

breakfast 495

The natural high

Orange, pineapple, kale

The detox

Coconut water, cucumber, fresh spinach

The cleanse

Coconut water, raw mango, beetroot

The energizer

Coconut water, lime, cucumber

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The pre workout

Banana, spinach, honey

Wake up

Orange, lime, kiwi

An apple - a - day

Green apple, cinnamon, pears

The strengthener

Banana, coconut, beetroot

The pina colada

Coconut water, pineapple, basil

The post yoga

Beetroot, berries, pineapple

fillers 695 | 995

- Eggs baked over sautéed mushrooms and spinach (NV)

(One serving 323 cal)

- Baked eggs en cocotte with basil (NV)

(One serving 181 cal)

- Scrambled egg tacos with pepperoni (NV)

(One serving 270 cal)

- Citrus salad with candied ginger with almond yoghurt (V)

(One serving 228 cal)

- Oatmeal with strawberries, toasted walnut (V)

(One serving 265 cal)

- Spiced chickpeas with pine nuts (V)

(One serving 270cal)

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lunch & dinner

soup 745 | 895

- Cream of corn and chicken (NV)

- Tomato soup (V)

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fillers

- 15 carb keto chicken salad (NV) 1145

Roasted chicken with eggs and ice berg

- Smashed (NV) 1395

Avocado and prawn salad

- Quinoa salad (V) 845

Quinoa with vegetables and roasted almond

- Chickpeas salad (V) 845

Roasted chickpeas and feta salad with arugula leaves

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mains 1195 | 1545

- Chicken schnitzel (NV)

Chicken breast schnitzel coated with oats and served

- Prawn shakshuka (NV)

Grilled prawns and eggs with heirloom tomatoes served with sour dough pita

- Roasted baby potato (V) (Served with olive Focaccia)

Pan roasted baby potato with brown butter and confit garlic

- Whole wheat paella (V)

Whole wheat grains slowly cooked with heirloom tomato
 With chicken | With seafood | With everything

- Keto escalloped potato bake (V) (takes 45 mins.)

Escalloped potato baked with French cream and cheese

smoothies 400

400

Green smoothie

Kale, pineapple, banana and honey

Skin cleanser

Raspberries, beets and almond milk

Good morning

Papaya, banana breakfast smoothie with orange juice

Chia seed smoothie

Chia seeds, apple chunks and almond milk

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245 bakery

(Choose any 1 pcs.)

Croissant

Pan au chocolat

Danish

Muffin

Almond croissant

Doughnut

Berliner

495 toast basket

- (Choose any 4 pcs.)

Sunshine toast

(whole meal multi grain)

Whole wheat

White bread

Sour dough

sandwich & burgers

1045 | 1345

- Sous vide chicken sandwich (NV)

Milk bread, fermented slaw, house sandwich dressing

- Low carb blt (NV)

Bacon lettuce and tomato sandwich

- Mushroom burger (V)

Whole meal bun, fermented slaw, roasted king Portobello and shitake patty with house dressing

- Avocado ciabatta (V)

Open sandwich of ciabatta, heirloom tomato with avocado

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dessert

745

- Sweet yoghurt (V)

(served with berries and nuts)

- Lodhi ice cream selection (V)

- Flourless chocolate pastry (NV)