



AN EVEN HEALTHIER MENU

POKE BOWLS

served with seasonal vegetables and organic seeds

Chicken LF	P 47g F 10g C 40g	750
free range chicken breast, bulgur		
Vegetarian V LF	P 57g F 24g C 58g	750
tofu, green lentils		
Shrimps LF	P 53g F 19g C 42g	850
steamed shrimps, quinoa		
Salmon LF	P 2g F 4g C 14g	950
lightly salted salmon, red rice		
Choose your sauce:		
spicy sauce GF V	P 3g F 24g C 14g	
herbal-lemon yogurt GF V	P 2g F 12g C 1g	
nuts-sesame sauce GF V LF	P 2g F 16g C 12g	

FRUIT SMOOTHIE BOWLS

Tropical GF V LF	P 29g F 8g C 35g	650
mango, pineapple, coconut, banana, passion fruit, Brazilian nuts, protein		
Power GF V LF	P 35g F 13g C 31g	650
nuts, chocolate, coconut, banana, berries, chia, protein		
Green mix GF V LF	P 27g F 9g C 32g	550
spirulina, avocado, spinach, kiwi, banana, granola, protein		

PORRIDGE

oatmeal / rice / flax seeds	P 10g F 7g C 30g	
Please choose one: water / regular milk		340
Or choose a different milk: almond / soya / coconut		390
Supplements: mix berries / banana-pecan / chocolate-pear		
Protein:	P 23g F 2g C 2g	
strawberry / chocolate / no flavour		

PROTEIN

Syrniki:	P 46g F 7g C 22g	380
vanilla / strawberry		
Chocolate pancakes:	P 52g F 11g C 62g	530
cocoa-peanut butter / cocoa-maple syrup		

GF gluten free V vegetarian LF lactose free
P proteins F fats C carbohydrates
This menu is an advertisement. For more information,
please speak to the manager.