



BREAKFAST

FLUFFY OMELET (D)(G) 3 Eggs, Spinach, Asparagus, Mushrooms, Tomato, Brown Toast	60
BREAKFAST PLATTER 2 EGGS ANY STYLE (G) Crispy Home-Made Potato, Grilled Tomato, Sautéed Mushroom, Asparagus, Toast	65
SMASHED AVOCADO TOAST (D)(G)(N) Poached Eggs, Arugula, Pine Seeds, Feta Cheese, Asparagus, Olive Oil	59
EGGS BENEDICT SMOKED SALMON (D)(G) Smoked Salmon, English Muffin, Avocado, Paprika, Hollandaise	65
EGGS BENEDICT CLASSIC (D)(G) Turkey Ham, English Muffin, Avocado Wedges, Paprika, Hollandaise	60
PERQ EGG SANDWICH (D)(G) Sour Dough Bread, Egg, Avocado, Cheese, Tomato, Mayo, served with Homemade Hash Brown Potato	55
CROISSANT SANDWICH (D)(G) Croissant, Avocado, Tomato, Baby Spinach, 1 Egg Fried, Japanese Mayo, served with Homemade Hash Brown Potato	60
BUTTERMILK PANCAKE (D)(G) Served with Blueberry Compote, Mix Berries, Vanilla Cream, Maple Syrup	55

V – VEGERTARIAN

N – NUT

G – GLUTEN

D – DAIRY

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GRANOLA BOWL WITH FRUITS (D)(G)(N)	59
Blueberries, Raspberries, Strawberry, Greek Yogurt, Walnuts, Honey, Banana, Coconut Flakes	
ACAI BOWL (N)	59
Almond Butter, Cacao Nibs, Chia Seeds, Bee Pollen, Assorted Seasonal Fruit	
MORNING FRUIT BOWL (D)	40
Seasonal Fruits and Mix Berries served with Vanilla Cream and Honey	

PASTRIES

SWEET DISPLAY	
CHOCOLATE VEGAN CAKE (G)(N)	22
Coconut cream, chocolate sponge, Rocher Glaze	
TIRAMISU (D)(G)(N)	22
Mascarpone Cream, Savoyardi Biscuit, Espresso	
BURNT CHEESECAKE (D)	22
Cream Cheese	
CARAMEL ÉCLAIR (D)(G)(N)	22
Caramelia Chocolate Cremeux	
FRAISIER (D)(G)(N)	22
Vanilla cream, strawberry jello, genoise sponge	
COCO PASSION (D)(G)(N)	22
Chocolate coconut sponge, Mango passion, dark and white chocolate lime cream	
LEMON MERINGUE TART (D)(G)(N)	22
Creamy lemon, meringue	

HOMEMADE COOKIES

ORANGE PILLOW COOKIES (D)(G)(N)	10
NUTELLA COOKIES (D)(G)(N)	10
CRINKLE COOKIES (D)(G)	10
CHOCOLATE CHIP COOKIES (D)(G)	10

VIENNOISERIES

BUTTER CROISSANT (D)(G)	15
ALMOND CROISSANT (D)(G)(N)	15
CHEESE & ZATAAR CROISSANT (D)(G)	15
PAIN SUISSE (D)(G)(N)	12
APPLE TURNOVER (D)(G)(N)	15
PISTACHIO CROISSANTS (D)(G)(N)	15

DONUTS

CHOCOLATE DONUTS (D)(G)(N)	10
CINNAMON DONUTS (D)(G)	10

CUPCAKES

CHOCOLATE CUPCAKES (D)(G)(N)	15
VANILLA CUPCAKES (D)(G)(N)	15

QUICHE

MUSHROOM & SPINACH (D)(G) 20

CHOUQUETTES 4PCS (D)(G) 8

HEALTHY CORNER

YOGURT GRANOLA (D)(G)(N) 15

YOGURT FRESH BERRY (D) 15

CAKE

AED 210 for 1 kg | AED 110 for 500g

Please order 24 hours in advance.

CARROT CAKE (G)(D)(N)

Cream Cheese Frosting, Moist Carrot Sponge, Caramelized Walnut

VANILLA MILLE FEUILLE (G)(D)

Madagascar Vanilla Cream, Caramelized Puff

FRAISIER (G)(D)(N)

Vanilla Diplomatic Cream, Genoise Sponge, Fresh Strawberry, Strawberry Coulis

CHOCOLATE CARAMEL (G)(D)(N)

Praline Chocolate Sponge, Bitter Chocolate Mousse, Salted Caramel

TIRAMISU (G)(D)(N)

Mascarpone Cream, Coffee Sponge, Crystalized Almonds

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SALADS

- CAULIFLOWER SALAD (N)(V)** 38
Rocket Leaves, Baby Spinach, Roasted Cauliflower, Pine Seeds,
Sundried Tomato, Orange Segments, Almond Flakes
Served with Orange Vinaigrette Dressing
- TRIO OF QUINOA AVOCADO SALAD (D)(G)(N)** 43
Bell Pepper, 3 Types of Quinoas, Pomegranate Seeds, Fresh Mango, Mango Dressing,
Avocado, Roasted Walnut, Lemon Zest
- KALE AND BRUSSEL SPROUT SALAD (V)(D)** 43
Parmesan Shavings, Datterino Tomato, Roasted Mushroom, Goat Cheese Mouse,
Rosemary Oil Dressing
- GREEK SALAD (V)(D)** 39
Romanian Lettuce, Tomato, Cucumber, Onion, Kalamata Black Olives, Feta Cheese
- ROASTED VEGETABLE SALAD** 39
Broccoli, Asparagus, Orange Segment, Roasted Baby Corn, Pesto Sauce, Snow Peas,
Balsamic Reduction, Roasted Almond Flakes
- Caesar Salad (D)** 55
Romaine, Parmesan Mousse, Veal Chips, Pickled Anchovies & Our Signature Caesar Dressing
Add chicken AED 20 | Add prawns AED 25

PIZZA

- MARGARITA PIZZA (D)(G)** 70
Mozzarella, Tomato Sauce, Fresh Basil
- PEPPERONI PIZZA (D)(G)** 80
Coin Slice Pepperoni, Mozzarella, Tomato Sauce
- VEGETABLE PIZZA (D)(G)** 75
Mélangeroasted Vegetable, Aborigine, Zucchini, Broccoli, Bell Pepper,
Tomato sauce, Mozzarella, Fresh Basil

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SANDWICHES

- HAM AND CHEESE SANDWICH (D)(G)** 35
Multigrain Bread, Smoked Turkey Ham, Cheddar Cheese, Mustard Mayo, Emmental Cheese on Semolina Bread, Served with Cajun Potato Chips
- SMOKED SALMON SANDWICH (D)(G)** 43
Bagel Bread, Cream Cheese, Capers, Cocktail Onion, Dill Leaves, Lollo Bionda Lettuce, Cucumber, Homemade Sour Dough, Served with Cajun Potato Chips
- ROASTED SMOKED BEEF SANDWICH (D)(G)(N)** 43
Sour Dough Bread, Brie Cheese, Iceberg Lettuce, Caramelized Onion, Horse Radish Mayo Dressing, Served with Cajun Potato Chips
- GRILLED VEGETABLES SANDWICH (D)(G)(N)** 40
Ciabatta Bread, Grilled Aubergine, Grilled Zucchini, Rocket Leaves, Sweet Spicy Tomato Tapenade, Pesto Sauce, Served with Cajun Potato Chips
- CHICKEN WRAP SANDWICH (D)(G)** 38
Flat Bread, Sliced Chicken, Roasted Red Pepper, Thin Sliced Red Onion, Jalapeno, Tomato, Gherkin and Rocket Leaves, Mustard Mayo, Served with Cajun Potato Chips
- CLUB SANDWICH (D)(G)** 48
Ciabatta Bread, Mayonnaise, Baby Jam, Tomato Slice, Fried Egg, Turkey Ham, Marinated Chicken Breast, served with Steak Fries
- HYDE BURGER (D)(G)** 85
Black Angus Beef Patty With Layer Of Cheddar Cheese, Sautéed Mushrooms & Caramelized Fried Onions In Homemade Potato Brioche Served With French Fries & Side Salad

DRINKS

HEALTHY GREEN SMOOTHIE	35
DATES & BANANA SMOOTHIE	35
SUPERFRUIT SMOOTHIE	35
STRAWBERRY & BANANA SMOOTHIE	35
CARAMEL MACCHIATO	32
MOCHACCINO	28
WHITE MOCHACCINO	28
PISTACHIO LATTE	30
TURMERIC LATTE	28
GINGER LATTE	28
PEACH LEMON ICED TEA	30
TROPICAL FRUIT ICED TEA	30
STRAWBERRY & PEACH ICED TEA	30
SHAMS PINK LEMONADE	16
SHAMS LEMON MINT	16
SHAMS ORGANIC COLA	16
KAMBUCHA STRAWBERRY & HIBISCUS	38
KAMBUCHA ORIGINAL	38
KAMBUCHA SAFFRON ROSE	38
KAMBUCHA GINGER	38

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THE PERQ

PROTEIN SHAKE MENU



SKINNY PB (VANILLA OR CHOCOLATE)
AED 42 / 500 ML
315 cal, 30g protein, 6g sugar

- Vanilla or chocolate whey protein
- Peanut butter
- Cocoa powder
- Almond milk



BASICALLY AIR
AED 42 / 500 ML
132 cal, 24g protein, 4g sugar

- Water
- Blueberries
- Vanilla whey protein



STRAW NANA
AED 42 / 500 ML
297 cal, 26g protein, 18g sugar

- Almond milk
- Strawberries
- Bananas
- Vanilla whey protein



MIX BERRIES
AED 42 / 500 ML
277 cal, 30g protein, 7g sugar

- Strawberries
- Blueberries
- Peanut butter
- Vanilla whey protein
- Almond milk



SIMPLY POWER
AED 42 / 500 ML
366 cal, 31g protein, 18g sugar

- Bananas
- Peanut butter
- Vanilla whey protein
- Almond milk



CHOCOLATE POWER
AED 42 / 500 ML
420 cal, 34g protein, 18g sugar

- Bananas
- Peanut butter
- Cocoa powder
- Chocolate whey protein
- Almond milk



NOT YO AVERAGE
AED 42 / 500 ML
249 cal, 26g protein, 17g sugar

- Bananas
- 1 shot espresso
- Vanilla whey protein
- Almond milk



MOCHALICIOUS
AED 42 / 500 ML
418 cal, 35g protein, 15g sugar

- Banana
- 1 shot espresso
- Cocoa powder
- Peanut butter
- Chocolate whey protein
- Almond milk



HYDE DATE SPECIAL
AED 42 / 500 ML
431 cal, 32g protein, 28g sugar

- Dates
- Bananas
- Cashew butter
- Vanilla whey protein
- Almond milk



PIÑA COLADA
AED 42 / 500 ML
444 cal, 32g protein, 21g sugar

- Pineapple juice
- Coconut milk
- Banana
- Vanilla whey protein