لو + كال
LO + CALE
MARKET KITCHEN

From the garden

AED

Caesar salad (sh) (d) (g) (e) — **65**

Baby gem Lettuce, turkey bacon, parmesan brioche croutons and Caesar dressing

Add Local grilled chicken AED 75 or prawns AED 85

Feta and green lentil (v) (d) (n) — **60**

Locally grown kale, organic beetroot, deta cheese, pine nuts and mustard dressing

Did you know:

1 cup (21 grams) of raw kale contains only 7 calories but is an excellent source of vitamins A, C, and K

Organic figs and grilled avocado (ve) (n) (g) (h) — **65**

Baby gem lettuce, carrots, cucumbers, radicchio, pumpkin seeds, and ginger dressing

About figs: Fresh figs contain vitamin C, vitamin A, and beta-carotene

Mandarin salad (v) (h) — **50**

Mixed greens, carrot, red cabbage, mandarin segments, and orange vinaigrette

Add local grilled chicken **AED 65** or prawns **AED 75**

Mandarins promote collagen synthesis, optimize iron absorption, support immunity, and are simply delicious!

Smoked salmon and locale kale (sh) (h) — **65**

Avocado, fresh raspberries, sunflower seeds, grapefruit segments, and lemon dressing

Taste cold

AED

Burrata (v) (d) — **70**

Fresh and semi-dried heirloom tomatoes, roasted apricots and white balsamic glaze

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(H) Healthy, (V) Vegetarian, (E) Egg, (D) Dairy,
(G) Gluten, (SH) Shellfish, (N) Nuts

Charred avocado with tomato ceviche (ve) (h) — **55**

Sago crist, organic heirloom tomatoes, basil and our house-favourite tomato gazpacho

Sago is a starch extracted frp, tje [ith or spongy core tissue of various tropical palm stems. It's an energy booster and a source of calcium, iron and potassium.

Prawn cocktail (sh) (e) — **70**

Locally sourced prawns, avocado, organic tomatoes and fresh pineapple Marie Rose sauce

Hot start

AED

Saffron chicken bites (d) (n) (e) — **65**

Almond crusted with Biwaz salad and sumac dip

Our dynamic cauliflower (v) (g) (e) — **50**

Spring onions, sesame seeds and coleslaw

Water makes up to 92 grams of the 100 grams of califlower in one serving. That means this veggie can help keep you stay hydrated in Dubai

Crispy baby calamari (sh) (d) (g) (e) — **60**

Harissa aioli and lime

Soups

AED

Lobster bisque (sh) (d) — **65**

Tarragon and chives

Mushroom and macadamia (v) (d) (n) — **55**

Wild mushrooms, green apple and truffle cream

From our heart: Macadamia is an excllent source of minerals such as calcium, iron, magnesium, manganese and zinc.

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Our Signatures

	AED
Herb marinated local jumbo prawns (sh) (d) Grilled corn, avocado, tomatillos, fresh coriander and mango	135
Lo+Cale beef burger (d) (g) (e) Veal bacon, raclette cheese, lettuce, organic tomatoes, and our signature sauce Pumpkin or brioche bun	125
Jerk lamb chops (d) (g) Mint pea puree, baby potatoes and our jerk jus	145
Slow-cooked beef brisket (d) (g) Celeriac puree, local string beans and cherry tomatoes **About celeriac:** A good source of vitamins B6, C and K and low in calories. This is the perfect match to our mouthwatering signature BBQ.	145
Corn-fed chicken breast (d) Cauliflower rice, baby carrots, butternut squash puree and truffle sauce	130
Lobster linguine (sh) (d) House-favourite tomato sauce	140
Garden risotto (v) (d) Truffle paste, asparagus, mushrooms and fava beans Maintain healthy glucose levels with fava beans and stay happy. Vegan cheese Vegetarian option is available and always good!	105

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From the local farms

	AED
Salmon 200g Salmon is a nutritional powerhouse that provides several impressive health benefits	155
Seabass 180g	155
Red Snapper 180g	155

Carnivore

	AED
USDA Prime beef tenderloin 180g Beef tenderloin is a good source of several different minerals, particularly zinc, phosphorus and selenium	175
Australian beef ribeye 250g	190
Australian beef striploin 250g	170
Australian lamb chops	180

All above items come with one free choice of sauce and side

USDA Prime beef tenderloin 180g

Beef tenderloin is a good source of several different minerals, particularly zinc, phosphorus and selenium

Starch and Vegetables

Sweet potato fries (v) | Mashed potatoes (v) (d) | Mushroom Spaetzles (d)
French fries (v) | Baby potatoes (v)
Ginger and garlic string beans (v) | Grilled vegetables (v) | Sauteed broccolini (v) | Sauteed mushrooms (v) | Side salad (v)

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*Available from 7am till 11am

OMELETTES

Pesto (e) (d) (n) (v) - 50
Organic basil, Sun dried tomatoes, Parmesan cheese

Truffled (e) (d) (g) (v) - 50
Mushroom Omelette, Parmesan cheese, grilled sourdough

White (e) (v) - 60
Egg white omelette spinach, locale kale

POACHED EGGS

Royal (d) (e) (g) (sh) - 55
Scottish smoked salmon, poached eggs, Hollandaise sauce, English muffin

Benedict (d) (e) (g) - 55
Smoked turkey ham, poached eggs, Hollandaise sauce, English muffin

Shakshuka (e) (v) - 60
Free-range eggs baked in tomato ragout, served with Arabic bread

HOUSE FAVOURITES

Full English (d) (e) - 70
Your choice of eggs with veal bacon, sausages, grilled tomatoes, mushrooms and beans

Baked Feta (v) (d) (g) - 50
Feta cheese, bell peppers, olives, organic tomato sauce Served with pita bread and crudities

Lo+Cale Granola (n) (d) (g) (v) - 35
Homemade granola with berries and yogurt

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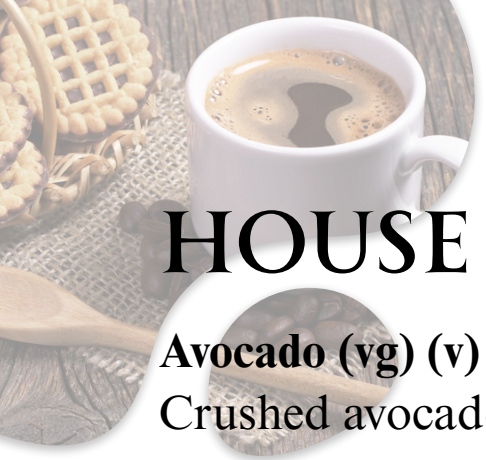

HOUSE FAVOURITES

Avocado (vg) (v) (g) - 50
Crushed avocado, heirloom toms, toasted rye loaf

Smoked Salmon (d) (e) (g) (sh) - 60
Scrambled eggs, organic spinach and multigrain loaf

Eggs Your Way (e) (g) -50
Crafted in the style of your choice, served with freshly baked bread

FROM OUR BAKER

The Basket (n) (d) (e) (g) - 40
Plain croissant, pain au chocolate, danish pastries, muffins Multigrain toast and sourdough with butter, jams and honey

French Toast (d) (e) (g) - 40
Served with caramel sauce, whipped cream and berries

Pancakes (d) (e) (g) - 40
With maple syrup, chocolate sauce or berry compote
Chocolate or Blueberries pancakes

BEVERAGES

Americano | Espresso | Decaf | Flat White - 35

Double Espresso | Latte | Cappuccino | Hot Chocolate - 34

Iced Vanilla Latte | Iced Americano - 35

French press- 35

Tea Selection - 30
English Breakfast | Sencha Green | Chamomile | Peppermint | Jasmine | Peach | Decaf Tea

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