

MEZZERA



Chef's Signature Dishes

Salads

SUNSHINE 10

Tuna tataki, fennel, cucumber, red radish, green apple, wasabi mayo, citrus dressing

FITNES | GF | DF | SF

DIBBA SALAD 8

Garden kale, carrot, pickle beetroot, green apple, pumpkin seeds and ginger vinaigrette

DETOX | GF | DF | SF | VG

NOUR SALAD 10

Baby spinach, berries, walnut, date, feta, qahwa vinaigrette

FITNESS | DETOX | GF | V | CN

ZIGHY SALAD 10

Zighy garden watermelon, baby rockets, pomegranate, pecan, figs & balsamic dressing

SLEEP | DETOX | GF | DF | SF | VG | CN

RECOVERY 6

Arabic bread chips, yogurt tahini, mandarins, mango, berries, cashew, mixed seeds, mint

FITNESS | DETOX | SF | V | CN

ADD SOME PROTEIN?

100gr - Chilled cooked | Chicken | Shrimps 8

100gr - Chilled cooked | Tuna | Salmon 9

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Breads

GREEN CROSTINI 8

Crispy homemade baguette, grilled asparagus, almond lemony pesto
SLEEP | FITNESS | DF | VG | CN



JACK SLIDERS 8

Young jackfruit, onion, garlic, smoked paprika, greens, spicy tahini sauce, vegan bun
FITNESS | DF | VG |

CHICKEN CAESAR WRAP 10

Romaine lettuce, chicken, parmesan, cherry tomato, croutons, spinach wrap
FITNESS



DUNGEROUS CRAB BUNS 12

Crispy soft-shell crab, roasted garlic, chili & yuzu aioli, hokkaido bun
FITNESS

Shared



CHIPS DILEMMA 7

Corn chips & pita chips, green pea & avocado guacamole, mango salsa
SLEEP | FITNESS | DF | V

CALAMARI 10

Crispy calamari, sambal manta, lime, garden bell peppers relish
SLEEP | FITNESS

OMANIVICHE 14

Today's catch, onion, tomato, coriander, chili, lime, cucumber, coconut
FITNESS | GF | DF | SF

ZIGHY WINGS 8

Oven baked chicken wings, spicy sesame sauce, sesame seed, parmesan aioli
FITNESS



SAMBA PRAWN 16

Oven baked prawn, chilli, garlic, lime leaves, pomelo, green papaya, tamarind dressing
FITNESS | DETOX | GF | DF | SF

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Pizzas

MARGHERITA 9

Tomato, basil, Oregano, mozzarella

SLEEP | FITNESS | V

QUATTRO FORMAGI 9

Taleggio, brie, blue, cheddar cheese

FITNESS | V |

ZIGHY'S NORMA 9

Olives, eggplant, cherry tomato, fresh rockets, vegan mozzarella

SLEEP | FITNESS | DF | VG



SUJUK DIAVOLA 10

Arabian lamb sausages, peppers, olives, spicy jalapeno sauce

FITNESS

QUATTRO STAGIONI 10

Mushroom, artichoke, olives, veal ham

FITNESS



CHICKEN TIKKA 11

Chicken tikka, onion, green chilli, coriander, mint chutney

FITNESS

SEAFOOD MARINARA 14

Prawns, fish, mussels, kalamata olives, basil

FITNESS

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The sweet side

TIRAMISU

7

Lady fingers sponge, coffee syrup, mascarpone mousse, cantucci, port wine

FITNESS | DETOX | CN | CONTAINS ALCOHOL

LEMON DESSERT

7

Lemon mousse, frozen lemon crumble, lime jelly, green apple basil sorbet

FITNESS | DETOX

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KIDS-APPROVED!

Specially curated for our juniors from 0- 6 years old – Lunch is on us!!!

Tasty stuff

FISH STRIPS 6

Breaded crispy fish, cocktail sauce

SLEEP | FITNESS | DF

HOTDOG 7

Grilled chicken sausage, sweet bun, magic sauce

FITNESS

Healthy Monsters

VEGAN NACHOS 6

Feels like real, corn chips, vegan cream, tomato salsa

SLEEP | DETOX | GF | DF | SF | VG

CRUNCHY 6

Raw vegetable strips, dragon yogurt & lemon dip

SLEEP | DETOX | GF | SF | V

Petites Pizzas

MARGHERITA 6

Tomato, basil, oregano, mozzarella

SLEEP | FITNESS | V

CHICKEN “QUESADILLA” 6

Folded pizza, roasted chicken, bell peppers, avocado & tomato

SLEEP | FITNESS

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Wine By the Glass

NEDERBURG CHARDONNAY, Western Cape South Africa	7.00
CAVALIERE D ORO GABBIANO PINOT GRIGIO, Veneto, Italy	7.50
SEA CHANGE SAUVIGNON BLANC, Languedoc, France	7.50
SEA CHANGE ROSE, SYRAH, Languedoc, France	7.00

Cocktails

T&C SOUR	6.00
Tequila, campari, grapefruit juice, lemon juice, house-made syrup, house-made grapefruit tincture	
DARK & STORMY	6.00
Dark Rum, house-made Ginger juice, Lemonade, Ginger bitter	
WASABIRINHA	6.00
White Rum, house-made Wasabi syrup, Lime juice	
MINTED BREEZE	6.00
Vodka, Limoncello, Lemon juice, house-made Mint syrup, Mint leaves, Lemon tincture	
PASSION MARTINI	6.00
Vodka, peach schnapps, passion fruit, lemon, sugar	
BUTTERFLY SENSES	6.00
Butterfly Pea flower-infused Gin, house-made Butterfly Pea flower syrup, Lemon juice, Aquafaba	

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Mocktails

AQUARIUS Mint, lime, brown sugar, ginger ale	3.50
ZIGHY SUMMER COLLINS Orange, mango, lime, strawberry purée	3.50
GINGER LIFTER Pineapple, mint, ginger	3.50
WHITE SAND BEACH Banana, coconut, pineapple, honey, yoghurt	3.50
PASSIONATE Basil, passion fruit, orange, honey	3.50

Healthy Living Refreshers

PINK PINEAPPLE Grapefruit juice, pineapple, lemon juice, grenadine, strawberry & pineapple kombucha	5.00
BEET HYPE Beetroot, pineapple, lemon juice, cinnamon, strawberry & pineapple kombucha	5.00
LIVING BELPEPPER Bell pepper & celery syrup, orange juice, tabasco sauce, apple & elderflower kombucha	5.00
BERRY DANCE Black berry, blueberry, fresh lime, lemon juice, apple cider vinegar, blueberry & ginger kombucha	5.00

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Beers

HEINEKEN, THE NETHERLANDS	4.00
TIGER, SINGAPORE	4.00
SOL, MEXICO	4.00
CORONA, MEXICO	4.00
STELLA ARTOISE, BELGIUM	5.00
PERONI, ITALY	5.00

Iced Teas

2.70

MINT
BIG APPLE
LEMON
PEACH

Iced Coffees

2.70

CHOCOLATE
VANILLA

Juices

2.70

Organic juices of selected and perfectly ripe fruits with authentic flavors; experience the pleasure of a fruit eaten at full maturity

ORANGE
MANGO
PINEAPPLE
WATERMELON

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Smoothies 3.70

All smoothies contain yoghurt and honey

BANANA

MANGO

DATES

MIX BERRIES

Milkshakes 3.70

VANILLA

STRAWBERRY

CHOCOLATE

Selection of Kombucha 3.50

APPLE & ELDERFLOWER

STRAWBERRY & PINEAPPLE

GINGER & YAZU

BLUEBERRY & GINGER

Hip Pop Living Soda 3.50

GINGER & TUMERIC

Soft Drinks 1.80

COCA COLA

COCA COLA LIGHT

FANTA

SPRITE

GINGER ALE

SODA WATER

TONIC WATER

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