

BREAKFAST

GRANOLA TOPPED WITH BERRIES & CHIA COMPOTE

M O VG NS SE

PROTEIN PORRIDGE

+ berries or peanut butter 2

VG P

OVERNIGHT OATS

topped with berries, chia compote & honey (oat milk + yoghurt)

VG M

NUTTY DATE CHIA PUDDING

with date caramel, peanut butter, maple syrup & oat milk

V P

GF PROTEIN PANCAKES WITH BERRIES

+ chia compote or banana & peanut butter

M E VG

CHICKEN SAUSAGE BAP

S G C

SCRAMBLED EGGS & SALMON ON TOAST

M W F

POACHED EGGS & AVO ON TOAST

S NS E W

3 EGGS OMELETTE

E VG

AVO OR EGGS ON TOAST

on toasted sourdough & mixed seeds

W E NS S

EGG POT

boiled eggs & spinach

E VG

EXTRAS

+ SALMON	7	+ AVOCADO	4	+ EGG	2
+ CHICKEN	7	+ SPINACH	3	+ OLIVES	2
+ SAUSAGE	3	+ FETA	3	+ TOAST	1.5

PASTA & SALADS

SUNDRIED TOMATO PESTO PASTA

roasted peppers, feta, sunblush tomato, smoked almonds & basil

NS M W VG

VEGAN GREEN PESTO PASTA

green beans, cherry tomatoes, basil, smoked almonds, garlic & olive oil

V NS W

CHOPPED CHICKEN SALAD

chicken, feta, lettuce, cherry tomatoes, avo, olives, croutons & house dressing

W M S M

MEDITERRANEAN SALAD

spinach, black & white quinoa, broccoli, cauliflower, green pesto, smoked

almonds, feta, pumpkin & sunflower seeds

VG NS M

WRAPS & BAGELS

CHICKEN WRAP

chicken, spinach, avo, sunblush tomato, feta

W O B M

HUMMUS WRAP

roasted peppers, avo & baby spinach

V W O B S

TUNA WRAP

tuna, yoghurt, mustard, spinach & sunblush tomato

F M M W O B

SMOKED SALMON BAGEL

spinach, smoked salmon, cream cheese & seeded bagel

M E W NS F

DESSERT

CHOCOLATE TOFU PUDDING

silken tofu, 72% dark choc, peanut butter, vanilla, hazelnut and maple syrup

SY P NS

SMOOTHIES

NUTTY ANA 415 KCALS	8.5
almond milk, banana, ice, peanut butter, chocolate plant protein	
NS P	
LOVE MACHINE 296 KCALS	8.5
coconut milk, banana, strawberries, vegan protein, dates, maca	
S	
GREEN IRON 322 KCALS	8.5
spinach, spirulina, banana, pineapple, coconut milk, lemon juice, vegan protein, salt	
NS V	
BERRY BLAST 135 KCALS	8.5
cranberries, blackberries with vanilla vegan protein, choice of milk & ice	
NS	
SUPERHERO 428 KCALS	8.5
banana, almond milk, peanut butter, gluten-free rolled oats, chocolate plant protein, cacao powder	
NS V P	

BEET IT 290 KCALS	8.5
beetroot, blueberries, almond milk, vegan protein, bananas, dates, chilli	
S NS	
CACAO POW 196 KCALS	6.5
banana with chocolate vegan protein, choice of milk, water & ice	
NS	
PROTEIN SHAKE	6
chocolate or vanilla with choice of milk (almond, oat, soy, coconut, whole, skimmed)	
V NS	

EXTRAS 2

+ FRUIT	+ CREATINE
+ PROTEIN	+ DATES
+ SPIRULINA	+ SPINACH
+ MACA	+ OATS
+ COLLAGEN	+ CACAO
+ PEANUT BUTTER	+ CHIA SEEDS

JUICES

C-BOOST 136 KCALS	6
apple, carrot, orange, ginger, guarana	
SPIRULINA BOOST 50 KCALS	6
spinach, spirulina, celery, cucumber, apple	
ORANGE 95 KCALS	6
250 ml	
APPLE 84 KCALS	6
250 ml	
CARROT 65 KCALS	6
250 ml	

JUICE SHOTS

LEXY SHOT 41 KCALS	3.5
ginger, lemon & cayenne pepper	
GINGER SHOT 41 KCALS	3.5
LEMON SHOT 41 KCALS	3.5