





**BTTR
MRNGS**



We love experiences and for that we aim to give you a great experience from the moment you step in.

Bttr Mrngs started as an idea of what a bttr day would look like and what is a bttr energy than having an actual good morning!

Mornings are not exclusive for the 6am club members only, its the 6pm club members too.. Your morning is when you actually start your day.

We wish you a better morning for just how it is.



We choose our coffee wisely, this is why we locally roast fresh single origin and invest in our team making sure that every drink is made with love and care first before the skill.



Coffee Classics

Espresso	65/75
Macchiato	75/80
Caramel Macchiato	110
Cortado	95
Flat White	110
Americano	80
Latte	115
Cappuccino	115
Turkish Coffee	55/65
French Coffee	75

Tea

Chai Latte	115
Dirty Chai Latte	135
English Tea	45
Green Tea	45
Flavored Tea	65
Earl Grey Tea	75
Anise	45
Ginger & Cinnamon	45

Coffee Specials

		
Spanish Latte	140	140
Irish Latte	140	140
Salted Caramel Latte	135	135
Peanut Butter Latte	135	135
Pumpkin Spice Latte	125	125
Caramel Orange Latte	125	125
Caramel Machiatto	125	125
Smoked Vanilla Latte	135	135
Cinnamon Vanilla Latte	140	140
Mocha	140	140
White Mocha	140	140
White Spice	145	145
Hot Chocolate <small>Rich & Enhanced Flavor</small>	130	130
Orange Hot Chocolate	135	135

Extras!!

* Espresso Shot	30
* Alternative Milk: Coconut/Almond/ Oat	50
* Flavors: Vanilla/Hazelnut/Caramel Salted Caramel/Chocolate/white chocolate	30
* Sugar Free: Irish Coffee/Caramel/Vanilla	35

Frappé & Blended

Vanilla Frappe	125
Caramel Frappe	130
Caramel Orange Frappe	130
Salted Caramel	140
Coffee Frappe	145
Mocha	145
White Mocha	145
Blueberry Shake	120
Raspberry Hibiscus Shake	130
Raspberry Shake	120
Strawberry Shake	120



Juice

	Plain Fresh Juice with zero additives	Smoothie UPGRADE
Orange	75	—
Orange & Carrots	75	—
Mango	85	95
Strawberry	75	85
Guava	75	85
Pomegranate	85	95
Mandrin	75	85

Matcha Hi Grade Ceremonial Matcha

Matcha Latte	145
Dirty Matcha Latte	165
<small>Just a shot of Espresso to give mix of matcha & coffee flavors</small>	
Spanish Matcha Latte	170
<small>Add more creamy sweetness with condensed milk</small>	
Strawberry Matcha	170
<small>Fresh strawberry based of fresh strawberry for extra flavor</small>	

Ice Tea

Ice Tea Lemon	110
Ice Tea Peach	110
Ice Tea Raspberry	110
Green Ice Tea Lemon	120
Green Ice Tea Peach	120



Mojitos

We use Club Soda, just so you know!

Lemonade Mojito	110
Peach Mojito	110
Raspberry Mojito	110
Blue Passion Mojito	110
Passion Fruit Mojito	110
Hibiscus Mojito	110
Crimson Fizz	125
Redbull Passion Fruit	165
Redbull Blue Passion	165

Sandwiches

Tuna Mayo Toast 170
Tuna, Sweet Corn, Mixed Spices & Mayonnaise with lettuce & tomatoes served in brown sourdough toast

Smoked Beef 195
Smoked beef, cheddar cheese, lettuce & honey mustard

Grilled Halloumi 190
Grilled halloumi cheese, roasted tomatoes, argula & pesto sauce

Turkey & Cheese 185
Smoked turkey, cheddar cheese, lettuce, tomatoes & thousand islands sauce

Chicken Caesar Wrap 195
Grilled chicken breast, parmesan cheese, lettuce, tomatoes, crunchy crutons & caesar sauce

Roast Beef 210
Roast beef, argula, pickles, & garlic mayonnaise

Roasted Veggies Wrap 170
Roasted vegetables (bell peppers, zucchini & carrots), sweet corn & ranch sauce

BBQ Chicken 210
Grilled chicken breast, roasted bell pepper, sweet corn & bbq sauce

Roasted Turkey Toast 210
Roasted cold turkey cuts, cheddar cheese, lettuce, tomatoes & ranch sauces served in brown sourdough toast


Smoked Chiken Pesto Sandwich 180
Plain white croissant, smoked chicken slices, argula, roasted tomatoes & pesto sauce

New
Halloumi Olives 190
Grilled Halloumi, black olive paste, argula & cucumbers

New
Chicken Peanut Butter Wrap 220
Grilled chicken, sweet corn, lettuce, peeled cucumbers and peanut butter sauce

New
Smoked Turkey Pesto Toast 185
Smoked turkey, roasted tomatoes, peeled cucumbers & pesto sauce

 **Vegan**  **Contains nuts**

 ***All Sandwiches & Bagels are served with Mint Tomatoes on the side**

BTTR served toasted!

*You can ask for your Sandwich or Bagels to be toasted!

Salads

Chicken Caesar Salad 245
Grilled Chicken Breasts, Crutons, Lettuce, Parmesan Cheese & House-made Caesar Dressing

Taco Salad 255
Grilled Chicken, Red Cabbage, Lettuce, Sweet Corn, Kidney Beans, Tortilla Chips, Olives & House-made Ranch Dressing

Rocca Salad 220
Fresh crisp arugula, cherry tomatoes, pomegranate, parmesan cheese, mushrooms, bell peppers and walnuts with a simple dressing of balsamic vinegar.
** This salad contains **Walnuts**, ask to remove if you have **nut allergies**.

Tuna Salad 170
Tuna, sweet corn, lettuce red beans & bell peppers and seasoned mayonnaise for dressing

Bagels

Plain Bagel 70

Peanut-butter Bagel 110

Cream Cheese 110

Olive Spread Bagel 130

Olive Spread Cheese Bagel 165

Cream Cheese Avocado Bagel 190

Turkey & Cheese Bagel 185

Grilled Halloumi Bagel 190

Smoked Salmon & Cream Cheese 310

Smoked Salmon Avocado & Cream Cheese 340



Warm Bowls

Grilled Chicken & Veggies

240

Cals 476/Protein 32.4

Grilled chicken, brown rice, roasted Veggies (bell peppers, carrots, zucchini & tomatoes) sweet corn, topped with roasted sesame, & almond flakes served with korean pickles & your choice of dressing.

Quinoa Chicken BOWL

270

Cals 562/Protein 39.4

Grilled chicken, quinoa, roasted Veggies (bell peppers, Carrots, zucchini & tomatoes) chickpeas, red beans & almond flakes served with korean pickles & your choice of dressing.

Totally Vegan

210

w/Rice Cals 457/Protein 19.4

Brown rice, black lentils, roasted Veggies (bell peppers, Carrots, zucchini & tomatoes) sweet corn, chickpeas, red beans & almond flakes served with korean pickles & your choice of dressing.

Add Quinoa +50 *w/Quinoa Cals 578/Protein 24.6*

Lean Protein

290

w/Rice Cals 590/Protein 47.2

Grilled Chicken, quinoa or rice, black lentils, roasted Veggies (bell peppers, Carrots, zucchini & tomatoes) sweet corn, chickpeas, red beans & almond flakes served with korean pickles & your choice of dressing.

Add Quinoa +50 *w/Quinoa Cals 711/Protein 52.4*






Quinoa Chicken Warm Bowl

Korean Pickles served with every BOWL!

Cucumbers, green onions, honey, garlic, sesame & soy sauce

Choose Your Sauce!

- *House Ranch 
- *BBQ Sauce
- *Honey Mustard
- *Pesto Sauce 
- *Thousand Islands 
- *Sweet Chili

***Add Extra Chicken.... 80LE**

Cookies & Cakes

The Original Chunk	95
Double Chocolate Fudge Cookie	95
Nutella Cookie	95
Chocolate Brownies	105
Brookies <small>basically a brownie on a cookie!</small>	115
Kinder Cookie	95
Pistachio Cookie	115
Red Velvet Cookie	95
Marble Cake	85
Lemon Cake	85
Carrot Cake	85

Chocolate Cake 155
For chocolate lovers! A fudgy chocolate cake covered in rich chocolate ganache.

Apple Upside-down 130
Caramelized apples over a fluffy vanilla cake.

Classic Cheesecake 155
A delicious classic cheesecake topped with one of our favorite toppings to choose from (strawberry, blueberry, raspberry & caramel)

Carrot Cake 135
Carrot bundt cake covered in cream cheese frosting, drizzled with caramel & chopped walnuts.

*Check the availability

Bakery

Plain Croissant	75
Zaatar Croissant	85
Fetta, Olives & Zaatar Patte	95
Peanut Butter Croissant	80
Almond Croissant	105

Soft Drinks

Mineral Water	20
Sparkling Water	65
Electrolytes Water	65
Redbull Original	90
Redbull Sugar Free	90
Redbull Zero	90
Redbull White	90

Zaatar Croissant



Find us at

Bestway Supermarket - El Sheikh Zayed
Founders Spaces - Downtown Cairo
Ghurnata Community Space - Heliopolis

Or visit our Instagram

@bttr.mrngs

