

# CREATE YOUR OWN PLATE

## BREAD

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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

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Quinoa / Couscous / Gluten Free Pasta	28K
Natural Rice / Red Rice	15K
Tabbouleh	35K

## Vegetable (V)

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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	60K

## MILK & DAIRY

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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

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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
Grilled Salmon	90K
1 Egg Boiled / Poached	7.5K
2 Eggs Boiled / Poached	15K
3 Full Egg Omelette / Scrambled	22.5K
3 Egg White Omelette Plain	22.5K
4 Egg White Omelette Plain	30K

## Nuts & Seeds

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Apple Granola / Vanilla Granola	15K
Walnuts / Almonds / Cashews / Mix Seeds / Quinoa Granola	20K

## Dressing & Spreads

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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