



SMOOTHIE

189.-

1. BLUEBERRY MUFFIN

Oat, orange, Blueberries, Cinnamon, milk & vanilla Protein Powder.

2. BANANA RAMA

Banana, Peanut butter, Cacao powder, Water & Banana Protein Powder.

3. MANGO MADNESS

Mango, Chia Seeds, Natural Yoghurt, Coconut Milk, Water & Vanilla Protein Powder.

4. STRAWBERRY SWING

Strawberries, Natl Yoghurt, Oat, Cinnamon, Shredded coconut, & Strawberry Protein Powder.

5. CAVEMAN BODXBUILDER

Oat, Banana, Honey, Milk, Peanut butter & Banana Protein Powder.

6. FAT LOSS GREEN

Spinach, mango, kiwi, Banana, Chia seeds, Coconut Water.

7. MUSCLE REPAIR

B-CAA, L-Glutamine, Pineapple, Coconut water & Vanilla Protein Powder.

8. BANANA BERRY PINK

Banana, Raspberry, Spinach, Almond milk, water & Strawberry Protein Powder

9. ISLAND ROOTS

Maca Powder, Goji berries, Dates, Coconut water & Vanilla Protein Powder.





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10. CRAZY MONKEY

Banana, tony, shot of Espresso,
Coconut water & Vanilla Protein Powder.

11. POST WORKOUT

Maca Powder, Honey, Banana,
Water & Chocolate Protein Powder.

12.COCONUT CANDY

Coconut water, Coconut Flesh, Almonds,
Cinnamon & Vanila Protein Powder.



JUICE

150.-

SUNNY MINT

Green Apple, Orange, Mint

MEAN & GREEN

Celery, Cucumber, Spinach, Kale ,Lemon.

RED ROAR

Carrot ,Beetroot, Green Apple, Ginger, Lemon

SPICY LEMONADE

Lemon, Green Apple, Cayenne pepper.

LIQUID SUNSHIRE

Pineapple, Green Apple, Kale, Lemon.

MIRACLE

Carrot, Celery, Cucumber, Beetroot, Ginger, Lemon.

GREEN BEACH

Kale, Cucumber, Green Apple, Celery, Lemon.

MIX 'N'MATCH

Create your own.





SMOOTHIE BOWL

249.-

ACAI BOWL

Acai, Banana, Mixed Berry, Kiwi, Honey, Milk,
(Ontop = Granola, kiwi, blueberry)

PINA COLADA

Mango, Pineapple, Banana, desiccated coconut,
Coconut milk, Coconut Water,
(Ontop = Pineapple, desiccated, Coconut,
Granola.)

PENUT BUTTER PROTETN BOWL

Penut Butter, Coconut fresh, Banana, Milk, Honey,
Vanilla Protein Powder,
(Ontop = Banana, Granola, desiccated Coconut.)

STRAWBERRY CREAMY

Banana, Strawberries, Milk,
(Ontop = Banana, Goji berry, Chia seed.)

ULTIMATE GREEN BOWL

Banana, Blueberry, Kiwi, Peanut Better, Chia seed,
Almond, milk, (Ontop = Kiwi, Almond, Blueberry)



CHANGE YOUR BLEND IN ANY BOWL WITH

- Coconut Water 30.-
- Coconut Milk 40.-
- Apple Juice 25.-
- Soy Milk 40.-
- Almond Milk 60.-
- Regular Milk 20.-

ADD PROTN POWDER

- Scoop of Whey Protein Powder 60.-
- Scoop of Vegan Protein Powder 100.-

EXTRA TOPPINGS.

- Granola 50.-
- Goji berries 30.-
- Chia seed 40.-
- Desiccated Coconut 30.-
- Honey 20.-
- Fruit 30.-
- Berry 30.-



BREAKFAST

1. CHIA PUDDING

Fruit, Chia Seed & Coconut Milk



130.-

2. OVERNIGHT OAT

Blueberries, with, Almond / coconut Milk blend,
Chia seed honey and Oat

110.-

3. CREAMY PENUT BUTTER PORRIDGE

Blueberries, oat, coconut Milk, cacao Nibs,
Honey, Penut butter, Cinnamon

180.-



180.-

4. CHOCOLATE ORANGE PORRIDGE

Oat, Cacao powder, Dark Chocolate, milk, water

110.-

5. FRESH FRUIT PLATE

Selection of fresh fruit



160.-

6. PROTEIN PANCAKE

Banana, chia seeds, Almond, Oat, Water.
Banana Protein Powder Served with Honey,
Greek Yoghurt and Cinnamon Chocolate Chip.

7. PESTO EGGS & TOAST

2 Fried Egg, Pesto sauce, salt, pepper,
Red pepper flakes, Goats Cheese and 2 toast



140.-



BREAKFAST

8.SMOKED SALMON & TOAST

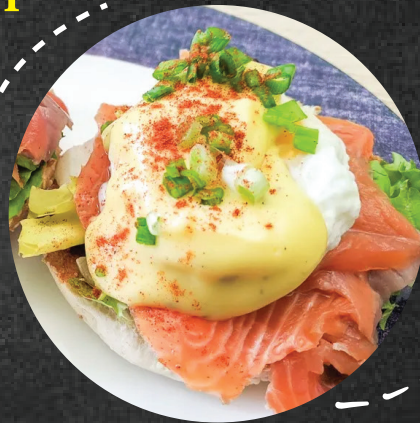
Smoked Salmon, Feta Cheese,
Crashed Avocado, Salt, pepper, Dill,
lemon & Toast



220.-

9.SMOKED SALMON EGGS BENEDICT

Smoked Salmon, Spinach,
2 Poach Eggs ,Avocado



220.-

10.AWESOME BACON OMELETTE

3 Egg Omelets, cheese, Bacon,
tomato cherry, Salt, pepper

210.-

11.MEXI BREKKY

2 Fried Eggs ,with veggies sautéed in olive oil
and Grill sweet potato

195.-

12.SAM I AM OMELETTE

3 Egg Omelette, Mushroom,
Red chili flakes, Spinach, Feta Cheese



160.-

13.CLASSIC BREAKFAST

3 Egg scrambled, Black Bean,
Spinach, Feta cheese

195.-

14.YOGHURT HOME MADE GRANOLA

Fresh fruits, yoghurt, Chia Seed, Granola.

180.-

15.FARMERS OMELETTE

3 Egg, Capsicum, onion, spinach, tomato



140.-



SALAD

250.-

- **ROASTED BEET GOAT CHEESE SALAD**

Rocket, Avocado, Beet root, Walnuts, Goat Cheese.

- **COBB SALAD**

Lattuce, Cherry tomato, Avocado, Feta Cheese, Boiled Egg, Crispy Bacon

- **SOUTHWEST QUINOA SALAD**

Quinoa, Avocado, Black Bean, Capsicum, corn Sweet potato, shallot

- **CARROT TOP SALAD**

Mixed leaves, Carrot, raisins, feta Cheese, cherry tomato boiled egg

- **TOMATO CUCUMBER SALAD**

Tomato, cucumber, shallot, Coriander.

- **GREEK SALAD**

Cucumber, Green pepper, Oregano, Shallot, tomato, Black olive, Feta Cheese.



CHOOSE YOUR DRESSING

- Honey Mustard
- Balsamic
- Apple cider vinegar
- Lemon & thyme

ADD A PROTEIN

- Chicken
- Tuna (can)
- Smoked Salmon



90.-

60.-

110.-



WRAP

● CHICKEN AVOCADO

Grill chicken breast, Cos Lettuce, Avocado , Capsicum ,Cucumber.

● TUNA

Tuna, light mayonnaise, Shallot, tomato, Cos lettuce , Cucumber Carrot.

● CHILLI CON CARNE LEAN BEEF

Chilli con carne lean beef, Cos Lettuce, Carrot.

● VEGGIE

Avocado, Bell pepper, Black Bean, Carrot, Cucumber, Spinach , Brown Rice



160.-



150.-



220.-



140.-

BURGER

(served with sweet potato fried and Classic sauce)

● BACON CHEESE & CHICKEN

Grilled Chicken breast, Crispy Bacon in a Whole meal bun with avocado Lettuce, tomato, light mayonnaise

● CHEDDAR CHEESE CLASSIC BURGER

Grilled lean beef patties on whole meal bun with lettuce Cheddar cheese, shallot , tomato, Gherkins, Mustard.

● CHICKPEA VEGAN BURGER

Chickpea, Gallic, Red onion, tomato paste, Oat, paprika, Salt Red pepper flakes, olive oil, cumin



260.-



280.-



230.-



MAKE YOUR OWN POWER MEAL

PICK A PROTEIN

● Chicken breast	90.-
● Beef Mince	150.-
● Chilli con Carne lean beef mince	160.-
● Salmon	180.-
● Grilled Dory	110.-
● Tuna steak	195.-

CHOOSE A MARINADE / SANCE

20.-

● Cajun	● Jerk	● Satay
● Lemon & thyme	● Garlic Aioli	

ADD YOUR SIDES

● Sweet potato fries	60.-	● Sweet potato Mash	50.-
● Grill Sweet potato	50.-	● White Rice	30.-
● Brown Rice	30.-	● Quinoa	100.-
● Cauliflower Rice	60.-	● Chickpeas	40.-
● Black Bean	40.-	● Bake Bean	40.-
● Avocado (half)	60.-	● Veggie stir Fry	50.-
● Stream Greens	40.-	● Grilled Broccoli with Almonds & lemon.	60.-
● Bacon	50.-	● Whole Egg	20.-
● Egg White	20.-	● Toast	20.-
● Bok choy	30.-		



STIR FRY

ASIAN VEG STIR FRY

Bell pepper, Bok choy, Broccoli, Carrot, Celery, Garlic, Ginger, Mushroom Onion, Zucchini.

GINGER BEEF STIR FRY

Beef tenderloin, bell pepper, onion, Red Chili, Spring onion, Green peas.

FRIED CHICKEN WITH CASHEWNUT

Chicken, Broccoli, bell pepper, cashew nut, Spring onion, Garlic Honey, Soy sauce.



180.-

320.-



220.-

WHOLE WHEAT SPAGHETTI

● PESTO

Basil Leaves, Garlic, pepper, Salt, Olive Oil, parmesan cheese.

● CHILLI CON CARNE LEAN BEEF MINE

Lean beef, Chilli powder, Garlic, Kidney Beans, Onion, Cinnamon, Salt, papper, olive oil, cumin, tomato

● OLIVE OIL & GARLIC

Garlic, Parsley, Red pepper Slakes Salt & pepple, olive oil, parmesan Cheese.

● CHICKEN & SPINACH

Spinach Basil leaves, Cherry tomato, Garlic, Onion, bell pepper, Salt olive oil, dried chill.

● MEATBALLS

Ground beef, Basil, garlic, onion, oregano, tomato, Parsley, Egg.



210.-

230.-



190.-

220.-



230.-



THAI FOOD

TOM KHA KAI

Coconut Milk, chicken, lemon grass,
Mushroom, tomato,
Red chili, galangal Kaffir lime leaves.



180.-

TOM YOM

Chicken, galangal, Kaffir lime leave, Red chili,
lemon grass, Mushroom, onion, tomato, coriander



180.-

GREEN CURRY

Coconut Milk , Green curry, Red chili,
green pea, Thai basil leave, brinjal.



180.-

MASSAMAN CURRY

Coconut Milk, Masamun Curry, Chicken,
sweet potato , cashew nut.



180.-

BEEF OYSTER SAUCE

Beef tenderloin, oyster Sauce, soy sauce,
beef stock, green pea, Broccoli,
Rad chili , onion.



220.-

VEGETABLE STIR FRY

Broccoli, green pea, Mushroom, Carrot,
onion, bell pepper , Kale.



180.-

FRFED RICE CHICEN WITH

MIXED VEGATABLES.

- SOY SAUCE
- SWEET CHILLI SAUCE

180.-



Coffee	Hot	Ice
		(with milk)
Cafe latte	100.-	140.-
Cappuccino	100 .-	140.-
Flat white	100.-	140.-
Macchiato	90.-	-
Espresso	80.-	140.-
Double Espresso	130.-	-
Americano	80 .-	130.-
* All iced coffees have double Shots		
Kick start Coconut (Double shot espresso and fresh Coconut)		170.-
BULLETPROOF COFFEE		160.-
Double shot		
Unsalted premium butter		
mct oil		
GOLDEN LATTE		160.-
Single shot, almond Milk, Vanilla, honey, coconut oil, turmeric, pepper, Cinnamon		
MATCHA GREEN TEA		
Matcha , almond Milk, honey		160.-
	SHOT	Cup
Coconut Milk	20	40
Almond Milk	30	60
Soy Milk	30	50
Regular Milk	10	30
Honey	10	
Shot of Coffee	70	



MENU
