

KITCHEN TIMINGS:
8AM - 7:30PM

ALL DAY BREAKFAST

<p>RIDER BREAKFAST WRAP (785 cal) 43 two eggs*, turkey bacon, onion, sweet peppers, black beans, hass avocado, cheese & chilli mayo in flour tortilla wrap</p> <p>EGGS ROYALE (570 cal) 49 two soft poached eggs* on homemade crumpets, smoked salmon, hollandaise sauce</p> <p>EGGS BENEDICT (565 cal) 45 two soft poached eggs* on homemade crumpets, veal ham, hollandaise sauce</p> <p>EGGS FLORENTINE (V) (506 cal) 44 two soft poached eggs* on homemade crumpets, sauteed spinach & oyster mushrooms, hollandaise sauce</p> <p>THREE EGGS* ON TOAST (V) (340 cal) 39 served on sourdough toast*, with salad <i>ADD IN:</i> Gouda cheese (110 cal) 5 mushrooms (15 cal) 4 spring onion (5 cal) 4 tomato (5 cal) 4 feta cheese (65 cal) 6 sweet peppers (5 cal) 4 veal ham (45 cal) 7 spinach (10 cal) 4</p>	<p>ENGLISH BREAKFAST (640 cal) 49 baked beans, sourdough toast*, two fried eggs*, crispy turkey bacon, two beef sausages, sauteed mushrooms & cherry tomatoes</p> <p>BREAKFAST BAGEL 45 cream cheese, fried egg*, wild rocket, red onion, & homemade chilli jam <i>CHOOSE ONE:</i> turkey bacon (640 cal) / veal ham (610 cal) / smoked salmon (630 cal) (+AED 8)</p> <p>SHAKSHOUKA (V) (528 cal) 43 three poached eggs*, tomato and mixed pepper sauce, feta cheese, chilli flakes, coriander & sourdough toast*</p> <p>OMURICE (480 cal) 39 Japanese style omelette filled with chicken fried rice & teriyaki sauce, with salad</p> <p>ACAI BOWL (PB/N/GF) (365 cal) 46 acai puree* blended with banana & blueberries, topped with granola, banana, fresh berries, goji berries, chia seeds* & coconut flakes* <i>ADD:</i> peanut butter (259 cal)...5</p>	<p>NEW: SUPERGREENS 46 SMOOTHIE BOWL (PB/N/GF) (455 cal) blend of avocado, banana, moringa, curly kale, mint & almond milk, topped with strawberry, blueberry, coconut flakes, granola, chia seeds</p> <p>CRUSHED AVOCADO ON TOAST (V/PBO) (330 cal) 39 hass avocado, red onion, feta cheese, lime, cherry tomatoes on sourdough toast with baby leaf salad <i>ADD:</i> eggs* (70 cal)...7 each smoked salmon (90 cal)...18</p> <p>OVERNIGHT OATS (PB/DF/GF) (605 cal) 35 oats*, coconut & almond milk, maple syrup <i>CHOOSE TOPPING:</i> apple & cinnamon / mixed berries</p> <p>GRANOLA POT (V/N/GF) (450 cal) 39 Greek yoghurt, homemade granola, raspberry sauce, topped with berries</p> <p>FRENCH TOAST (V) (730 cal) 44 brioche french toast, caramelised banana, fresh berries, maple syrup</p>
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STARTERS / SNACKS

<p>SOUP OF THE DAY 29 served with slice of sourdough toast*</p> <p>TWO SLICES OF TOASTED BREAD & BUTTER (V/PBO) (375 cal) 18 choice of bread: sourdough toast*/bagel <i>CHOOSE SPREAD:</i> strawberry jam / raw honey* / nutella / gouda cheese / cream cheese</p>	<p>HALLOUMI SKEWERS (V) (405 cal) 20 three skewers with grilled halloumi & red pepper chunks, rocket & cherry tomatoes, drizzled with homemade chilli jam</p> <p>CHIPS & DIPS (V/GF) 20 corn chips with homemade guacamole & salsa</p>	<p>BUTTER CROISSANT (V) (340 cal) 12 <i>ADD:</i> jam...5 / nutella...5 / raw honey*...6 / Gouda cheese...5 / veal ham...14</p> <p>BRUSCHETTA (PB) (180 cal) 18 sourdough toast*, diced tomatoes, garlic, basil & olive oil</p>
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SALADS

<p>SUPERFOOD SALAD (PB/GF) (630 cal) 42 quinoa*, kale, cucumber, avocado, red onion, cherry tomatoes, goji berries, dried cranberries, raisins, flax seeds, toasted pumpkin seeds & apple cider vinaigrette <i>ADD: grilled halloumi cheese (465 cal)...12</i></p>	<p>NEW: MEDITERRANEAN LENTIL SALAD (PBO/GF) (580 cal) 38 green lentils, curly kale, cucumber, tomato, mixed capsicum, kalamata olives, red onion, feta cheese, pomegranate, apple cider vinaigrette <i>chicken (160 cal)...14 smoked salmon (90 cal)...18</i></p>	<p>SHRIMP OR CHICKEN CAESAR SALAD (440 / 370 cal) 44 romaine lettuce, cherry tomatoes, croutons, turkey bacon, parmesan cheese, caesar dressing (contains anchovies), choice of shrimp or chicken <i>pan-seared shrimp (90 cal)...16</i></p>
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BURGERS

<p>BEEF BURGER (1110 cal) 49 NZ grass-fed beef patty, cheddar cheese, tomato, wild rocket, dill pickle, burger sauce & caramelised onions on soft potato bun, with potato wedges & aioli <i>ADD: turkey bacon (120 cal)...14 fried egg (70 cal)...7 chicken (160 cal)...14</i></p>	<p>HALLOUMI BURGER (V) (1040 cal) 49 pan-seared halloumi, roasted aubergine, tomato, roasted peppers, caramelised onions, rocket & dill Greek yoghurt on soft potato bun, with potato wedges & aioli</p>	<p>NEW: FALAFEL BURGER (PB) (700 cal) 49 homemade falafel patty, lettuce, red cabbage, tomato, onion, on sesame seed bun, with potato wedges & vegan garlic mayo</p>
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KITCHEN TIMINGS:
8AM - 7:30PM

MAIN MEALS

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| <p>NEW: THAI GREEN CURRY (DF/GF) (495 cal)
homemade green curry paste, broccoli, eggplant, red capsicum, snow peas, baby spinach, coconut milk, red chilli & coriander, served with jasmine rice
ADD:
<i>sauteed chicken (160 cal)...14</i>
<i>sauteed beef (220 cal)...18</i>
<i>pan-seared shrimp (90 cal)...16</i></p> <p>MEE GORENG (DF) (417 cal)
egg noodles, Asian mixed vegetables, chilli, bean sprouts, egg, spring onion, homemade mee goreng sauce & sesame oil (spicy)
ADD:
<i>sauteed chicken (160 cal)</i>
<i>sauteed beef (220 cal)...18</i>
<i>pan-seared shrimp (90 cal)...16</i>
<i>fried egg* (70 cal)...7</i></p> | <p>39 POKE BOWL (PB/DF/GF)
quinoa*, hass avocado, edamame, radish, caramelised pineapple, pickled ginger, rider poke sauce & sesame seeds
CHOOSE:
<i>spicy oyster mushroom (485 cal)</i>
<i>spicy chicken (590 cal)</i>
<i>smoked salmon (530 cal) (+ AED 8)</i></p> <p>39 BIBIMBAP BOWL (DF/GF) (615 cal)
jasmine rice topped with sauteed beef, shiitake mushrooms, spinach, carrot, zucchini, bean sprouts, sesame seeds & fried egg, with gochujang sauce</p> <p>39 BAKED SALMON TERIYAKI (DF/GF) (400 cal)
baked salmon fillet, with sauteed crunchy veggies, homemade teriyaki sauce
ADD: <i>jasmine rice...10</i></p> | <p>42 SPAGHETTI BOLOGNESE (905 cal) 45
spaghetti with homemade classic minced beef bolognese sauce, grana padano cheese</p> <p>BEEF LASAGNE (885 cal) 45
classic beef lasagne, home made bolognese sauce, bechamel, mozzarella cheese & basil, with baby leaf salad</p> <p>42 CREAMY PESTO & OYSTER MUSHROOM PENNE (V) (645 cal) 39
penne pasta, sauteed oyster mushrooms, homemade basil pesto, sundried tomatoes, cream, grana padano cheese
ADD:
<i>sauteed chicken (160 cal)...14</i>
<i>pan-seared shrimp (90 cal)...16</i></p> |
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gluten-free penne & spaghetti available - AED 5 add-on

SANDWICHES

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| <p>NEW: FALAFEL VEGGIE WRAP (PB) (450 cal) 35
homemade falafel, lettuce, cucumber, tomato, carrots, onion, vegan garlic sauce, in flour tortilla wrap
<i>served with corn chips (130 cal) OR salad (20 cal)</i></p> <p>NEW: RIDER HOT DOG (800 cal) 38
soft potato bun, chicken hot dog, caramelised onions, mustard, mayo & ketchup, served with potato wedges</p> | <p>35 CHICKEN, AVOCADO & DILL OPEN SANDWICH (480 cal) 42
chicken breast in mayo & dill sauce, sliced hass avocado, cherry tomatoes & wild rocket on sourdough toast*
<i>served with corn chips (130 cal) OR salad (20 cal)</i></p> | <p>42 CHICKEN QUESADILLA (560 cal) 42
taco-seasoned chicken breast, mixed peppers, red onion, tomato sauce, chilli mayonnaise & Gouda cheese in flour tortilla wrap</p> <p>39 TOASTED TUNA MELT CIABATTA (690 cal) 39
tuna chunks mixed with kalamata olives, onion, peppers, tomato & mayonnaise, gouda & mozzarella cheese on ciabatta
<i>served with corn chips (130 cal) OR salad (20 cal)</i></p> |
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SIDES

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| <p>I SLICED AVOCADO (110 cal) 14</p> <p>I BAKED BEANS (160 cal) 7</p> <p>I SIDE SALAD (20 cal) 9</p> <p>I SAUTEED SPINACH (45 cal) 9</p> <p>I SAUTEED MUSHROOMS (50 cal) 9</p> | <p>POTATO WEDGES (285 cal) 17</p> <p>WHITE RICE (270 cal) 10</p> <p>EXTRA EGG* (70 cal) 7</p> <p>SOURDOUGH TOAST* (105 cal) 7</p> <p>GRILLED HALLOUMI (465 cal) 12</p> | <p>SAUTEED CHICKEN (160 cal) 14</p> <p>SAUTEED BEEF (220 cal) 18</p> <p>TURKEY BACON (120 cal) 14</p> <p>VEAL HAM (90 cal) 14</p> <p>SMOKED SALMON (95 cal) 18</p> |
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SOMETHING SWEET

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| <p>NEW: BAKED NOUGAT CHEESECAKE (V/N) (515 cal) 22
topped with lemon curd</p> <p>NEW: CHOCOLATE & PISTACHIO TART (PB/N/GF) (405 cal) 22</p> <p>CHOCOLATE & WALNUT BROWNIE (V/N) (475 cal) 20</p> <p>SCOOP OF ICE CREAM (V) 12
choice of pistachio (N) (255 cal) or vanilla (200 cal)</p> | <p>TIRAMISU (V) (495 cal) 28
ladyfinger biscuits soaked in Cafe Rider coffee, layered with mascarpone & topped with chocolate powder</p> <p>MAPLE & PECAN BAR (PB/N/GF) (425 cal) 20
maple pecan tart on a base of almond flour, oats*, maple syrup & coconut oil</p> <p>VEGAN BLUEBERRY 'CHEESECAKE' (PB/N/GF) (470 cal) 22
cashew blueberry 'cheesecake' on a base of almond flour, oats*, walnuts, date syrup & coconut oil, blueberry compote</p> | <p>HOME BAKED COOKIE (V) (355 cal) 10</p> <p>PAIN AU CHOCOLAT (V) (350 cal) 12</p> <p>MIRZAM CHOCOLATE BARS 10
20G, made in Dubai various options, ask our staff!</p> <p>NBARS (PB/N/GF) 15
made in Dubai!
check with our staff for flavours</p> |
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