

# A LA CARTE

From 12:00 pm to 09:30 pm

WIFI : comptoir guest : comptoir102

## All day & sharing

### 102'S MEZZE PLATTER - 58

3 dips on the platter..., Mutabal, Hummus, Guacamole. Served with our home made parathas. Perfect for sharing!

### AVO' CLUB - 68,5

Sliced avocado with miso, cashew sauce, olive oil on homemade toasted bread, topped with 2 organic poached eggs.

### MUSHROOMS TOASTS WITH POACHED EGGS - 68,5

Sauteed mushrooms on homemade toasted bread, topped with 2 organic poached eggs.

### HALLOUMI TOAST - 68,5

Homemade toasted bread, halloumi, tomato, cucumber, radish, coriander, black olives, spring onion, homemade pesto.

### SEAWEED PESTO - 63

Hijiki marinated in sesame oil, served with homemade guacamole and raw flaxseeds crackers.

### AVOCADO CROSTINI - 68,5

Toasted homemade bread topped with cashew sauce, homemade guacamole, cucumber and a roquette salad.

### PUMPKIN TOAST - 58

Toasted date bread topped with homemade cashew sauce, savoury pumpkin, toasted pumpkin seeds, walnuts and sage.

### VEGAN NUTCHEESE PLATE - 52,5

Homemade cumin and chives nut cheeses. Served with homemade fig paste, homemade organic bread and dates bread.

### SHAKSHUKA OUR STYLE - 68,5

3 fried organic eggs on a bed of roquette with red and green tomatoes, mixed peppers, topped with sliced avocado, peas and feta cheese.

### VEGAN SCRAMBLED EGGS (chickpeas) - 68,5

Homemade from chickpeas mylk, served on a toasted bagel, with our vegan mayo, tomato and sliced avocado.

## salad bowls

### TUNA GREEN SALAD - 68,5

Tuna, celery, cucumber, avocado, parsley, spring onion, nori, sunflower and pumpkin seeds, homemade gomasio.

### COMPTOIR 102 GREEN SALAD - 63

A bowl full of vitamins: mixed greens, avocado, cucumber, fennel, walnut, parsley, spring onions, sunflower, pumpkin seeds, flax seeds, homemade gomasio, lemon and olive oil.

### WATERMELON AND FETA SALAD - 58

Fresh mix of watermelon, feta and mint, topped with sunflower and pumpkin seeds, olive oil.

### PROTEIN POWER BOWL - 68,5

Quinoa, fried turmeric organic egg, homemade pesto, sauted kale, avocado, cucumber and fresh herbs.

### QUINOA NORI - 68,5

Quinoa Nori Salad with raw cashew and rosemary sauce mixed with avocado, tomato, sesame and ginger. Topped with a delicious nori raw sauce.

### HALLOUMI SALAD - 68,5

Grilled halloumi on a mix of salads, brussels sprouts, beef tomatoes, cucumber, radish, black olives, topped with spring onions and pine nuts, with a basil pesto dressing.

### THE HEALTY CAESAR - 68,50

A mix of kale and salads, dressed with our homemade cashew based caesar dressing mixed with anchovies. Topped with tender strips of grilled chicken breast, radish, chives, parmesan and homemade croutons.

## Pita, bagel & co...

### TUNA PITA - 68,5

Whole wheat fresh pita bread with tuna, tomato, cucumber, avocado, spring onions, and tahini dressing.

### FETA PITA - 58

Whole wheat fresh pita bread with feta, tomato, cucumber, avocado, spring onions and tahini dressing.

### WALNUT PITA - 52,5

Whole wheat fresh pita bread with crushed walnuts, tomato, cucumber, avocado, spring onions and tahini dressing.

### GRILLED VEGETABLE SANDWICH - 52,5

Homemade bread, with grilled zucchini and eggplant, tomato, spinach, mushroom and tahini. (Option: poached egg + 6,5)

### TOASTED NEW YORK BAGEL - 58

Toasted fresh bagel with sauted kale, fresh cucumber, homemade vegan cream cheese sauce and roquette salad.

## Add ons

### 1 EGG - 6,5

Farmed organic egg your way.

### AVOCADO - 10,5

Sliced fresh organic avocado.

### TUNA - 17

Premium Spanish, sustainably farmed canned tuna flakes in olive oil.

### FLAX SEED CRACKERS - 5,5

Gluten free dehydrated crackers made with blended vegetables, quinoa and flax seeds.

### FETA CHEESE - 17

Premium feta cheese from Greece.

### GRILLED HALLOUMI - 8,5

Freshly grilled halloumi cheese.

### SIDE SALAD - 9

Rocket and pine nuts dressed with lemon olive oil.

### GUACAMOLE - 16

Fresh organic avocado blended with coriander, lemon, olive oil, salt & pepper.

### HOMEMADE ORGANIC BREAD 10,5

Comptoir 102's organic wheat flour bread, made daily.

## Healthy sweets

### ACAI BOWL - 47,5

Staight from Amazonia, açai berries, blended with coconut water and banana. Topped with fresh berries, banana and chia seeds.

### SUPERBOOST SALAD - 47,5

Papaya, pomegranate, mangosteen, avocado and goji berries marinated in fresh squeezed orange juice.

### RAW VEGAN "NO" CHEESE CAKE - 47,5

Almond nuts, dates, grated coconut meat, cashew nuts, lemon, honey, vanilla topped with a lovely homemade fresh blueberry sauce made with blueberry, vanilla and maple syrup.

### CHOCO PETIT POT - 47,5

Vegan homemade chocolate ganache made with cashew, hazelnut, dates, raw cacao and maple syrup. Satisfying and health-conscious Amazing!

### VEGAN ICE CREAM - 47,5

Choice of 3 scoops of our homemade organic and vegan smooth rich and delightful ice cream. (no sugar)  
Turmeric - Açai/Bleuberry - Açai/Strawberry - Citrus - Black sésame  
Coconut - Vanilla/Thyme - Chocolate - Mint - Matcha/Avocado -

# COMPTOIR 102

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## BREAKFAST

### BREAD BASKET - 42

Homemade sunflower seed and date bread, with homemade almond butter and raspberry jam (no sugar).

### 2 ORGANIC EGGS ANY STYLE - 42

Poached, fried, soft boiled or scrambled eggs served with a roquette salad and homemade toasted bread with rosemary & olive oil.

### PUMPKIN TOAST - 58

Toasted date bread topped with homemade cashew sauce, savoury pumpkin, toasted pumpkin seeds, walnuts and sage.

### AVO' CLUB - 68,5

Sliced avocado with miso, cashew sauce, olive oil on homemade toasted bread, topped with 2 organic poached eggs.

### VEGAN NUT CHEESE PLATE - 52,5

Homemade cumin and chives nut cheeses. Served with homemade fig paste, homemade organic bread and dates bread.

### HALLOUMI TOAST - 68,5

Homemade toasted bread, halloumi, tomato, cucumber, raddish, black olives, spring onion, homemade pesto.

### VEGAN SCRAMBLED EGGS (chickpeas) - 68,5

Homemade from chickpeas mylk, served on a toasted bagel, with our vegan mayo, tomato and sliced avocado.

### SHAKSHUKA OUR STYLE - 68,5

3 fried organic eggs on a bed of roquette with red and green tomatoes, mixed peppers, topped with sliced avocado, peas and feta cheese.

### SUPER CHARGED PROTEIN BOWL - 52,5

A protein charged bowl of beans, hummus, fresh tomatoes, served with 2 scrambled eggs and topped with feta cheese crumbles.

### BUCKWHEAT PANCAKES WITH EGGS - 63

Gluten free buckweat pancakes, 3 organic eggs with fresh herbs. Homemade guacamole.

### VEGAN PANCAKES WITH FRESH BERRIES AND BANANAS - 68,5

Gluten free vegan pancakes with organic maple syrup, fresh berries, bananas and walnuts.

### ALMOND BUTTER OATMEAL PORRIDGE - 47,5

Gluten free rolled oat, almond mylk, almond butter, maple syrup, topped with fresh bananas, almonds and a pinch of cinnamon.

### CHOCO PORRIDGE - 47,5

Millet, buckwheat, sunflower seeds, pumpkin seeds, cacao powder and maple syrup. Cooked in our homemade almond mylk. Blueberries to top it up.

### CHIA OATS MANGO PUDING - 47,5

Soaked over night, a mixture of chia seeds, gluten free oats, fresh mango puree and coconut mylk. Topped with fresh mango.

### SUPERBOOST SALAD - 47,5

Papaya, pomegranate, mangosteen, avocado and goji berries marinated in fresh squeezed orange juice.

### ACAI BOWL - 47,5

Staight from Amazonia, açai berries, blended with coconut water and banana. Topped with fresh berries, banana and chia seeds.



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102 BEACH ROAD JUMEIRAH 1

from 08:00 am to 11:45 pm



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## Add ons

### 1 EGG - 6,5

Farmed organic egg your way.

### AVOCADO - 10,5

Sliced fresh organic avocado.

### TUNA - 17

Premium, sustainably farmed canned tuna in olive oil.

### FLAX SEED CRACKERS - 5,5

Homemade gluten free dehydrated crackers made with blended vegetables, quinoa and flax seeds.

### FETA CHEESE - 17

Premium feta cheese from Greece.

### GRILLED HALLOUMI - 8,5

Freshly grilled halloumi cheese.

### SIDE SALAD - 9

Rocket and pine nuts dressed with lemon olive oil.

### GUACAMOLE - 16

Fresh organic avocado blended with coriander, lemon, olive oil, salt & pepper.

### HOMEMADE ORGANIC BREAD - 10,5

Comptoir 102's organic wheat flour bread, made daily.

### HOMEMADE ALMOND BUTTER - 5,5

Organic almonds pureed into a delicious nutty paste.

### HOMEMADE RASPBERRY JAM - 8,5

Fresh raspberries, blended with dates, coconut water & chia seeds.

### HONEY OR MAPLE SYRUP - 6,5

**Comptoir 102 is all about good food, and taking the time to pause. Real food for everyday life...**

Winner of the What's On Award of the best Healthy Café in Dubai, Comptoir 102 has become a favorite for **healthy eating**. The philosophy behind the café is to offer a more conscious and healthy lifestyle by bringing more **sustainable** and **nutritious food** to its guests, in harmony with our body, our souls and our environment. The Café sources ingredients from **local organic farms**, which allows to keep the highest standards of quality. The **sugar-free** and **dairy-free**, with **raw, vegan** and **gluten free** options menu, changes daily according to harvest, just like at home! The aim is not only to serve better tasting food but also more nutritious and natural food for the body. The **famous smoothies** and juices are all vitamin-packed, using locally sourced fruits and vegetables, organic **super foods** and **homemade nut mylks**.

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## COFFEES, TEA & CO...

### COFFEES

Single Espresso - 16

Double Espresso - 21

American Coffee - 21

Ice Coffee Frappé (with homemade almond milk) - 26,5

Café Latte (with homemade almond milk) - 26,5

Cappuccino (with homemade almond milk) - 26,5

Latte Macchiato (with homemade almond milk) - 26,5

Single Macchiato (with homemade almond milk) - 19

Double Macchiato (with homemade almond milk) - 23,5

Flat white (with homemade almond milk) - 26,5

Affogato - 26,50

Espresso with 2 scoop of homemade vanilla ice cream.  
Shredded with vegan homemade chocolate or roasted hazelnut.

Café blanc (hot water with orange blossom) - 21

Shot of almond milk (homemade almond milk) - 5,5

### TEAs

Peach & Pear - 26,5

Organic green tea, astringent with vegetal flavors.

Japanese Sencha - 26,5

Organic green tea, astringent with vegetal flavors.

Maroccan Mint - 26,5

Green gunpowder and Maroccan nana mint leaves

Masala Spice Chai - 26,5

Organic India black tea and oriental masal spices.

Mediterranean Earl Grey - 26,5

Energy boost, antioxidant, boost brain function.

Ginger Breeze - 26,5

Refreshing herbal mix, calming yet bursting with zest.

Jasmine Mao Jian - 26,5

Organic green tea scented with jasmine flowers.

Rose White - 26,5

Elegant combination of finest white tea  
and fragrant rose.



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102 BEACH ROAD JUMEIRAH 1  
from 08:00 am to 9:30 pm



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### LATTES

All our drinks are made with organic homemade almond milk  
(no sugar, no dairy)

Matcha Latte - 37

Homemade almond milk, matcha, maple syrup.

Golden Latte - 31,5

Homemade almond milk, tumeric, honey, peper,  
cinnamon.

Chai Latte - 37

Homemade almond milk, masala spices,  
maple syrup, cinnamon.

Rose Latte - 37

Homemade almond milk or coconut milk,  
beetroot juice, maple syrup, rose water.

Pumpkin latte - 37

Homemade almond milk, roasted pumpkin, cardamom, maple  
syrup and dash of cinnamon to spice it up!

Hot Chocolate - 31,5

Homemade almond milk or coconut milk with  
raw chocolate and maple syrup.

All our lattes can be served iced.

Fresh ginger, tumeric, lemon, honey, hot water.

### OTHERS

Fresh Ginger Tea - 31,5

Fresh ginger, lemon, hot water, honey.

Magic potion - 31,5

Fresh ginger, turmeric, lemon, hot water, honey.

### VITALITY SHOTS

Bam shot - 19

Ginger, lemon, turmeric and black pepper.

"The information presented on Comptoir 102's menu  
is for educational purposes only.  
It is not intended for use in the diagnosis, treatment, cure or  
prevention of any health condition and should not be used  
as substitutes for consulting  
with a physician or health care professional".

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## JUICES & SMOOTHIES

### JUICES

*All our juices are made with organic fruits and vegetables. Nothing added!*

#### Sunscreen - 37

**Carrot, mango, coconut oil**

*Skin regenerator, healthy hair and nails, anti-bacterial.*

#### Heavy Metal Green - 37

**Kale, cucumber, fennel, celery, spirulina, coriander, lemon juice**

*Digestive support, improve circulation, detoxifier, metal chelator.*

#### Energy Kick - 37

**Pineapple, ginger, guarana**

*Anti-inflammatory, immune support, metabolism booster.*

#### Skin Glow - 31,5

**Pomegranate, cucumber, red apple, acai**

*Antioxidant, anti-inflammatory, healthy skin, cell growth.*

#### Slim Juice - 31,5

**Watermelon, coconut water,**

**rose water, strawberry**

*Mind and body purification, electrolyte rich, calming.*

#### Immunity Juice - 37

**Apple, carrot, ginger**

*Anti-inflammatory, immune support, reduces cholesterol.*

#### Skinny Boost - 31,5

**Pineapple, cucumber, green apple, ginger, basil**

*Digestive aid, reduces fat absorption, anti-bacterial.*

#### Make my Heart Beet - 31,5

**Red apple, beetroot, carrot, ginger, cinnamon**

*Anti-inflammatory, immune support, reduces cholesterol and keeps your blood pressure in check.*

#### Color me Pink - 31,5

**Green apple, beetroot, carrot, fennel, pomegranate, ginger**

*Helps increase your stamina and stay physically active.*

### DETOXIFYING WATERS

#### Black Lemonade - 26,5

**Activated charcoal, lemon juice, maple syrup**

*Detoxifier, digestive cleanser, flat tummy.*

#### Master Cleanser - 26,5

**Filtered water, lemon juice, maple syrup, cayenne pepper**

*Detoxifier, digestive aid, alkalizing, hangover helper.*

### MOJITOS

#### Lime and Mint Mojito - 37

**Sparkling water, green apple, lime, mint, maple syrup**

*Improves digestion, treats bad breath.*

#### Watermelon Strawberry Mojito - 37

**Sparkling water, watermelon, red apple, strawberry, lime and mint.**

*Simply refreshing!*



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102 BEACH ROAD JUMEIRAH 1

from 08:00 am to 9:30 pm



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### SMOOTHIES

*All our smoothies are made with organic homemade almond milk (no sugar, no dairy)*

#### Strawberry - 31,5

**Strawberry, banana, homemade almond milk**

*Bone & joint health, boosts memory, lowers cholesterol.*

#### Mixed Berries - 31,5

**Blueberry, cherry, raspberry, strawberry, banana, almond milk, açai**

*Energy booster, enhances skin complexion, antioxidant.*

#### Mango - 31,5

**Mango, vanilla, banana, homemade almond milk**

*Healthy skin, electrolytes balance, healthy glow.*

#### Good Morning - 31,5

**Bee pollen, dates, Himalayan salt, homemade almond milk**

*Immune support, gentle cleanser, hair & skin health, memory support.*

#### Coffee Shake - 31,5

**Coffee shot, almond butter, dates, maca, cardamon,**

**homemade almond milk**

*Energy boost, antioxidant, enhances brain function.*

#### Heaven On Earth - 31,5

**Dates, banana, homemade almond milk, raw cacao,**

**almond nuts, cinnamon**

*Hair & skin health, energy release, enhances brain function.*

#### Green Chia - 31,5

**Spinach, banana, chia seeds, red apple, homemade almond milk**

*Hair & skin health, brain function support, helps blood circulation.*

#### Oh Lord! - 31,5

**Coconut water, coconut meat, pineapple, banana, maca**

*Rehydrating, boosts energy and sexual functions.*

#### Açai - 31,5

**Açai, homemade almond milk, banana, coconut water**

*Antioxidant, anti-inflammatory, skin health, anti-aging effects,*

*Detoxifier, digestive aid, alkalizing, hangover helper.*

#### Date Treat - 31,5

**Dates, vanilla "ice cream", banana, homemade almond milk**

*Antioxidant, energy booster, source of dietary fiber.*

#### Pumpkin Spice Delish - 31,5

**Butternut, pumpkin, vegan vanilla "ice cream", banana,**

**homemade almond milk, maple syrup, cinnamon**

*Antioxidant, digestive aid, bone & joint health, anti-aging effects.*

#### Vegan Protein Shake - 37

**Vegan protein, orange blossom, chia seeds, almond butter,**

**banana, homemade almond milk**

*Build muscle, lowers cholesterol, energy release.*

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from 08:00 am to 9:30 pm

SUPER FOODS



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**Açai - 8,5**

Powerful antioxidant, skin health, improves digestion, anti-inflammatory, anti-aging, fights cancer.

**Almond Butter - 6,5**

Brain booster, cholesterol regulation, bone health, skin and hair health.

**Bee Pollen - 8,5**

Cardio-vascular help, skin smoother respiratory help, energy enhancer.

**Cacao Powder - 6,5**

Anti-depressant, powerful antioxidant, lowers cholesterol, boost cognitive performances.

**Chlorella - 8,5**

Powerful detoxifier, blood purifier, it has the power to capture heavy metals as well as chemical products present in the body, intestinal strength, intestinal flora.

**Coconut Oil - 5,5**

Skin health, digestion, immunity, weight loss, anti-bacterial, anti-fungal.

**Chia Seeds - 8,5**

Improves digestion, brain booster, skin and hair beauty, source of omega 3 as well as chemical products present in the body, intestinal strength, intestinal flora.

**Flax Seeds - 5,5**

Improves digestion, brain booster, skin and hair beauty, source of omega 3's.

**Fresh Ginger - 3,5**

Strengthen digestion, anti-viral, strengthen immune system, relieve muscle and joint pain, aphrodisiac.

**Guarana - 8,5**

Powerful physical and intellectual stimulant. It increases vigilance, lift spirit and boosts dynamism. Good for busy day, exams, jetlag, special performances.

**Klamath - 8,5**

Brain food, vitality, balance and regeneration. Acts like amphetamines but with no addiction.

**Spirulina - 8,5**

Highly nutritional food, source of protein, strength, recovery, increases balance and vitality, good for growth, it is used to fight malnutrition.

**Turmeric Root - 2,5**

Powerful anti-inflammatory, strengthen digestion, depurative.