

FOOD

دليل دبي للأكل الصحي

DUBAI HEALTHY EATING GUIDE



ORGANIC



Dubai has been a forerunner in all aspects of well-being for its citizens and sustainable business development. Many initiatives are undertaken when it comes to food & holistic health.

'**Dubai Fitness Challenge**' was launched by Sheikh Hamdan Bin Mohammed in 2017, celebrating its 5th year. The vision is to make the UAE "the most active country in the world." An action-packed month-long festival started to tackle obesity & diabetes rates through a commitment of 30 minutes of activity for 30 days.

The **National Agenda** launched under the patronage of His Highness Sheikh Mohammed bin Rashid Al Maktoum, has a pillar **to ensure healthy lives and promote well-being for people of all ages which** MOHAP works tirelessly to achieve.

NutriCal UAE's first food intelligence company has been working with numerous food businesses to spread this awareness too!

Here we bring to you - the residents & tourists of the city, a guide of restaurants & food brands that support "**conscious eating**".

Dine in at **Zerofat** or order from **Under500** for our calorie counters, indulge in vegan dishes at city favourites **Soul Sante** or **Just Vegan**. Enjoy tasty food made of clean ingredients at **Soulgreen** - Dubai Creek Harbour or **Little Erth** - Time Out Market. Head down to **Vibe** at The Retreat Palm Jumeirah for a blend of Middle Eastern cuisine with healthy options.

Enjoy discovering & exploring the best of Dubai through its first-ever **Healthy Eating Guide powered by NutriCal**.

لطالما كانت **دبي** المدينة الرائدة والسبابة على جميع الأصعدة وخاصة التي تتعلق برفاهية المواطنين والسكان أو تنمية الأعمال واستدامتها. و عندما يتعلق الأمر بالطعام والصحة الشاملة نرى الكثير من المبادرات التي يتم اتخاذها أيضًا!

مبادرة "**تحدي دبي للياقة**" ، التي أطلقها الشيخ حمدان بن محمد في عام ٢٠١٧ ، تعود بعامها الخامس بنجاح. والتي تتمثل رؤيتها الكبرى في جعل الإمارات "الدولة الأكثر نشاطًا في العالم". "تحدي دبي للياقة" هو شهر من الإثارة الذي خصص لمعالجة قضايا السمنة ومرض السكري من خلال الالتزام بـ ٣٠ دقيقة من النشاط اليومي لمدة ٣٠ يومًا.

تم إطلاق **الأجندة الوطنية** تحت رعاية صاحب السمو الشيخ محمد بن راشد آل مكتوم ، نائب رئيس الدولة ، رئيس مجلس الوزراء وحاكم دبي كركيزة **لضمان الحياة الصحية وتعزيز رفاهية الناس من كافة الأعمار** التي تعمل على تحقيقها وزارة الصحة ووقاية المجتمع .

نوتريكال هي أول شركة رائدة ومتخصصة في مجال الذكاء للأغذية في الإمارات العربية المتحدة والى تقوم بالعمل مع العديد من شركات الأغذية لنسر هذا الوعي.

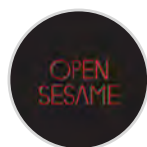
نقدم لكم - سكان وسياح مدينة دبي ، دليل المطاعم والعلامات التجارية للأغذية التي تقوم بدعم وتشجيع "الأكل بوعي - الأكل الصحي" حول مدينة دبي.

تناول العشاء في مطعم زيروفات أو اطلب من اندر ٥٠٠ للحصول على عدد السعرات الحرارية أو استمتع بالأطباق النباتية التي تقدمها أفضل المطاعم في المدينة سول سانتي أو Just Vegan. استمتع بالطعم اللذيذ المصنوع من مكونات نظيفة في سول جرين - ميناء خور دبي أو ليتل إرث في تايم أوت ماركت أو توجه إلى فايب في فندق الريتزيت بالم جميرا للحصول على مزيج من مأكولات الشرق الأوسط مع خيارات صحية.

استمتع باستكشاف أفضل ما في دبي من خلال **دليل الاكل الصحي الأول من نوعه من قبل نوتريكال**



Featured Brands



DINE-IN





Eatwell

Restaurant | Casual Dining

Our meals are gluten & refined sugar free. We offer Paleo, Vegetarian, & Vegan options. An idea that puts ordinary dishes into the center of your health conscious lifestyle. Our ingredients are organic, seasonal, & sourced locally. Your taste buds will rejoice in our restaurant with breathtaking views over downtown Dubai. Eat Well – where healthy meets delicious.

[Explore Menu](#)



Calorie Counted



Macro Counted



Gluten Free Friendly



Keto Friendly



Vegan Friendly



Paleo Friendly



Healthy Options



Healthy Indulgence



Za'abeel: 8:00 AM - 8:00 PM
(Weekdays) 9:00 AM - 9:00 PM

[PICK UP](#)

[DELIVERY](#)



Bakers Kitchen

Restaurant | Casual Dining | Bakery

Eating Clean & Healthy – is not a diet – it's a lifestyle! A lifestyle of giving your body what it needs to be as healthy, fit & happy. The better the fuel – the better your brain runs. Eating clean means not only to invest in your quality of life but also in your future health with a load of TASTE in it.

[Explore Menu](#)



Calorie Counted



Macro Counted



Gluten Free Friendly



Keto Friendly



Vegan Friendly



Paleo Friendly



Healthy Options



Healthy Indulgence



Dubai Marina: 8:00 AM - 9:30 PM

[PICK UP](#)

[DELIVERY](#)



Open Sesame - Hotel Indigo

Restaurant | Semi Formal | Casual Dining | International | LEVANT Mediterranean | Serves Alcohol

Discover fresh twists on local favourites in casual dishes inspired by Mediterranean cuisine alongside speciality coffee from Café Rider Custom Roastery. The Décor is artsy and vibrant. Open Sesame has indoor & outdoor seating with stunning Dubai skyline views.

[Explore Menu](#)



Calorie Counted



Healthy Options



Healthy Indulgence



Dubai Downtown: 6:30 AM - 11:00 PM

[PICK UP](#)

[DELIVERY](#)



One Life

Restaurant | Casual Dining

We offer nutrient dense meals for the working individual. We want to provide food that is exciting, nutritious, and affordable, probably in that order. Our kitchen uses fresh, natural ingredients in innovative ways but they will also cook classic recipes that we love.

[Explore Menu](#)



Healthy Options



Healthy Indulgence



Dubai Design District: 8:00 AM - 10:00 PM

[PICK UP](#)

[DELIVERY](#)



Soul Sante Cafe

Restaurant | Casual Dining

Tucked away in a quiet corner of Dubai Marina, Soul Santé is a haven for health enthusiasts. The café has been created by Ms. Manisha Advani, a fitness and health expert who is passionate about food and health.

[Explore Menu](#)



Dubai Marina: 7:00 AM - 9:30 PM

PICK UP

DELIVERY



ZeroFat

Restaurant | Casual Dining | Bakery

ZEROFAT'S core mission and vision do not only revolve in providing delectable, gastronomically tasty premium dishes to its clientele but to continue to be an industry leader in providing and promoting good health.

[Explore Menu](#)



Calorie Counted



Keto Friendly



Healthy Options



Healthy Indulgence



Al Wasl Road: 10:00 AM - 1:00 AM

Al Quoz 9:00 :3 AM - 10:00 PM (Closed on Fridays)

Al Barsha 6:00 :2 AM - 11:00 PM

PICK UP

DELIVERY



Little Erth by NABZ&G

Restaurant | Casual Dining

Named Best Vegan Restaurant in Dubai in 2018 and Best Healthy Restaurant in JLT in 2019, Little Erth has become known for its signature approach to healthy cuisine which combines fresh and wholesome flavors with a fun and artistic presentation, challenging the misconception that healthy food lacks flavor and is expensive.

[Explore Menu](#)



Calorie Counted



Macro Counted



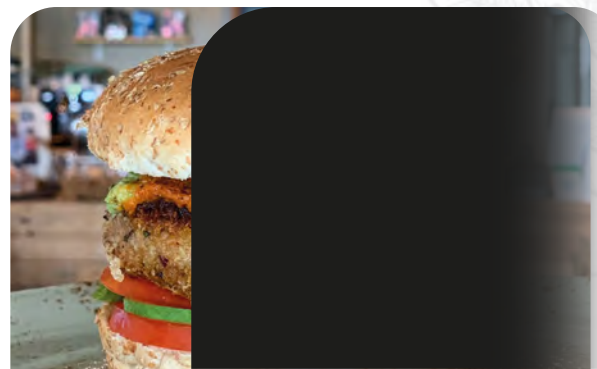
Vegan Friendly



Healthy Options



Healthy Indulgence



Jumeirah Lake Towers: 12:00 PM - 10:00 PM

Time Out Market Dubai: 12:00 PM - 12:00 AM (Weekdays) 1:00 AM (Weekends)

PICK UP

DELIVERY



Heat Cafe

Restaurant | Casual Dining

HEAT is the first healthy restaurant to start in dubai 2013. We are fully committed to serve and fulfill keto, atkins, vegetarian and veg diet plans.

[Explore Menu](#)



Calorie Counted



Macro Counted



Keto Friendly



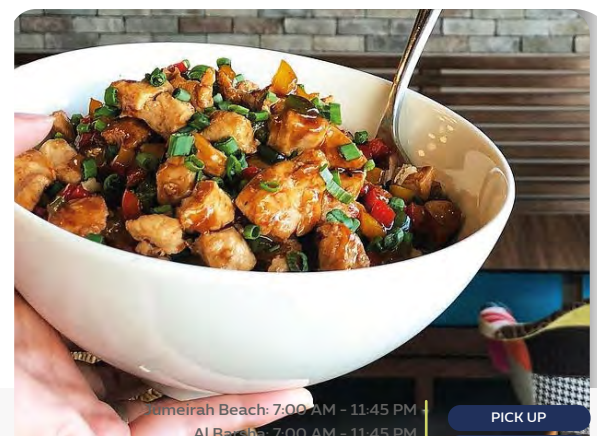
Vegan Friendly



Healthy Options



Healthy Indulgence



Jumeirah Beach: 7:00 AM - 11:45 PM

Al Barsha: 7:00 AM - 11:45 PM

DIFC: 8:00 AM - 7:30 PM

PICK UP

DELIVERY



Just Vegan

Restaurant | Casual Dining

Everything on the menu is 100 percent plant-based and the restaurant also specializes in "veganising" popular (and usually meaty) dishes – we're talking no-eggs benny, burgers with cheese and bacon, chicken tenders served with garlic mayonnaise, shawarmas, pizzas, spag bol, mac 'n' cheese, shish taouk and more.

Explore Menu



Calorie
Counted



Vegan
Friendly



Healthy
Options



Healthy
Indulgence



Monday: 10:00 AM - 11:30 PM
Tuesday: 8:00 AM - 11:30 PM

PICK UP

DELIVERY



Soulgreen

Restaurant | Semi Formal | Casual Dining

Soulgreen is a fully licensed social dining and contemporary food concept. Consisting of 80 % plant based, and 20 % fish, the menu is designed to be kind to the planet while also offering inclusivity to other non-plant-based guests, meaning there is truly something for everyone.

Explore Menu



Gluten Free
Friendly



Vegan
Friendly



Healthy
Options



Healthy
Indulgence



Dubai Creek Harbour: 12:00 PM - 12:00 AM

PICK UP

DELIVERY



Nourish

Restaurant | Casual Dining

Opened in 2017, Nourish is the brainchild of two Emirati cousins, born and raised in this very community. With a focus on clean eating, the menu is bursting with natural tasty food, with no hidden nasties.

Explore Menu



Calorie
Counted



Macro
Counted



Healthy
Options



Healthy
Indulgence



Al Wasl: 8:00 AM - 11:30 PM
Al Khawaneej: 10:00 AM - 12:00 AM

PICK UP

DELIVERY



ihealthy

Restaurant | Casual Dining

Café that specializes in healthy ingredients that are not just appetizing and delicious. iHealthy is on a mission to prove that "healthy" means more than a calorie count. It means being an active and positive member of the community by helping it make better decisions that fulfill inside and out.

Explore Menu



Calorie
Counted



Macro
Counted



Keto
Friendly



Healthy
Options



Al Warqa: 10:00 AM - 1:00 AM
Al Barsha: 10:00 AM - 1:00 AM
Nad Al Sheba: 10:00 AM - 1:00 AM
Al Khawaneej: 12:00 PM - 10:00 PM

PICK UP

DELIVERY



Icons Coffee Culture

Restaurant | Casual Dining | Coffee Shop

Icons® Coffee Couture is a forward & health conscious lifestyle Coffee Shop Chain. Famous for its German 'Bio Kaffee' & a mix of healthy & indulgent sweets and savories for a balanced lifestyle.

The vision is to spread kindness & be leading in creating healthier communities through nutritious food offerings, education & promotion of an active lifestyle.

Explore Menu



Dubai Marina: 8:30 AM - 6:30 PM

The Pointe, Palm Jumeirah: 10:00 AM - 12:00 AM

Za'abeel (Ladies Club): 7:30 AM - 10:00 PM (Saturday - Thursday)

PICK UP

DELIVERY

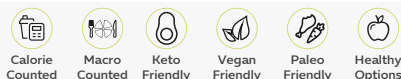


Healthy Dose

Restaurant | Casual Dining

(Let Food Be Your Medicine) Whole foods act as medicine to heal and protect your body and boost your immune system. But when you fuel your body with processed foods, chemicals, preservatives and additives, your immune system is lowered, and your digestive system slows down

Explore Menu



Jumeirah Lake Towers: 9:00 AM - 11:00 PM

PICK UP

DELIVERY



Vibes - The Retreat Palm

Restaurant | Semi Formal | Casual Dining | International Middle Eastern | LEVANT | Lebanese

The All-Day Dining Restaurant features live cooking stations and a dedicated BBQ station, all offering hearty, healthy meals prepared a la minute with the freshest ingredients. Various theme nights will be offered throughout the week.

Explore Menu



Palm Jumeirah: 6:30 AM - 11:00 PM

PICK UP

DELIVERY

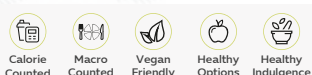


Be Healthy

Restaurant | Casual Dining | International

Be Healthy consists of chefs with international experience in the art of cooking and taste. The driving force was the idea to provide healthy meals that are a 100 % free from sugar and harmful oils and are rich in proteins.

Explore Menu



Nadd Al Hamar: 6:00 AM - 12:00 AM

PICK UP

DELIVERY



Wild & The Moon

Restaurant | Casual Dining | International | French

Wild & The Moon is a lifestyle movement created by a tribe of food lovers, chefs, nutritionists and naturopaths who believe that food should be Good for you, Good for the Planet & Delicious.

Explore Menu



Alserkal Avenue: 9:00 AM - 8:00 PM
Emaar Boulevard: 9:00 AM - 8:00 PM
DIFC: 9:00 AM - 6:00 PM

PICK UP

DELIVERY



Healthy Grams

Restaurant | Casual Dining

Soulgreen is a fully licensed social dining and contemporary food concept. Consisting of 80 % plant based, and 20 % fish, the menu is designed to be kind to the planet while also offering inclusivity to other non-plant-based guests, meaning there is truly something for everyone.

Explore Menu



Nadd Al Hamar: 8:00 AM - 1:00 AM
(Fridays: 1:30 PM - 1:00 AM)

PICK UP

DELIVERY

Overall, 1.5 million+ people participated in the 2020 Dubai Fitness Challenge



Earth Kitchen

Restaurant | Casual Dining

Homemade, hearty, wholesome - our food is fresh, full of flavour and soon to be your favourite.

Explore Menu



Poke Poke

Restaurant | Casual Dining

The UAE's First Poke Restaurant. Our entire menu is Gluten Free.

Explore Menu



Jumeirah / Umm Suqeim: 8:00 AM - 12:00 AM
DIFC: 8:00 AM - 12:00 AM

PICK UP

DELIVERY



Frappy Cheerful Blend

Restaurant | Casual Dining

Frappy is a happy place that was designed to be the new neighborhood spot in Dubai Silicon Oasis where people meet, chill and have healthy goodies!

[Explore Menu](#)



Dubai Silicon Oasis: 7:00 AM - 11:00 AM

PICK UP

DELIVERY



Chuno Deli

Cafe | Coffee Shop

Food made by hands from the heart - serving specialty coffee, energy boosting breakfast, gourmet sandwiches, freshly pressed juices and more!

[Explore Menu](#)



Dubai Media City: 8:00 AM - 7PM

Closed on Friday & Saturday

PICK UP

DELIVERY



Circle Cafe

Cafe | Coffee Shop

The All-Day Dining Restaurant features live cooking stations and a dedicated BBQ station, all offering hearty, healthy meals prepared a la minute with the freshest ingredients. Various theme nights will be offered throughout the week.

[Explore Menu](#)



Kite Beach, Dubai Studio City, Jumeirah Islands, Shorooq Mirdiff,
Dubai Silicon Oasis, Business Bay, Media City, Healthcare City,
Nessnass Beach: 8:00 AM - 10:00 PM

PICK UP

DELIVERY



Healthy Options



Healthy Indulgence



Qiso Cafe

Restaurant | Casual Dining | International

Qiso is your homely neighbourhood cafe - view our healthy menu and enjoy delicious gourmet food from around the world. Our items are created with a nutritionist on board so we can serve the tastiest, freshest, well-balanced meals to you!

[Explore Menu](#)



Dubai Silicon Oasis: 8:00 AM - 10:00 PM

PICK UP

DELIVERY



Calorie Counted



Healthy Options



Healthy Indulgence

Gluten Free Diet searched more than 20,000 times in a year in UAE



Energy Club

Cafe | Smoothie Bar

Energy Club gives you the health and energy boost to perform your best every day. Visit us in-store for one of our famous smoothies and healthy bowls, or info regarding our meal plans. Our meals are protein based and we focus on providing food that gives you a lot of energy to be able to make it thru the day especially for the busy ones out there.

[Explore Menu](#)



Calorie Counted



Macro Counted



Keto Friendly



Healthy Options



DIFC: 9:00 AM - 10:00 PM

PICK UP

DELIVERY



Taqado Mexican Kitchen

Restaurant | Casual Dining | Food Court | Mexican

Hola Amigo. If you like super tasty delicious food, you've come to the right place. At Taqado, ingredients are king. Our meats are marinated for 24 hours. Our guacamole is lovingly pulverized every day. & if our tomatoes were any fresher they'd still be on the vine.

[Explore Menu](#)



Vegan Friendly



Healthy Indulgence

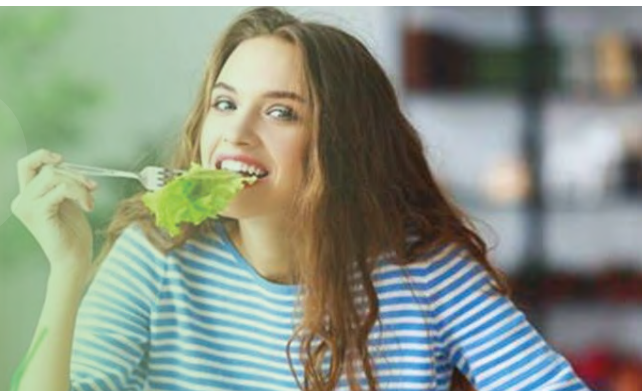


Multiple Locations

PICK UP

DELIVERY

Mindful Eating & Immunity Boosting Foods, key trends at Gulfood 2021



Freshii

Salads | Healthy Bowls

Freshii operates hundreds of locations around the world with a mission to help citizens live better by making healthy food convenient & affordable. The menu changes constantly as per the latest health and food trends to include nutrient dense, accessible & crave worthy food. The 7 menu categories include - bowls, burritos, salads, wraps, soups, smoothies & juices.

[Explore Menu](#)



Calorie Counted



Macro Counted



Healthy Options



DIFC: 8:00 AM - 9:00 PM
Dubai Internet City: 8:00 AM - 9:00 PM

PICK UP

DELIVERY

DELIVERY ONLY



Rayya Nutri

Healthy Meals

Rayya Nutri is a part of our holistic wellness brand Rayya Wellness. All our products are handcrafted, by our in-house nutritional coaches, using carefully guarded recipes to invoke the balance of acidity & alkalinity to ensure gut health & well-being.

[Explore Menu](#)

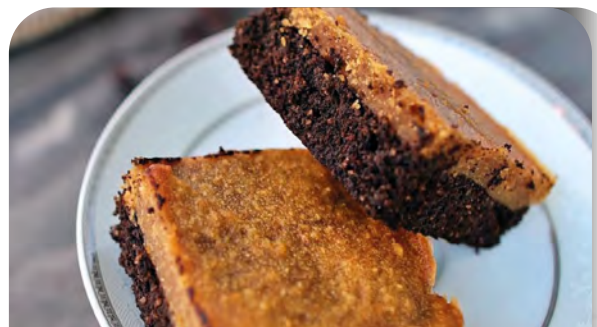


Keto Goodies

Food Brand | Bakery

We're here to help YOU achieve your Keto and Low-Carb goals! Our Goodies are Gluten-Free*, Sugar-Free, Low-Carb, Diabetic-Friendly with KETO-FRIENDLY ingredients.

[Explore Menu](#)



Calorie Counted



Macro Counted



Keto Friendly



Healthy Options



Healthy Indulgence



Ben's Farmhouse

Food Brand | Bakery | Salads | Wraps

Ben hopes to inspire people to enjoy healthier eating, support local producers & help build food security for the UAE. "Our goal is to provide nutritious, whole foods that everyone can enjoy. We hope to teach people that healthy choices can actually be inspiring meals "from farm to table". This starts by building healthy habits & taking care of people. We look forward to serving you".

[Explore Menu](#)



Calorie Counted



Macro Counted



Vegan Friendly



Paleo Friendly



Healthy Options



Healthy Indulgence

DELIVERY ONLY



Soule Soups

Soups | Broths

The tastiest and fastest way to enjoy your 5 a day vegetables and fruit in every cup. We have packed every portion with all nutritional elements necessary to power you up every day. Having 5 a day has never been easier.

[Explore Menu](#)



Calorie Counted



Macro Counted



Vegan Friendly



Healthy Options

DELIVERY ONLY



Gymfood

Healthy Food | Salads | Juices

We are committed to provide exclusive high protein meals, for those who are just done with a heavy workout and need excessive recovery. We believe that health is fun and we want you to feel better, live longer, and make your mouth happy in the process.

[Explore Menu](#)



The 500 Calorie Project

Salads | Healthy Bowls

A healthy food restaurant that allows you to order healthy salads and meals online. Our body weight is usually the result of a kind of lifestyle we lead. Therefore lifestyle modification, that includes change in dietary habits & physical activity forms an integral part of any health strategy. We will help you replace processed foods with foods that are natural, wholesome, & nutrient-rich. All our meals are calculated and within the 500 calories limit.

[Explore Menu](#)



Calorie Counted



Macro Counted



Keto Friendly



Vegan Friendly



Healthy Options



DELIVERY ONLY

Rayya Nutri is offered at The Retreat Palm Dubai a wellness resort where guests can enjoy detox, weight loss & mindfulness packages.



Nutri Bowl

Salads | Healthy Bowls

Calorie-counted healthy bowls & wraps.

[Explore Menu](#)



Tawook Nation

Middle Eastern Wraps | Bowls | Lebanese

Middle Eastern marinated chicken concept offering a distinctive taste of perfectly tender and juicy chicken made with earthy spices.

[Explore Menu](#)



DELIVERY ONLY



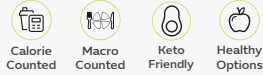


Barsalata

Salads | Healthy Bowls

Signature Salads that blend East & West and burst with innovation & taste. Unique dressings that deeply enhance their super-fresh ingredients!

[Explore Menu](#)



DELIVERY ONLY



The Good Bowl

Salads | Healthy Bowls

The healthy eatery that brings you a range of nutritious and delicious salads with all-natural ingredients, perfect for lunch or dinner! It's time to indulge in your wellness!

[Explore Menu](#)



DELIVERY ONLY



Wrapped

Healthy Wraps

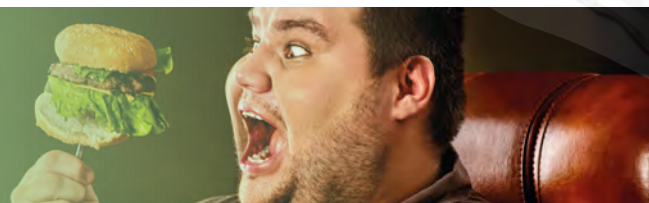
The concept that puts a variety of healthy wraps center-stage for lunch, dinner or as a snack.

[Explore Menu](#)



DELIVERY ONLY

Approx 6 out of 10 UAE residents are either overweight or obese. Dubai Municipality is in the process of calorie counts on menus to help with this cause, according to a 2015 study by insurance provider Zurich International Life.

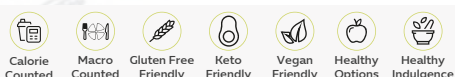


Under500

Healthy Meals | Salads | Healthy Bowls

A wide selection of delicious, wholesome and healthy meal options all under 500 calories. The finest quality foods with the freshest ingredients, with a selection of Raw, Gluten -Free friendly, Vegetarian, Vegan, High Protein, Low Carb.

[Explore Menu](#)



DELIVERY ONLY



The Vegan Table

Wraps | Vegan Comfort Food | Middle Eastern | Asian | Indian

The very best of vegan comfort food to soothe your souls (non-vegans welcome!)

[Explore Menu](#)



Vegan Friendly



Healthy Options



Healthy Indulgence



DELIVERY ONLY



Be Balance

Healthy Meals

Our aim is to be part of our customers everyday life, sensing their needs & managing their expectations. We have collaborated with the renowned clinical dietician Dr Dana Al Hamwi & award-winning Elia restaurant in order to offer and deliver to your doorstep fresh, healthy and tasty meals. Our dishes are calorie controlled.

[Explore Menu](#)



Calorie Counted



Healthy Options



Healthy Indulgence



DELIVERY ONLY



Chilly Date

Food Brand | Healthy Snacks & Spreads

Chilly Date Foods believes that healthy food should be tasty and easy to prepare - it doesn't have to be boring! Just have a look at the ingredients in each of our creation. They are minimal, raw, clean and fresh. There is nothing artificial about what we do.

[Explore Menu](#)

Calorie Counted

Macro Counted

Gluten Free Friendly

Vegan Friendly

Healthy Options



Go! Healthy

Wraps | Bowls

Owned by healthy fitness freaks, developed by mindful chefs, you'll eat delicious, healthy, fulfilling, fresh, macro counted wraps & bowls so you know exactly what you're eating!

[Explore Menu](#)



Calorie Counted



Macro Counted



Healthy Options



Healthy Indulgence



DELIVERY ONLY

OUR COLLECTIONS

Top Healthy Desserts



Healthy Kunafa

Dishes for Keto Lovers

Keto Mushroom Pizza
(Cauli Crust / Classic Crust)

VEGAN (that's right!) Burgers, Pizzas & more..



Healthy & Tasty Breakfast



Poached Egg on Avocado Toast



Banana Protein Pancakes Vegan



Pitaya Quinola

Brand Name	Counted By NutriCal	Dine In	Delivery	Calorie Counted	Macro Counted	Gluten Free Friendly	Keto Friendly	Vegan Friendly	Paleo Friendly	Healthy Options	Healthy Indulgence
Eatwell											
Bakers Kitchen											
Open Sesame - Hotel Indigo											
One Life											
Soul Sante Cafe											
ZeroFat											
Little Erth by NABZ&C											
Heat Cafe											
Just Vegan											
Soulgreen											
Nourish											
Ihealthy											
Icons Coffee Culture											
Healthy Dose											
Vibes - The Retreat Palm											
Be Healthy											
Wild & The Moon											
Healthy Grams											
Earth Kitchen											
Poke Poke											
Frappy Cheerful Blend											
Chuno Deli											
Circle Cafe											
Qiso Cafe											
Energy Club											
Tagado Mexican Kitchen											
Fresh!!!											
Rayya Nutri											
Keto Goodies											
Ben's Farmhouse											
Soule Soups											
Gymfood											
The 500 Calorie Project											
Nutri Bowl											
Tawook Nation											
Barsalata											
The Good Bowl											
Wrapped											
Under500											
The Vegan Table											
Be Balance											
Chilly Date											
Go! Healthy											

1 in 3 expats in
the UAE are following a
“HEALTHY” diet

