

BREAKFAST

GRANOLA TOPPED WITH BERRIES & CHIA COMPOTE

M O V TN SE

PROTEIN PORRIDGE

+ berries or peanut butter 2

V P

OVERNIGHT OATS

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

V 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 V

CHICKEN SAUSAGE BAP

S G C

SCRAMBLED EGGS & SALMON ON TOAST

E W F

POACHED EGGS & AVO ON TOAST

S W E

3 EGGS OMELETTE

E V

AVO OR EGGS ON TOAST

on toasted sourdough & mixed seeds

W E S

EGG POT

boiled eggs & spinach

E V

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

TN M W V

VEGAN GREEN PESTO PASTA

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

VG TN 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

V TN M

WRAPS & BAGELS

CHICKEN WRAP

chicken, spinach, avo, sunblush tomato, feta

W O B M

HUMMUS WRAP

roasted peppers, avo & baby spinach

VG 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 F

DESSERT

CHOCOLATE TOFU PUDDING

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

SY P TN

SMOOTHIES

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

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

EXTRAS 2

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

JUICES

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

JUICE SHOTS

<b>LEXY SHOT</b> 41 KCALS	3.5
ginger, lemon & cayenne pepper	
<b>GINGER SHOT</b> 41 KCALS	3.5
<b>LEMON SHOT</b> 41 KCALS	3.5