



Seven
seeds

BUSINESS LUNCH | MENU 1

Monday to Friday from 12:00pm – 04:00pm

SOUP OR SALAD OR HOT APPETIZER

Mushroom Espresso (MI, G)

Bread Croutons | Truffle Foam | Mushroom Dust

Tom Yum Goong (CR, F)

Cherry Tomato | Galangal | Hot and Sour Thai Soup |
Lime Leaves | Mushrooms | Onions | Prawns

Classic Caesar Salad (MI, E, F)

Anchovies | Baby Gem Lettuce | Boiled Egg | Caesar
Dressing | Croutons | Parmesan Cheese | Veal Bacon

Keto Chicken Salad (E, MI)

Avocado | Blue Cheese | Boiled Egg | Cherry Tomato |
Cucumber | Honey Mustard Dressing | Mixed Lettuce |
Slow Cooked Chicken | Veal Bacon Strips

Chicken Satay (T, SS, G)

Peanut Butter Sauce | Asian Greens | Cucumber
Pickle | Fried Vermicelli Noodles

Crab Cake (S, D, E)

Sweet Chili Sauce | Avocado Puree

Spicy Garlic Edamame

Mexican Seasoning | Golden Fried Garlic

MAIN COURSE

Triple Decker Club (G, MI, E)

Cheese | Crispy Veal Bacon | Dijonnaise | Fried Egg |
Fries | Lettuce | Slow Cooked Chicken Breast | Tomato
| Fruit Slaw

Pizza Margherita (MI, G)

Basil Oil | Mozzarella Cheese | Tomato Sauce

Spinach Tagliatelle Carbonara (E, MI)

Crispy Veal Bacon | Egg Yolk | Parmesan Cheese |
Cream Sauce | Garlic Bread

Australian M-5 Beef Medallion (MI)

Creamy Mashed Potato | Mushroom Ragout | Natural
Jus

Sweet and Sour (T)

Chicken OR Fish (F)
Egg Fried Rice | Cashew Nuts | Pineapple | Spring
Onion

Pan Seared Salmon (F)

Asparagus | Baby Carrots | Pea Puree | Shimeji
Mushroom

Baby Chicken Chasseur (MI)

Scoop of Mashed Potato | Half Roast Chicken |
Chasseur Sauce | Rocket Leaves

DESSERTS

Keto Blueberry Cheesecake (MI, G)

Blueberry Compote | Fresh Berries

Mango and Chia Seeds Bowl (T, MI)

Cardamom Dust | Karak Cream | Agave Peanut Butter

Vanilla Crème Brûlée (MI)

Fresh Berries | Vanilla Flavored Brûlée

Italian Traditional Tiramisu (E, MI)

A Traditional Italian Coffee Flavored Dessert with Fresh
Mascarpone and Cocoa

Seasonal Fruit Platter

Tea/Coffee/Water/Chilled Juice/Soft Drinks

1-Course at AED 59 | 2-Courses at AED 79 | 3-Courses at AED 99

Allergens (D) Dairy; (G) Gluten; (F) Fish; (N) Nuts; (V) Vegetarian; (S) Seafood; (SS) Sesame Seed
All prices are inclusive of 7% Municipality Fees 10% Service Charge and 5% VAT



Seven
seeds

BUSINESS LUNCH | MENU 2

Monday to Friday from 12:00pm - 04:00pm

SOUP OR SALAD OR HOT APPETIZER

Minestrone Soup (MI)

Pesto | Vegetables | White Beans

French Onion Soup (MI, G)

Gruyère | Brioche

Greek Village (MI, SD)

Tomatoes | Cucumber | Onion | Green Peppers |
Greek Feta Cheese | Kalamata Olives | Oregano &
Olive Oil Vinaigrette

Seven Seeds "Healthy" Salad (E, SS, T)

Asparagus | Baby Spinach | Broccoli | Cherry Tomato
| Pumpkin Seeds | Quinoa | Roasted Pumpkin | Soft
Boiled Egg

Dynamite Rock Shrimps (G, SD, CR)

Iceberg Slaw | Chili Mayonnaise | Sakura Bouquet |
Sesame Seeds

Steamed Assorted Traditional Dim Sum (G,

F, CR, SS)

Sweet Chili Sauce | Chili Lime Soya | Chicken | Shrimp
| Vegetable

BBQ Chicken Wings (G, SS)

BBQ Sauce | Sesame Seeds | Spring Onion

MAIN COURSE

Cajun Chicken Wrap (G)

Cajun Chicken Strips | Spinach Tortilla Bread |
Romaine Lettuce | Cucumber | French Fries | Mexican
Dips

Pizza Pepperoni (MI, G)

Beef Pepperoni | Mozzarella Cheese | Tomato Sauce

Risotto ai Funghi (MI, G)

Black Truffle | Button Mushroom | Shimeji Mushroom |
Oyster Mushroom | Garlic Bread

Nasi Goreng (CR, SS, T, E)

Fried Egg | Chicken Satay | Prawn Crackers | Chili
Dipping | Peanut Butter

Mediterranean Seabass (F, SD)

Artichoke | Basil Infused Tomato Ragout | Pan Seared
Seabass | Pitted Olives | Scallions

Mild Butter Chicken Masala (T, MI, SD)

Saffron Rice | Raita | Pickle | Masala Pappad

Daoud Basha (T, G)

Lamb Meatballs in Tomato Sauce | Vermicelli Rice

Australian Lamb Chops (MI)

Creamy Mashed Potato | Mushroom Ragout |
Rosemary Sauce

DESSERTS

Jaggery Pudding (MI, G)

Coconut Ice Cream | Palm Sugar Consommé | Dark
Chocolate Crumble

White Chocolate and Raspberry Panna

Cotta (MI, G, E, T)

Dark Chocolate Caviar | Raspberry Consommé | White
Chocolate Crispy | Almond Biscotti

Chocolate Lava Cake (MI, G)

Served Hot with Vanilla Ice Cream

Seasonal Fruit Platter

Tea/Coffee/Water/Chilled Juice/Soft
Drinks

1-Course at AED 59 | 2-Courses at AED 79 | 3-Courses at AED 99

Allergens (D) Dairy; (G) Gluten; (F) Fish; (N) Nuts; (V) Vegetarian; (S) Seafood; (SS) Sesame Seed
All prices are inclusive of 7% Municipality Fees 10% Service Charge and 5% VAT