

CREATE YOUR OWN PLATE

BREAD

Keto (GF) / Hemp (V,GF) / Fitness (V, GF) / Stone Age (V,GF) / Zucchini (GF) / Multi Grain (V) / Sourdough 20K

Seed Cracker 15K

Fit / Sweet Rolls (GF) 30K

Banana Bread 45K

Grain

Quinoa / Couscous / Gluten Free Pasta 28K

Natural Rice / Red Rice 15K

Tabbouleh 35K

Vegetable (V)

Avocado Sliced or Mashed / Sauteed Mushrooms / Sauteed Spinach / Cherry Tomatoes / Pumpkin Cubes / Sweet Potato Mashed, Roasted cubes or slices / Peas / Green Beans 15K

Sweet Potato Hashbrown / Tropical Mixed Salad / Curried Cauliflower Rice 28K

Sauteed Broccoli / Sauteed Kale 25K

Green Vegetables / Roasted Vegetables 45K

Zoodles Mixed with Peas & Pesto 70K

MILK & DAIRY

Cheddar Cheese Sliced / Feta Cheese Crumbled 20K

Ricotta 35K

Plain Yoghurt 10K

Coconut Yoghurt 15K

Cow Milk 25K

Homemade Almond Milk / Homemade Cashew Milk / Chia Seed Pudding 45K

Coconut Milk

PROTEIN

Tempe Small 4pcs 15K

Ham (2 slices) 20K

Bacon (3 Slices) / Tofu Scrambled 25K

Lentil Patty (V) / Chickpea-Mushroom Patty (V) / Chicken Stripe Small 4 pcs / Tempeh Large 8pcs 30K

Smoked Salmon (2 slices) 40K

Beef Patty / Grilled White Fish 45K

Beef Stripes / Chicken Stripe Large 8 pcs / Grilled Tuna 55K

Smoked Salmon 90K

1 Egg Boiled / Poached 7.5K

2 Eggs Boiled / Poached 15K

3 Full Egg Omelette / Scrambled 15K

3 Egg White Omelette Plain 22.5K

4 Egg White Omelette Plain 30K

Nuts & Seeds

Apple Granola / Vanilla Granola 15K

Walnuts / Almonds / Cashews / Mix Seeds / Quinoa Granola 20K

Dressing & Spreads

Olive Oil & Lemon (V) / Italian Vinaigrette (V) / Yoghurt Dressing 10K

Pumpkin Pesto / Paleo Ranch (DF) / Tahini Sauce 12K

Pesto / Hummus / Peanut Butter 15K

SALADS

Mixed Green Leaf Salad Small	25K
Mixed Green Leaf Salad Large	45K
Tropical Mixed Salad Small	28K
Tropical Mixed Salad Large / Tropical Fruit Salad / Winter Style Fruit Salad	55K
Green Buddha Bowl / Broccoli Avocado Salad / Mango Avocado Salad / Avocado Cherry Tomato Salad	65K
Smoked Salmon Salad	95K

WAFFLES

Sweet Protein Waffle

PROTEIN

Plant (V) / Whey - Vanilla or Chocolate

BASE

Ricotta / Peanut Butter (V) / Coconut Yoghurt (V) 95K

TOPPING

Apple-Cinnamon Sauce & Roasted Almonds (V) / 1 or 2 Fruits (V) / Strawberries & Blueberries (V) (Seasonal)

Sweet Potato Waffle

Sweet Potato Waffles Peanut Butter (V)	65K
Sweet Potato Waffles Chocolate (V)	65K
Sweet Potato Waffles Avocado (V)	70K
Sweet Potato Waffles Fruit Salad (V)	70K
Sweet Potato Waffles Smoked Salmon	85K

HEALTHY CAKES & SNACKS

Keto Bounty Ball (GF,V) / Goji Ball (GF, V) / Energy Ball (GF, V) / Green Ball (GF,V) / Blueberry Ball (GF, V)	30K
Energy Bar (GF) / Protein Bar (GF) / Vegan Power Bar (GF, V) / Vegan Protein Bar (GF, V)	30K
High Protein Bar (GF, V)	55K

Oat Cookie (GF, V) / Peanut Choco Cookie (GF, V)	20K
Zucchini Chocolate Chip Muffin (GF)	40K
Carrot Cake (GF) / Light Chocolate Brownie (GF) / Paleo Brownie (GF) / Banana Bread (GF, V)	45K
Chia Seed Pudding (GF, V) / Keto Chia Seed Pudding (GF, V) / Keto Choco Coffee Mousse (GF, V)	50K
Paleo Crumble (GF, V)	55K

SNACKS & STORE

Peanut Butter (GF, V)	45K
Salty Snack (GF, V)	65K
Power Snack (GF, V)	65K
Ghee Butter	120K

DRINKS

PROTEIN SHAKES

Choose:
 - Whey or Plant
 - Vanilla or Chocolate
 - Fresh Milk / Skim Milk / Yogurt 65K
 Cashew Milk / Almond Milk / Soy Milk / Coconut Milk

Gainer Shake 95K

SMOOTHIES

Blueberry Smoothie 48K
 Green Smoothie 48K

FITNESS DRINKS

HEAL - Tumeric Boost Bottle 45K
 HYDRATE - Coconut Water Bottle 35K
 PUSH - Green Lean Tea Bottle 35K
 BURN - Slim Tonic Bottle 35K
 DETOX - Pure Elixir 45K
 Aloe Vera Juice Bottle 45K
 Homemade Almond Milk 300ml 45K
 Homemade Cashew Milk 300ml 45K