

# HEALTHY SHOP FROM 7.30AM TO 9PM

## BREADS & ROLLS VEGAN & GF

based on nut & seed flour

Keto/ Fitness/ Stone Age Bread	18k
Seed Cracker	15k
Paleo Roll/ Paleo Raisin Roll	25k
Keto Bun	30k
Coconut Banana Bread	45k

## 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/Sesame/ 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
Coconut Yogurt 120g	25k
Homemade Almond Milk (300ml)	45k
Homemade Cashew Milk (300ml)	45k
Vegan Feta (35g) by Mindful Munchese	25k
Vegan Cheddar by Mindful Munchese	25k

## PROTEIN, PALEO & KETO

### PROTEIN VEGAN

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

### POULTERY & MEAT

Ham (2 Slices)	20k
Premium Imported Bacon (4 Slices)	35k
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
Grilled Barramundi	75k

## 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

# CREATE YOUR PLATE OWN

## DRESSING VEGAN

Olive Oil With Balsamic or Lemon	10k
Italian Vinaigrette	10k
Orange - Basil	10k
Vegan Ranch	12k

## DRESSING

Yoghurt-Herb	10k
Paleo Ranch	12k
Honey-Mustard	10k

## SPREAD, SAUCE & RELISH

Ketchup (V)/Chimichurri (V)/Tomato - Chilly (V)/Peanut Sauce (V)/Tahini (V)	12k
Mint-Basil Tzaziki (Nut-Free And Oil-Free) Carrot - Capsicum (V)/Hummus (V)	15k
Bacon Jam	28k

## TAKE ME HOME (210ml Jar)

Bacon Jam (GF)	85k
Ghee	120k
Carrot - Capsicum (V) Hummus (V) Tomato Chilli (V)	45k

## 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
Tropical Vegan Salad	75k
Mega Chicken 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 (GF)

<b>Waffle + Smoked Salmon</b> rocket, paleo ranch dressing, avocado mayonnaise	95k
<b>Waffle + Chocolate</b> nutella, banana, almonds, cinnamon	70k
<b>Waffle + Peanut Butter (V)</b> peanut butter, banana, almonds, spices	70k
<b>Waffle + Fruit Salad (VO)</b> tropical fruit salad, yogurt/coconut yogurt	70k
<b>Waffle + Avocado</b> avocado, rocket, sour cream,	70k

### SNACKS FROM THE SHOP

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

# ALL DAY LONG MOTION FITNESS FOODS

## HEALTHY CAKES & SNACKS (GF)

Keto Bounty Ball (V)	30k
Energy Ball (V)	30k
Green Ball (V)	30k
Blueberry Ball (V)	30k
Energy Bar	30k
Protein Bar	30k
Vegan Power Bar (V)	30k
Vegan Protein Bar (V)	30k
High Protein Bar (V)	55k
Vegan Keto Bar (V)	60k
Keto Ham-Zucchini Muffin	45k
Spinach Feta Muffin	45k
Blueberry Oatmeal Cake	45k
Banana Peanut Choco Bar (V)	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 Crumble	55k
Banana Coconut Bread (V)	45k
Creamy Keto Lemon Bar	55k
Keto Chia Seed Pudding (V)	60k
Keto Choco Coffee Mousee (V)	60k
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

HEAL MEDICINE-Turmeric Boost Bottle (V)	45k
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COCO HYDRATE-Coconut Water Bottle	35k
PUSH ENERGY-Green Lean Tea Bottle	35k
BURN SHAPE-Slim Tonic Bottle	35k
FLUSH DETOX-Pure Elixir	45k
FUEL MINERAL - Probiotics & Electrolytes	45k
Aloe Vera Drink 300ml	45k
Homemade Almond Milk 300ml	45k
Homemade Cashew Milk 300ml	45k

## CURRY & SOUPS

add veggies/ grains/ proteins/ breads

<b>Chickpea Curry (V, GF)</b> chickpeas, tomato, cardamom, coriander, cumin, onion, garlic, chili pepper	60k
<b>Chicken-Cashew Curry (GF)</b> chicken, carrot, green bean, capsicum, coconut cream, turmeric, onion, garlic, lemon grass	75k
<b>Lentil Soup (V, GF)</b> brown lentils, carrot, capsicum, parsley (option to blend)	60k
<b>Magic Chunky Veggie Soup (V, GF)</b> mixed veggies, spirulina, sesame, parsley (option to blend)	60k
<b>Pumpkin Soup (V, GF)</b> pumpkin seeds, parsley, coconut cream	60k
<b>Organic Bone Broth (GF)</b> 12-hour-cooked fresh organic whole chicken	75k
<b>Vegetable Broth (V, GF)</b> carrot, celery, potato, onion, bay leaves	55k
<b>Green Soup (V, GF)</b> zucchini, capsicum, green beans, peas, onion, garlic, coconut oil, thyme	60k
<b>Keto Soup (V, GF)</b> Cauliflower, Spinach, Coconut Cream, Coconut Oil, Parsley, Onion, Garlic, Apple Vinegar, Black Pepper, Salt	85k