

# CREATE YOUR OWN PLATE

## 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
Oatmeal Buckwheat	35k

## GRAINS & PASTA

Quinoa / Whole Wheat Pasta	28k
Brown Rice / Red Rice	15k
Buckwheat	28k

## 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	65k
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
Keto Ham-Zucchini Muffin	45k
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 Flavor: Vanilla / Chocolate	65k
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

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
RECOVER - Probiotics & Electrolytes	45k
Aloe Vera Juice Bottle	45k
Homemade Almond Milk 300ml	45k
Homemade Cashew Milk 300ml	