTR

LOCAL WATER

5

MONVISO NATURAL MINERAL WATER

9 18

MONVISO NATURAL MINERAL WATER SPARKLING


9 18

ACTI PH ALKALINE IONISED STILL WATER

600 ML 15



ACAI TROPICANA

 [hungrywolvesme](#)