



welcome friends
benvenuti amici
khosh amadid doostan
huānyíng gèwèi péngyǒu

Pre-Race Dinner Menu - Calm Energy Dining for the Night Before

STARTERS

Runner's Refresh: Cucumber Yogurt Dip, Mast-o-Khiar

Prepare your gut for upcoming miles with this herb-infused yogurt dip, packed with live cultures for digestion and hydrating cucumbers. It has minimal salt and garlic for a light flavor that keeps you feeling light.

Hydration Hero: Spinach & Herb Noodle Soup

The ideal pre-marathon soup, rich in herbs, potassium, and magnesium for muscle support. Traditional noodles offer a gentle carb load, while the savory broth aids in hydration and electrolyte balance before the event.

The Runner's Roast: Smooth Pumpkin Soup

Our marathon-eve pumpkin soup is rich in electrolytes like potassium and magnesium, helping to prevent cramps. It's a hydrating option to boost energy stores without causing pre-race bloating.

MAINS

The Finisher's Fuel: Saffron Joojeh & Basmati Rice

Our signature marathon-eve dish includes saffron and lemon-marinated chicken breast with fluffy Basmati rice, providing high-quality protein and essential complex carbohydrates to energize for the 26.2 miles ahead.

The Marathon Classic: Simple Tomato & Basil Pasta

The perfect fuel for a 26.2-mile journey, our al dente pasta combined with a light, slow-simmered tomato sauce offers essential carbohydrates for muscle energy, keeping you energized without causing bloating.

Slow-Release Fuel: Grilled Koobideh & Rice

Our Koobideh offers lasting energy with protein that regulates carbohydrate absorption from Basmati rice, ensuring a steady fuel source. It's lightly seasoned and grilled for easy digestion, complemented by grilled tomato for antioxidants and extra hydration.

Glycogen Boost: Warm Barbari with Honey & Cream Cheese

This traditional thick-crust Persian bread, paired with natural honey and soft cheese, is the ideal pre-race meal. It provides an immediate energy boost, essential calcium, and helps replenish glycogen stores for optimal energy reserves.

DESSERT

Runner's Comfort: Creamy Shir Berenj

A favorite of endurance athletes, this traditional milk and rice pudding offers a smooth, low-fiber source of complex carbohydrates and protein. It is gentle on the gut and provides a steady energy release for sustained satisfaction overnight.

Enjoy a nourishing pre-race dining experience with three courses for 29.0 or two for 25.0 Each dish is designed to boost energy and support performance, providing a balance of nutrients and flavours to prepare you for race day. Here's to a successful race!

A 13.5% service charge will be included—your generosity is greatly appreciated by our team! Kindly inform your server of any allergies or sensitivities prior to placing your order. Although we are diligent in managing allergens, cross-contamination may still happen.

Race Day Breakfast for Runners

Saffron Gold Four Eggs Scramble: The Perfect Fuel for Your Start Line - 14.0

A light yet powerful start to your 26.2-mile journey. Soft, creamy eggs gently infused with antioxidant-rich saffron to calm the digestive system and support muscle function. Served on toasted bread for a quick-release energy boost, this breakfast is designed to sit lightly while providing the high-quality protein and carbs you need to power through the first half.

The Runner's Ritual: Persian Breakfast Bread - 8.5

A comforting, traditional start to your marathon journey. Warm Barbari bread served with a light spread of butter and a drizzle of honey. This combination is a "marathon classic" because it's easy to digest and provides the essential fuel to power your muscles from the very first mile.

The Finish Line Primer: Banana & Honey Yoghurt - 9.5

A high-energy, low-fibre start to your marathon. This combination provides the immediate glycogen boost needed for the start line and the essential electrolytes required for endurance. Refreshing, light, and 100% race-ready

Runner's Ritual: Croissant & Morning Caffeine - 7.0

A classic pre-race pairing. Start your journey with a boost of caffeine and clean carbohydrates. This simple, satisfying breakfast is designed to wake up your metabolism and ensure your energy levels are at their peak for the 26.2 miles ahead

Shakshuka - 14.5

Two poached eggs baked in a gently spiced tomato and red pepper sauce, finished with herbs and olive oil, served with bread

Turkish Eggs Çılbır - 14.5

Poached eggs over wild garlic yoghurt, finished with warm spiced butter, served with bread

Panir Bereshteh - 13.5

Soft scrambled eggs with feta, fresh and dried dill, and subtle Persian seasoning, served with bread

Simit and Poached Eggs - 14.5

Crisp Turkish simit topped with poached eggs, wild garlic yoghurt, and za'atar dressing

Benedict Royal - 17.5

Two organic poached eggs on toasted sourdough with house beetroot-cured salmon and tahini hollandaise

Kedgeriee - 15.5

Basmati rice infused with turmeric and cumin, served with smoked haddock and egg

The Gardener - 14.0

Toasted sourdough, feta, avocado, mushrooms, baked beans, poached egg, and grilled tomato