

CAFÉ de PALMA

FITNESS MENU
powered by palma

Eat well. Move more. Feel good.

Fuel your day with protein-rich dishes, wholesome meals and feel-good drinks, created for Dubai Fitness Challenge.

October 31 – November 29

— — — — — *palma 30×30 fuel challenge* — — — — —

Every healthy choice deserves a little reward! Order anything from our Fitness Menu, collect stamps and unlock a new reward.

FIRST BOOST

complimentary protein shake on next visit

FULL CHARGE

AED 500 on your Palma Rewards account

orders track



POWER UP

complimentary Fitness Menu course on next visit

PALMA CHAMPION

AED 1000 on your Palma Rewards account

FITNESS MENU

kcal / fat / carbs / protein

MORNING ENERGY

Green farmer's omelet 348 / 27 / 7 / 20

55

with spinach, ricotta, arugula & sundried cherry tomatoes

Breakfast protein wrap 447 / 21 / 34 / 24

55

with scramble eggs, pastrami, avocado, spinach, tomato, mozzarella & light yogurt sauce

AFTERNOON FUEL

Warm lentil salad 429 / 22 / 45 / 18

65

with roasted pumpkin, cherry tomato, spinach, cucumber, feta, herbs, pumpkin seeds, lemon-dijon dressing

Green power bowl 533 / 23 / 42 / 44

65

green buckwheat, avocado, edamame, cucumber, broccoli, spinach, grilled chicken,egg, lemon-tahini yogurt

(gluten-free) **Golden turkey schnitzel** 697 / 29 / 69 / 46

79

served with apple-cabbage slaw salad & lemon dressing

SWEET FUEL

Raspberry glow chia 277 / 19 / 24 / 4

35

chia seeds, coconut milk, raspberry pure, raspberry

(sugar-free) **Energy bar** 365 / 28 / 28 / 7

20

PROTEIN SHAKES		—	—	—	—	—	—	—	—	—	—	—
	Go nuts 421 / 18 / 28 / 42											
	peanut butter, granola, milk, protein											
	Pump(kin) it 409 / 20 / 32 / 26											
	tahini, mango, pumkin seeds, coconut water, protein											
	Fig me up 360 / 16 / 38 / 24											
	figs, cashew, coconut water, protein											
L	—	—	—	—	—	—	—	—	—	—	—	L