



HEAT

HEALTHY EATS & TREATS

800-(EAT) 328



[G]: Contains Glut (VG): Vegan (N): Contains Nuts (S): Contains Seafood or Shellfish (D): Contains Dairy

ALL PRICES ARE INCLUSIVE OF 5% VAT



Discover the Art of Healthy Eating
Well at Our Restaurant

TOASTIES

(Choice of toast multi seed, brown sourdough or sourdough)

CREAM CHEESE BERRY ALMOND FLAKES (G/D/N)	AED 24.00
PB & B WITH CINNAMON (G)	AED 24.00
SMASHED AVOCADO WITH CHILI FLAKES & LIME (G)	AED 24.00
SOFT EGG OMELETTE WITH MASH AVOCADO & SPRING ONIONS (G)	AED 30.00
AVOCADO TOMATO BASIL WITH LOW-FAT FETA CHEESE (G/D)	AED 24.00
AVOCADO BACON EGG, MILD HOT SAUCE (G/D)	AED 30.00
SMOKE SALMON TOAST (G/D)	AED 34.00

CHEF'S SPECIAL

CAULI MOUTABEL (D/G)	AED 24.00
(Choice of any 2 toast multi seed, brown sourdough or sourdough)	
HEAT BOWL	AED 57.00
(Beef Pattie, white or brown rice, cucumber, onion, Chili flakes, BBQ or Spicy BBQ or yoghurt)	
FISH CAKE WITH ROCKET SALAD & CILANTRO LIME SAUCE	AED 34.00

SALADS

QUINOA & AVOCADO	AED 38.00
(Sliced cucumber, orange segments, pomegranate, fresh spinach, cherry tomato, cilantro lime dressing.)	
CAESAR SALAD WITH BOILED EGG (S/G/D)	AED 28.00
(Romaine lettuce, boiled egg, turkey bacon, parmesan, skinny Caesar dressing, garlic croutons)	
COBB SALAD (D)	AED 36.00
(Romaine lettuce, hard boiled eggs, avocado, turkey bacon, mix cherry tomatoes, reduced fat feta cheese, baby spinach, choice of sauce)	
SUPER HARVEST SALAD (D)	AED 34.00
(Sweet potato, Beetroot, Kale, Cucumber, Edamame, Cherry tomato, Avocado, Mix seeds with Creamy Balsamic Dressing)	
SMOKED SALMON AVOCADO SALAD WITH POACHED EGG (S)	AED 52.00
(With Mix lettuce, red cherry tomato, Capers, Dill, choice of sauce)	
GRILLED SALMON AVOCADO BOWL WITH MIX SALAD (S)	AED 68.00
(With mix lettuce, Lemon wedge, red cherry tomato, choice of sauce)	
CAULIFLOWER SALAD WITH DYNAMITE DRESSING (D/CE)	AED 32.00
(with small Roasted Cauliflower, cucumber, celery, parsley, feta cheese & pomegranate.)	
REFRESHING FATTOUSH SALAD (G)	AED 25.00
(Romaine lettuce, tomato, red onion, cucumber, green capsicum, mint, red radish, dressing & fried croutons)	

WRAPS

(Choice of spinach- wheat - whole wheat - protein - plain tortilla)

CHICKEN BACON CILANTRO WRAP (G/D)	AED 38.00
BUFFALO CHICKEN WRAP (G/D)	AED 38.00
SWEET & SOUR VEGAN WRAP (G/D)	AED 34.00
SHRIMPS FAJITA WRAP (G/D)	AED 42.00
SPICED CLASSIC BEEF WRAP (G/D)	AED 42.00
SPINACH & MUSHROOM CHEESE WRAP (G/D)	AED 34.00
EGG & AVOCADO WRAP (G/D)	AED 34.00
EGG WHITE & TURKEY BIT WRAP (G/D)	AED 34.00

***Whole wheat or Protein tortilla extra 3 AED**

SOFT TACOS

(All the tacos will be served choice of flour or corn tortillas & topped with taco sauce)

SHRIMP TACOS (D/S)	AED 47.00
(Two grilled shrimp tacos topped with white cabbage slaw and Pico de Gallo.)	
CHICKEN TACOS (D)	AED 43.00
(Two chicken tacos, grilled corn from the cob topped with mix slaw and Pico de Gallo.)	
BBQ BEEF TACOS (D)	AED 47.00
(Two ground BBQ beef tacos mixed with reduced fat cheese, mix slaw and Pico de Gallo.)	
SPICED SEABASS TACOS (D/S)	AED 47.00
(Two grilled spiced sea bass tacos topped with white cabbage slaw and Pico de Gallo.)	
VEG BITE TACOS (D)	AED 43.00
(Two vegan mince tacos Asian style, grilled corn from the cob topped with white cabbage slaw and Pico de Gallo.)	
CLASSIC VEGAN (CE)	AED 28.00
(Vegan mince, red capsicum, white onion, celery, tomato sauce)	
CHICKEN ALFREDO (D)	AED 38.00
(Chicken breast, button mushrooms, parmesan, garlic, scallions, low fat cream)	
SHRIMP ARABIATA (S)	AED 45.00
(Sauté shrimp, garlic, onions, cherry tomatoes, chili flakes, tomato sauce)	
BOLOGNESE	AED 45.00
(Tomato sauce and lean beef mince)	

HEAT GRILL

[Peri Peri, Caribbean, Fajita, Herb Butter, Mild Seasoning and Grills Served with Rocket Salad]

[Mentioned grammage is before cooking]

GRILLED CHICKEN 300G AED 45.00

GRILLED SALMON 200G AED 55.00

SIRLOIN STEAK 200G AED 49.00

GRILLED SALMON MASHED AVOCADO AED 65.00

GRILLED SEABASS 200G AED 45.00

CHARGRILL OCTOPUS (D/S) AED 59.00

[with red pepper chimichurri & mild hot sauce]

MEAT MELTS

[With reduced fat Cheddar cheese]

[Choice of sauce honey mustard or BBQ or Spicy BBQ]

CHICKEN MELT (D) AED 55.00

LEAN BEEF MELT (D) AED 59.00

MIX MEAT MELT CHICKEN & LEAN BEEF (D) AED 59.00

FAJITA PLATTERS

[Cajun with Mix peppers, onion, coriander, lime wedge, Corn cob, iceberg, Rice white or brown or cauli rice]

BEEF AED 58.00 | CHICKEN AED 47.00 | SHRIMPS AED 60.00

ASIAN STYLE RICE BOWL

[Homemade Oyster or Gluten Free Teriyaki Sauce with Bell Pepper, Spring Onions. Brown Or White or Cauliflower Rice]

BEEF AED 56.00 | CHICKEN AED 45.00 | SHRIMPS AED 58.00

SALMON AED 59.00 | VEGGIES AED 43.00 | BEEF PATTY..... AED 49.00

ASIAN STYLE LETTUCE CUPS

[Homemade Oyster or Gluten Free Teriyaki Sauce with Bell Pepper, Spring Onions Iceberg lettuce cups]

BEEF AED 72.00 | CHICKEN AED 54.00 | SHRIMPS AED 74.00

BEEF PATTY AED 74.00

SAUCES

Low Fat Mushroom Sauce • Fat Free Tomato Salsa • Homemade Teriyaki • Fat Free Honey Mustard • Spicy Bbq • Fat Free Balsamic Lemon • Creamy Balsamic • Cilantro Lime • Honey Mustard Pickles • Mild Hot Sauce• BBQ Sauce

AED 6.00

SIDES

White Rice • Brown Rice • Cauli Rice • Quinoa • Mushroom & Onion • Potato Wedges • Sweet Potato • Broccoli • Sautéed Spinach • Mashed Potato • Creamy Mashed Potato • Crushed Carrot & Potato • Asparagus Jumbo • Slice Avocado • Mashed Avocado • Guacamole • Brussel Sprouts • Edamame • Green Salad.

AED 9.00

LOW CARB PIZZA

[Our legendary pizza base is made with cauliflower, cheese and egg. All our pizzas are gluten free and low in carbohydrates.]

SHRIMP & JALAPENO (S/D) AED 60.00

[Grilled shrimps, onions and jalapenos, rocket leaves, mozzarella cheese, tomato base]

OH, MY VEGGIES (D) AED 56.00

[Zucchini, mushroom, onion rings, red bell pepper, green olives, Mozzarella cheese, tomato base, fresh basil]

HAWAIIAN DIVOLA (D) AED 60.00

[Pepperoni slice, pineapple slice, rosemary, mozzarella cheese, tomato base.]

BBQ CHICKEN (D) AED 58.00

[Grilled chicken, grilled onions, pineapple, mozzarella cheese, BBQ sauce base.]

EXTRA TOPPING AED 3.00

[Onion * Tomato * Jalapeno * Extra cheese * Bell peppers * Olives slices * Mushrooms * Pineapple * Zucchini]

[Beef Pepperoni + 6 AED]

MEXICAN TWIST

[Buffalo sauce with bell peppers, spring onion, brown, white, cauli rice or lettuce cup]

BUFFALO CHICKEN RICE BOWL AED 45.00

BUFFALO CHICKEN LETTUCE WRAP AED 54.00

BURGERS

(Served with choice of roasted potato, sweet potato or green salad)

SPICY GRILLED SALMON BURGER (G) AED 54.00
(Grilled Norwegian salmon fillet, lettuce, onion, tomato and spicy BBQ sauce, whole wheat bun)

HONEY MUSTARD CHICKEN BURGER (G) AED 47.00
(Grilled chicken breast, lettuce, onion, tomato and fat free honey mustard pickle sauce, whole wheat bun)

BBQ BEEF BURGER (G/D) AED 49.00
(Grilled lean beef patty, lettuce, onion, tomato, BBQ sauce and reduced fat mayo, whole wheat bun)

HEAT FUTURE BURGER (VG/G) AED 45.00
(Grilled Plant based vegan patty, honey mustard pickle sauce, Iceberg lettuce, tomato, guacamole, whole wheat bun)

CLUB SANDWICH (G/D) AED 39.00
(Multi seed toast, Iceberg lettuce, tomato, chicken, fried egg, bacon, mild hot sauce)

***Any substitution of sides will incur an additional price of 3 AED.**

KIDS AT HEART

CHEESE QUESADILLA (G/D) AED 32.00
(With melted reduced fat cheddar cheese, served with Tomato salsa and low-fat sour cream)

CHICKEN QUESADILLA (G/D) AED 42.00
(With Chicken & melted reduced fat cheddar cheese, served with Tomato salsa and low-fat sour cream)

MINI MARGARITA TOAST PIZZA (G/D) AED 24.00
(Sourdough Toast with Tomato sauce, mozzarella, oregano)

MEAT SLIDER (G/D) AED 29.00
(1 chicken or lean beef slider with lettuce, tomato and onion, on whole meal bun with low fat mayo served with mash potato or Steamed broccoli)

PB & J BANANA WRAP (G/N) AED 24.00
(All natural, no sugar added smooth peanut butter, no sugar added blueberry jam and banana wrapped in a soft tortilla)

CLASSIC PANCAKES 2PC (G/D/N) AED 24.00
(With strawberry & banana slice, honey or maple or peanut butter)

OATS & EGG WHITE PANCAKES 2PC (G/D/N) AED 24.00
(With strawberry & banana slice, honey or maple or peanut butter)

OPEN DAY MEALS

ORIGINAL SMASHED BURGER (G/D) AED 42.00

SIGNATURE SMASHED BURGER (G/D) AED 42.00

FRENCH FRIES AED 10.00

ALL DAY BREAKFAST

LOW CARB B-FAST PLATTER AED 39.00
(2 Eggs any style with 3 sides)

(A) Grilled Zucchini | Asparagus | Mushroom

(B) Baby Spinach | Mix lettuce | Arugula

(C) Carrot | Cucumber | Avocado

SCRAMBLED EGG & AVO BURGER (G/D) AED 34.00
(with 2 eggs scramble, Multiseed Bun or Whole meal bun, mild hot sauce, avocado slice, grilled onion)

OATS & EGG WHITES PANCAKE (G) AED 34.00
(Pancakes made using only egg whites, oats and cinnamon. Sweetener with Splenda. Served with maple syrup or honey)

CHUNKY PANCAKES CLASSIC/OATS(G/D/N) AED 49/56.00
(3 pancakes layered with all natural, no sugar added chunky peanut butter, banana or strawberry Served with your choice of maple syrup or honey)

CLASSIC PANCAKES & EGGS (G/D) AED 34.00
(2 extra light pancakes and 3 eggs any style Served with maple syrup or honey)

5 EGG WHITE OMELETTE (G) AED 39.00
(5 egg whites with chopped mushrooms, zucchini and bell peppers Served with 2 strip of turkey bacon and 2 whole wheat toast)

CALIFORNIA OMELETTE (G/D) AED 42.00
(2 egg omelet with tomatoes, mushrooms, spring onions, reduced fat cheddar cheese, sliced avocado and served with low fat sour cream and 1 whole wheat toast)

EGGS BENEDICT (S/G/D) AED 45.00
(English muffin topped with smoked salmon, runny poached eggs, reduced calorie hollandaise and a dash of smoked paprika)

BODYBUILDERS BREAKFAST (D) AED 59.00
(Sirloin (200g) cooked to order and 3 eggs any style with mushroom sauce)

CHEESE & EGG WHITE SLIDER (G/D) AED 28.00
(Melted reduced fat cheddar cheese and egg whites on a whole meal slider bun)

OATMEAL (G/D/N) AED 25.00
(Cooked with your choice of milk or water, topped with almond flakes and no sugar added blueberry jam. Made with Splenda, Add almond or soy milk **(Extra 3 AED)**)

EGG MUFFIN (G/D) AED 25.00
(English muffin filled with baked omelette, baby spinach and reduced fat feta cheese.)

FRUIT PLATTER AED 30.00
(Sliced orange, kiwi, banana, apple and strawberry)

ACAI BOWL (G/D/N) AED 49.00
(Acai berry puree, low fat milk or almond milk, topped with banana, strawberry, kiwi, blueberry, almond flakes & granola)

ANY2 AED 34.00 | **ANY3** AED 39.00 | **ANY4** AED 44.00

OVERNIGHT OATS (G/D/N) AED 22.00
(with low fat milk, chia seeds, mix apple, honey)
(Choice of topping strawberry - blueberry - granola - peanut butter)

CREATE YOUR OWN BOWL

PROTEIN

Choose one

BEEF STRIPLOIN

GRAM	KCAL	
100 g	148	AED 28.00
150 g	222	AED 39.00
200 g	296	AED 48.00

LEAN BEEF PATTY

GRAM	KCAL	
70 g	175	AED 28.00
140 g	350	AED 39.00
280 g	711	AED 48.00

CHICKEN BREAST

GRAM	KCAL	
100 g	151	AED 16.00
150 g	246	AED 22.00
200 g	280	AED 28.00

SALMON

GRAM	KCAL	
100 g	139	AED 29.00
150 g	257	AED 39.00
200 g	284	AED 49.00

SEABASS

GRAM	KCAL	
100 g	82	AED 20.00
150 g	125	AED 28.00
200 g	180	AED 38.00

SHRIMPS

GRAM	KCAL	
100 g	99	AED 32.00
150 g	159	AED 42.00
200 g	212	AED 52.00

BOILED EGG

GRAM	KCAL	
1 Pc	78	AED 6.00
2 Pcs	156	AED 10.00
3 Pcs	234	AED 14.00

TOFU

GRAM	KCAL	
100 g	76	AED 23.00
150 g	114	AED 28.00
200 g	152	AED 32.00

CARBOHYDRATES

Choose one

BROWN RICE

GRAM	KCAL	
100 g	117	AED 7.00
150 g	166	AED 9.00
200 g	231	AED 11.00

WHITE RICE

GRAM	KCAL	
100 g	130	AED 5.00
150 g	181	AED 7.00
200 g	238	AED 9.00

QUINOA

GRAM	KCAL	
100 g	119	AED 9.00
150 g	179	AED 11.00
200 g	239	AED 13.00

POTATO

GRAM	KCAL	
100 g	103	AED 5.00
150 g	110	AED 7.00
200 g	206	AED 9.00

SWEET POTATO

GRAM	KCAL	
100 g	90	AED 7.00
150 g	114	AED 9.00
200 g	180	AED 11.00

FIBER

Choose one

NAME	GRAM	KCAL	
Cauli Rice	50 g	15	AED 7.00
Asparagus	30 g	19	AED 7.00
Broccoli	50 g	15	AED 7.00
Green Salad	50 g	19	AED 7.00
Dice Peppers	50 g	13	AED 7.00

RICH IN FIBER

Choose one

NAME	GRAM	KCAL	
Avocado	50 g	80	AED 7.00
Strawberry	50 g	16	AED 7.00
Green apple	50 g	26	AED 7.00
Kiwi	50 g	31	AED 7.00
Blueberry	50 g	28	AED 7.00
Pineapple	50 g	25	AED 7.00

SAUCES

Choose one

NAME	
Low fat mushroom sauce	AED 7.00
Fat free Salsa	AED 7.00
Cilantro lime	AED 7.00
Creamy balsamic dressing	AED 7.00
Fat free honey mustard	AED 7.00
Spicy BBQ	AED 7.00
Fat free balsamic vinegar	AED 7.00

TREATS

BLUEBERRY CHEESECAKE (D/G) AED 35.00

(Homemade, no bake cheesecake topped with no sugar added blueberry jam.)

LIGHT WHEY PROTEIN ICE CREAM (D) AED 29.00

(Chocolate / Vanilla / Caramel / Strawberry)

COFFEES & TEAS

ESPRESSO AED 18.00

DOPPIO AED 22.00

PICCOLO AED 22.00

AMERICANO AED 20.00

FLAT WHITE AED 25.00

LATTE AED 20.00

CAPPUCCINO AED 20.00

HOT CHOCOLATE AED 20.00

MOCHA LATTE AED 22.00

TEA AED 10.00

(Green tea / Green tea with mint / Chamomile / English breakfast)

ICED TEA AED 13.00

(Plain / Lemon / Green)

GREEN COLA

GREEN COLA AED 12.00

GREEN ORANGE AED 12.00

GREEN SOUR CHERRY AED 12.00

GREEN LEMON LIME AED 12.00

GREEN MOCKTAIL MOJITO AED 12.00

HEALTHY DETOX

LEMON & MINT AED 25.00

(Refreshing summer drink to detox your palate)

POWER HOUSE 5 IN 1 AED 27.00

(Welcome dose of energy made with beetroot, carrot, orange, turmeric & lemon)

VITAMIN RICH SUPER GREEN AED 27.00

(Indeed a cleansing detoxifying drink with spinach, ginger, lime & red apples)

CUCUMBER MINT DETOX AED 25.00

(Rich in antioxidant made with cucumber, mint & lemon.)

GLUTEN FREE MUFFINS (D) AED 19.00

(Gluten free muffins, assorted flavors.)

DARK CHOCOLATE BROWNIE (D) AED 25.00

(65% healthy dark chocolate)

DRINKS

ARWA WATER AED 8.00

DIET SODA AED 10.00

(Coke / Coke Light / Coke zero / Diet sprite)

FRESH ORANGE JUICE AED 21/28.00

GREEN APPLE JUICE AED 21/28.00

PERRIER AED 15.00

COCONUT WATER AED 18.00

THE HOLY SHOT AED 6.00

(Ginger, green apple, lemongrass, turmeric)

SMOOTHIES

(Create Your Own Smoothie)

ANY 2 AED 20.00

ANY 3 AED 28.00

ANY 4 AED 34.00

BASE

Milk / almond milk / soy milk / low fat yoghurt

INGREDIENTS

(Avocado, banana, cucumber, green apple, strawberry, dates, honey, mint leaves, kale, kiwi)

STRAWBERRY AND BANANA (V/GF) AED 28.00

AVOCADO AND HONEY (V/GF) AED 28.00

DATES AND ALMONDS (V/GF) AED 28.00



HEAT is the first healthy restaurant
to start in Dubai Est 2013.

HEAT is entirely committed to
serving and fulfilling Keto, Atkins,
Vegetarian, and Vegan Diets.