

CREATE YOUR OWN PLATE **OWN**

BREADS & ROLLS VEGAN & GF

based on nut & seed flour

| | |
|------------------------------------|-----|
| Hemp/Fitness/Stone Age Bread | 18k |
| Seed Cracker | 15k |
| Banana Bread | 45k |
| Keto (GF) <small>non vegan</small> | 18k |

GRANOLAS, NUTS & SEEDS VEGAN & GF

| | |
|---|-----|
| Apple Granola (60g) add base | 20k |
| Vanilla Granola (60g) add base | 20k |
| Quinoa Granola (60g) add base | 25k |
| Walnuts/Almonds/Cashews/Mix (40g) | 20k |
| Pumpkin/Sunflower/Seasme/Flax Seeds/Mix (20g) | 20k |

GRAINS & PASTA

| | |
|----------------------------|-----|
| Quinoa / Whole Wheat Pasta | 28k |
| Brown Rice / Red Rice | 15k |

MILK & DAIRY

| | |
|----------------------|-----|
| Cheddar Cheese Slice | 20k |
| Feta Cheese Crumbled | 20k |
| Ricotta | 35k |
| Plain Yoghurt (150g) | 25k |
| Fresh Milk | 25k |

VEGAN

| | |
|--|-----|
| Chia Seed Pudding made with Coconut Milk | 45k |
| Homemade Almond Milk (300ml) | 45k |
| Homemade Cashew Milk (300ml) | 45k |

PROTEIN, PALEO & KETO

PROTEIN VEGAN

| | |
|-------------------------|-----|
| Tofu Scrambled | 25k |
| Tempeh S (4pcs) | 15k |
| Tempeh L (8pcs) | 30k |
| Lentil Patty | 30k |
| Chickpea-Mushroom Patty | 30k |

POULTERY & MEAT

| | |
|--------------------------|-----|
| Ham (2 Slices) | 20k |
| Bacon (3 Slices) | 25k |
| Chicken Stripes S (4pcs) | 30k |
| Chicken Stripes L (8pcs) | 55k |
| Beef Patty | 45k |
| Beef Stripes | 55k |

EGGS

| | |
|---------------------------------|-----|
| 1 Egg Boiled / Poched | 8k |
| 2 Eggs Boiled / Poched | 16k |
| 3 Full Egg Omelette / Scrambled | 24k |
| 3 Egg White Omelette Plain | 24k |
| 4 Egg White Omelette Plain | 30k |

FISH

| | |
|--------------------------|-----|
| Grilled White Fish | 45k |
| Grilled Tuna | 55k |
| Grilled Salmon | 90k |
| Smoked Salmon (2 Slices) | 40k |

FRUITS & VEGGIES

| | |
|---|-----|
| Tropical Mixed Fruit Salad | 55k |
| Winter Style Mixed Fruit Salad | 55k |
| Avocado Sliced or Mashed | 15k |
| Raw Cherry Tomatoes | 15k |
| Sauted Broccoli/Kale | 25k |
| Sauted Mushrooms/Spinach | 15k |
| Caramelised Pumpkin Cubes | 15k |
| Mixed Green Vegetables | 45k |
| Mixed Roasted Vegetables | 45k |
| Sweet Potato Mashed, Roasted cubes, or Slices | 15k |
| Sweet Potato Hashbrown | 28k |
| Peas | 15k |
| Green Beans | 15k |
| Curried Cauliflower Rice | 28k |
| Zoodles mixed with Peas & Pesto | 60k |

DRESSING VEGAN

| | |
|----------------------------------|-----|
| Olive Oil With Balsamic or Lemon | 10k |
| Italian Viniagrette | 10k |

DRESSING

| | |
|--------------|-----|
| Yoghurt-Herb | 10k |
| Paleo Ranch | 12k |

HEALTHY SHOP FROM 7.30AM TO 7PM

SPREAD, SAUCE & RELISH

| | |
|-------------------------------------|-----|
| Pumpkin Pesto (V)/Tahini Sauce (V) | 12k |
| Peanut Butter/Hummus (V) /Pesto (V) | 15k |

SALADS

| | |
|-----------------------------|------|
| Mixed Green Salad S | 25k |
| Mixed Green Salad L | 45k |
| Tropical Mixed Salad S | 25k |
| Tropical Mixed Salad L | 45k |
| Green Buddha Bowl | 65k |
| Broccoli Avocado Salad | 65k |
| Mango Avocado Salad | 65k |
| Avocado Cherry Tomato Salad | 465k |
| Smoked Salmon Salad | 95k |

PROTEIN WAFFLE

MOST WANTED STYLE

| | | |
|---------|---|-----|
| Protein | Plant (V)/Whey Vanilla or Chocolate | 95k |
| Base | Ricotta/Coconut Yoghurt (V) or Peanut Butter (V) | |
| Topping | Apple-Cinnamon Sauce & Roasted Almonds (V)/ 1 or 2 Fruits (V) / Strawberries & Blueberries (V) <small>(seasonal)</small> | |

PALEO SWEET POTATO WAFFLES

| | |
|----------------------------|-----|
| Waffle + Smoked Salmon | 95k |
| Waffle + Chocolate (V) | 70k |
| Waffle + Peanut Butter (V) | 70k |
| Waffle + Fruit Salad (V) | 70k |
| Waffle + Avocado (V) | 70k |

SNACKS FROM THE SHOP

| | |
|------------------------------|------|
| Peanut Butter (GF, V) | 45k |
| Creamy Peanut Butter (GF, V) | 55k |
| Spiced Choco Peanut Butter | 55k |
| Salty Snack | 65k |
| Power Snack | 65k |
| Ghee Butter | 120k |

HEALTHY CAKES & SNACKS (GF)

| | |
|--------------------------------|-----|
| Keto Bounty Ball (V) | 30k |
| Goji Ball (V) | 30k |
| Energy Ball (V) | 30k |
| Green Ball (V) | 30k |
| Blueberry Ball (V) | 30k |
| Energy Bar | 30k |
| Protein Bar | 30k |
| Vegan Power Bar | 30k |
| Vegan Protein Bar | 30k |
| High Protein Bar (V) | 55k |
| Vegan Keto Bar | 55k |
| Oat Cookie (V) | 20k |
| Peanut Choco Cookie (V) | 20k |
| Zucchini Chocolate Chip Muffin | 40k |
| Carrot Cake | 45k |
| Light Chocolate Brownie | 45k |
| Paleo Brownie | 45k |
| Paleo Cramble | 55k |
| Banana Bread (V) | 45k |
| Chia Seed Pudding (V) | 50k |
| Keto Chia Seed Pudding (V) | 55k |

DRINKS

PROTEIN SHAKES

| | |
|-----------------------------------|-----|
| Choose: Whey / Plant | 65k |
| Flavor: Vanilla / Chocolate | |
| Choose: Fresh Milk / Skim Milk | |
| Soy Milk / Coconut milk / Yoghurt | |
| Almond Milk / Cashew Milk | |
| Gainer Shake | 95k |

SMOOTHIES

| | |
|--------------------|-----|
| Blueberry Smoothie | 48k |
| Green Smoothie | 48k |

FITNESS DRINKS

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|------------------------------|-----|
| HEAL-Turmeric 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 |