

nütritional guide

nütritional principles

eat global

Embracing the latest developments in nutrition science & food trends

No 'empty' calories

Our menu is designed to deliver optimal nutrition including vitamins, minerals, phytonutrients & fibre.



Lead with plants

Many of our dishes are designed as vegetarian or vegan.

Add sustainably sourced animal protein:

- free range chicken
- free from antibiotics
- dolphin-friendly tuna



Natural sweeteners

We use sweeteners sparingly.

Where necessary we use naturally sweet foods like dates & honey, that deliver extra nutrition.



source local

Creating relationships with small locally based suppliers is the core of our business

Tread lightly

We source from local farms.

This lowers the carbon footprint & has positive environmental impacts as small farms tend to use less pesticides, rebuild crop and insect diversity & enrich the soil.



Real deal ingredients

We source the freshest, local ingredients.

Free of additives, colourants, hormones & GMOs, where possible.



Seasonal innovation

Our menu changes with the seasons.



BREAKFASTS

FREE RANGE EGGS ON TOAST

2 per portion - poached or scrambled toast (wholewheat or rye)

	Wholewheat	Rye
Energy (kJ)	1635 kJ	1597 kJ
Protein (g)	25.2 g	21.5 g
Carbohydrate (g)	33 g	43 g
of which Total Sugar (g)	14.5 g	24.0 g
Total fat (g)	17.4 g	13.8 g
of which Saturated fat (g)	4.2 g	4.1 g
Dietary fibre (g)	6.2 g	8.5 g
Total Sodium (mg)	471 mg	1167 mg

SCRAMBLED EGGS, AVO & FETA ON TOAST

scrambled eggs, avo, feta, rocket, honey & soy seed sprinkle, toast (whole wheat or rye)

	Wholewheat	Rye
Energy (kJ)	2080 kJ	2062 kJ
Protein (g)	25.6 g	23.7 g
Carbohydrate (g)	23 g	28 g
of which Total Sugar (g)	9.0 g	13.7 g
Total fat (g)	33.8 g	31.9 g
of which Saturated fat (g)	11.9 g	11.9 g
Dietary fibre (g)	7.4 g	8.6 g
Total Sodium (mg)	775 mg	1123 mg

BANANA BREAD (GLUTEN FREE)

gluten & sugar free banana-coconut bread, served with sugar free peanut butter, banana, honey, cinnamon

	Per 100 g	Per 311g
Energy (kJ)	1352 kJ	3310 kJ
Protein (g)	8.1 g	19.7 g
Carbohydrate (g)	32 g	79 g
of which Total Sugar (g)	18.8 g	46 g
Total fat (g)	18 g	44 g
of which Saturated fat (g)	8 g	19.7 g
Dietary fibre (g)	4.5 g	11.1 g
Total Sodium (mg)	52 mg	126 mg

POACHED EGGS & SMASHED AVO ON TOAST

smashed avo, eggs, sautéed rosa tomatoes, roasted peppers, pea shoots, chipotle drizzle, lime, toast (whole wheat or rye)

	Wholewheat	Rye
Energy (kJ)	2230 kJ	2275 kJ
Protein (g)	19.6 g	21.8 g
Carbohydrate (g)	36 g	44 g
of which Total Sugar (g)	4.2 g	5.6 g
Total fat (g)	36.8 g	34.5 g
of which Saturated fat (g)	6.9 g	6.7 g
Dietary fibre (g)	11.3 g	17.5 g
Total Sodium (mg)	1061 mg	1161 mg

AVO TOAST CLASSIC (VEGAN)

sliced avo, himalayan salt, black pepper, chilli flakes, lime, coriander, toast (whole wheat or rye)

	Wholewheat	Rye
Energy (kJ)	1795 kJ	1884 kJ
Protein (g)	11.7 g	15.9 g
Carbohydrate (g)	54 g	70 g
of which Total Sugar (g)	1.6 g	4.4 g
Total fat (g)	21.8 g	17.3 g
of which Saturated fat (g)	3 g	2.5 g
Dietary fibre (g)	15.9 g	28.4 g
Total Sodium (mg)	1039 mg	1240 mg



BREAKFAST SALAD OR WRAP

poached eggs, rocket, sliced avo, mozzarella, sautéed rosa tomatoes, soy glaze (contains gluten) & olive oil

	Salad	Wrap
Energy (kJ)	2215 kJ	3221 kJ
Protein (g)	29.9 g	36.3 g
Carbohydrate (g)	12 g	48 g
of which Total Sugar (g)	4.1 g	4.1 g
Total fat (g)	40.8 g	48.1 g
of which Saturated fat (g)	13.2 g	16.5 g
Dietary fibre (g)	4.9 g	10.5 g
Total Sodium (mg)	2044 mg	2219 mg

SPICY BEAN BREAKFAST WRAP

scrambled eggs, spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa

	Per 100 g	Per 431 g
Energy (kJ)	741 kJ	3192 kJ
Protein (g)	8.8 g	37.9 g
Carbohydrate (g)	13 g	55 g
of which Total Sugar (g)	0.8 g	3.4 g
Total fat (g)	10.5 g	45.1 g
of which Saturated fat (g)	4.7 g	20.1 g
Dietary fibre (g)	3.0 g	13.1 g
Total Sodium (mg)	477 mg	2054 mg

BREAKFAST BOWLS

CHIA-BERRY OAT CUP

oats, chia seeds, raspberries, coconut milk, strawberries, whipped coconut cream, wheat-free goji muesli, hone

	Per 100 g	Per serving
Energy (kJ)	879 kJ	2128 kJ
Protein (g)	7.6 g	18.3 g
Carbohydrate (g)	24 g	58 g
of which Total Sugar (g)	6.4 g	15.4 g
Total fat (g)	9.2 g	22.3 g
of which Saturated fat (g)	6.1 g	14.7 g
Dietary fibre (g)	4.1 g	10 g
Total Sodium (mg)	14 mg	33 mg

TIGA RAINBOW CUP

coconut chia pudding, low fat plain yoghurt, strawberries, sugar free peanut butter, honey, wheat-free goji muesli, whipped coconut cream

	Per 100 g	Per serving
Energy (kJ)	904 kJ	2575 kJ
Protein (g)	10.6 g	30.2 g
Carbohydrate (g)	14 g	41 g
of which Total Sugar (g)	6.8 g	19.3 g
Total fat (g)	12.6 g	36 g
of which Saturated fat (g)	5.5 g	15.6 g
Dietary fibre (g)	2.9 g	8.3 g
Total Sodium (mg)	25 mg	72 mg

APPLE OAT CUP (VEGAN)

oats, grated apple, apple juice, cinnamon, nutmeg, apple compote, whipped coconut cream

	Per 100 g	Per 350 g
Energy (kJ)	726 kJ	2542 kJ
Protein (g)	4.2 g	14.7 g
Carbohydrate (g)	29 g	101 g
of which Total Sugar (g)	6.6 g	23.2 g
Total fat (g)	4.5 g	15.6 g
of which Saturated fat (g)	2.5 g	8.9 g
Dietary fibre (g)	4.6 g	16.1 g
Total Sodium (mg)	4 mg	13 mg



YOGHURT FRUIT SALAD (GLUTEN FREE)

seasonal fruit, low fat plain yoghurt, honey

	Per serving	With muesli
Energy (kJ)	1802 kJ	3106 kJ
Protein (g)	6.6 g	17.0 g
Carbohydrate (g)	82 g	112 g
of which Total Sugar (g)	65.3 g	74.3 g
Total fat (g)	8.1 g	24.8 g
of which Saturated fat (g)	5.7 g	13.3 g
Dietary fibre (g)	6.4 g	11.4 g
Total Sodium (mg)	75 mg	79 mg

THE HEALTH NUT SMOOTHIE BOWL

banana, almond macadamia butter, whey protein, filtered water, topped with chia seeds, hemp seeds, wheat-free goji muesli

	Per 100 g	Per 373 g
Energy (kJ)	689 kJ	2569 kJ
Protein (g)	8.6 g	31.9 g
Carbohydrate (g)	24 g	89 g
of which Total Sugar (g)	8.5 g	31.6 g
Total fat (g)	4.7 g	17.6 g
of which Saturated fat (g)	1.3 g	5.0 g
Dietary fibre (g)	3.6 g	13.4 g
Total Sodium (mg)	42 mg	157 mg

CINNAMON OATS

hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk

	Per 100 g	Per 427 g
Energy (kJ)	684 kJ	2919 kJ
Protein (g)	4.8 g	20.3 g
Carbohydrate (g)	23 g	98 g
of which Total Sugar (g)	7.5 g	32.1 g
Total fat (g)	5.8 g	24.6 g
of which Saturated fat (g)	0.9 g	3.6 g
Dietary fibre (g)	3.2 g	13.8 g
Total Sodium (mg)	33 mg	141 mg



OPEN OMELETTES

ROCKET & FETA

rocket, broccoli, peas, feta, pea shoots,
lemon & olive oil dressing

	Per 100 g	Per 479 g
Energy (kJ)	687 kJ	3292 kJ
Protein (g)	7.6 g	36.4 g
Carbohydrate (g)	8 g	36 g
of which Total Sugar (g)	3.7 g	17.5 g
Total fat (g)	11.6 g	55.7 g
of which Saturated fat (g)	3.7 g	17.7 g
Dietary fibre (g)	2.0 g	9.7 g
Total Sodium (mg)	369 mg	1765 mg



SMOKED SALMON

smoked norwegian salmon, avo, chilli,
toasted sesame seeds, pea shoots, lemon & olive oil dressing

	Per 100 g	Per 404 g
Energy (kJ)	690 kJ	2787 kJ
Protein (g)	8.9 g	35.8 g
Carbohydrate (g)	8 g	31 g
of which Total Sugar (g)	3.6 g	14.7 g
Total fat (g)	11.0 g	44.6 g
of which Saturated fat (g)	2.4 g	9.6 g
Dietary fibre (g)	2.2 g	8.9 g
Total Sodium (mg)	360 mg	1453 mg



SPICY BEAN OMELETTE CLOSED

spiced red kidney beans, coriander, feta,
baby spinach, avo & corn salsa

	Per 100 g	Per 429 g
Energy (kJ)	683 kJ	2928 kJ
Protein (g)	8.2 g	35.2 g
Carbohydrate (g)	9 g	39 g
of which Total Sugar (g)	1.2 g	5.3 g
Total fat (g)	10.6 g	45.3 g
of which Saturated fat (g)	4.9 g	21.1 g
Dietary fibre (g)	2.7 g	11.5 g
Total Sodium (mg)	569 mg	2440 mg



SERVED WITH WHOLE WHEAT OR 100% RYE TOAST

ALL OMELETTES ARE GLUTEN FREE WHEN BREAD IS SWAPPED OR EXCLUDED

GLUTEN FREE FLAPJACKS

THE ORIGINAL (GLUTEN FREE & SUGAR FREE)

whely blueberry flapjack, served with banana, walnuts, honey, cinnamon

	Per 100 g	Per 281 g
Energy (kJ)	866 kJ	2434 kJ
Protein (g)	10.7 g	30.2 g
Carbohydrate (g)	23 g	63g
of which Total Sugar (g)	11.8 g	33.2 g
Total fat (g)	8.5 g	23.9 g
of which Saturated fat (g)	2.5 g	6.9 g
Dietary fibre (g)	1.6 g	4.5 g
Total Sodium (mg)	136 mg	382 mg



MATCHA (GLUTEN FREE & SUGAR FREE)

3 matcha whey flapjacks, served with walnuts, coconut whipped cream, banana, honey

	Per 100 g	Per 330 g
Energy (kJ)	946 kJ	3123 kJ
Protein (g)	8.5 g	27.9 g
Carbohydrate (g)	18 g	61 g
of which Total Sugar (g)	6.9 g	22.8 g
Total fat (g)	14.2 g	46.9 g
of which Saturated fat (g)	9.0 g	29.8 g
Dietary fibre (g)	2.3 g	7.6 g
Total Sodium (mg)	121 mg	399 mg



GLUTEN FREE WAFFLES

BANANA NUT (VEGAN & GLUTEN FREE)

belgian-style waffle served with banana, flaked almonds, almond macadamia butter drizzle

	Per 100 g	Per 285 g
Energy (kJ)	876 kJ	2497 kJ
Protein (g)	3.2 g	9.1 g
Carbohydrate (g)	34 g	96 g
of which Total Sugar (g)	9.6 g	27.4 g
Total fat (g)	7.9 g	22.5 g
of which Saturated fat (g)	1.1 g	3.2 g
Dietary fibre (g)	2.6 g	7.4 g
Total Sodium (mg)	80 mg	228 mg

STRAWBERRIES & FROYO (GLUTEN FREE)

belgian-style waffle served with strawberries & froyo

	Per 100 g	Per serving
Energy (kJ)	617 kJ	2161 kJ
Protein (g)	1.4 g	4.9 g
Carbohydrate (g)	28 g	100 g
of which Total Sugar (g)	12.2 g	42.8 g
Total fat (g)	3.9 g	13.8 g
of which Saturated fat (g)	0.6 g	2.2 g
Dietary fibre (g)	1.2 g	4.2 g
Total Sodium (mg)	38 mg	131 mg

STRAWBERRIES & COCONUT CREAM (VEGAN & GLUTEN FREE)

belgian-style waffle served with strawberries & coconut cream

	Per 100 g	Per serving
Energy (kJ)	856 kJ	2912 kJ
Protein (g)	2.1 g	7.2 g
Carbohydrate (g)	26 g	88 g
of which Total Sugar (g)	7.4 g	25.1 g
Total fat (g)	11.6 g	39.5 g
of which Saturated fat (g)	7.4 g	25.1 g
Dietary fibre (g)	1.7 g	5.7 g
Total Sodium (mg)	39 mg	131 mg

STRAWBERRIES & COCONUT ICE CREAM (VEGAN & GLUTEN FREE)

belgian-style waffle served with strawberries, & coconut ice cream

	Per 100 g	Per serving
Energy (kJ)	900 kJ	3555 kJ
Protein (g)	2.4 g	9.3 g
Carbohydrate (g)	29 g	116 g
of which Total Sugar (g)	11.1 g	43.7 g
Total fat (g)	10.5 g	41.6 g
of which Saturated fat (g)	5.4 g	21.3 g
Dietary fibre (g)	1.9 g	7.5 g
Total Sodium (mg)	56 mg	223 mg

SALADS OR WRAPS

CHICKEN CASHEW CAESAR

grilled free range chicken, avo, rosa tomatoes, kale, greens, smoky coconut flakes, parmesan shavings, creamy cashew dressing

	Salad	Wrap
Energy (kJ)	2287 kJ	2942 kJ
Protein (g)	28.7 g	33.2 g
Carbohydrate (g)	20 g	52 g
of which Total Sugar (g)	7.6 g	5.5 g
Total fat (g)	41.5 g	42.7 g
of which Saturated fat (g)	11.6 g	14 g
Dietary fibre (g)	7.7 g	12 g
Total Sodium (mg)	1124 mg	1248 mg



IMMUNITY (VEGAN)

avo, kale, rocket, quinoa, carrot, cucumber, red pepper, smoky coconut flakes, spiced cashews, toasted sesame seeds, lime & sriracha dressing

	Salad	Wrap
Energy (kJ)	2629 kJ	3138 kJ
Protein (g)	29.6 g	29.0 g
Carbohydrate (g)	59 g	80 g
of which Total Sugar (g)	7.2 g	5.4 g
Total fat (g)	30.5 g	34.7 g
of which Saturated fat (g)	20.0 g	18.6 g
Dietary fibre (g)	23.1 g	23.0 g
Total Sodium (mg)	1435 mg	1476 mg

	Salad	Wrap
Energy (kJ)	2777 kJ	3639 kJ
Protein (g)	14.8 g	19.2 g
Carbohydrate (g)	62 g	99 g
of which Total Sugar (g)	14.6 g	16 g
Total fat (g)	42.5 g	48.6 g
of which Saturated fat (g)	8.9 g	11.8 g
Dietary fibre (g)	13.4 g	15.5 g
Total Sodium (mg)	358 mg	608 mg

ALPHA

feta, avo, walnuts, green beans, greens, cranberries, pea shoots, soy glaze (contains gluten) & olive oil

	Salad	Wrap
Energy (kJ)	2676 kJ	3235 kJ
Protein (g)	15.7 g	20.5 g
Carbohydrate (g)	27 g	62 g
of which Total Sugar (g)	14.1 g	13.3 g
Total fat (g)	52.8 g	49.6 g
of which Saturated fat (g)	13.7 g	15.4 g
Dietary fibre (g)	8.8 g	136 g
Total Sodium (mg)	1960 mg	1578 mg

POWERHOUSE

roasted balsamic beetroot, feta, greens, avo, bean sprouts, raw corn, celery, rosa tomatoes, toasted sesame seeds, lemon & olive oil dressing

	Salad	Wrap
Energy (kJ)	3515 kJ	3913 kJ
Protein (g)	14.4 g	20.0 g
Carbohydrate (g)	29 g	64 g
of which Total Sugar (g)	13.5 g	12.6 g
Total fat (g)	75.0 g	67.0 g
of which Saturated fat (g)	17.6 g	18.7 g
Dietary fibre (g)	9.3 g	14.1 g
Total Sodium (mg)	1409 mg	1434 mg

RAINBOW PAD THAI (VEGAN)

edamame beans, carrot, red cabbage, kale, spiced cashews, sesame seeds, hemp seeds, coriander, spring onion, lime, bean sprouts, chilli peanut dressing

	Salad	Wrap
Energy (kJ)	1513 kJ	2539 kJ
Protein (g)	17.5 g	23.7 g
Carbohydrate (g)	21 g	66 g
of which Total Sugar (g)	6.9 g	11.0 g
Total fat (g)	25.6 g	31.1 g
of which Saturated fat (g)	4.1 g	7.0 g
Dietary fibre (g)	7.4 g	15.3 g
Total Sodium (mg)	146 mg	550 mg



SERVED AS A SALAD OR IN A LOW GI MULTI-GRAIN WRAP
ALL SALADS ARE GLUTEN FREE UNLESS STATED OTHERWISE

WRAPS

VEGGIE & AVO

roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa

	Per 100 g	Per serving
Energy (kJ)	451 kJ	2211 kJ
Protein (g)	2.6 g	12.9 g
Carbohydrate (g)	16 g	77 g
of which Total Sugar (g)	3 g	14.5 g
Total fat (g)	4.9 g	23.8 g
of which Saturated fat (g)	1.2 g	5.9 g
Dietary fibre (g)	2.7 g	13.1 g
Total Sodium (mg)	164 mg	802 mg

MEXI CHICKEN

bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing

	Per 100 g	Per serving
Energy (kJ)	647 kJ	2441 kJ
Protein (g)	6.5 g	24.4 g
Carbohydrate (g)	26 g	97 g
of which Total Sugar (g)	1.3 g	5 g
Total fat (g)	7.3 g	27.5 g
of which Saturated fat (g)	3.3 g	12.4 g
Dietary fibre (g)	3.7 g	14 g
Total Sodium (mg)	213 mg	803 mg

MISO CHICKEN

grilled free range chicken, roasted carrot & butternut, brown rice, kale, rosa tomatoes, cranberries, avo, miso dressing, black sesame seeds, coriander

	Per 100 g	Per serving
Energy (kJ)	910 kJ	3548 kJ
Protein (g)	8.3 g	32.5 g
Carbohydrate (g)	15 g	57 g
of which Total Sugar (g)	1.9 g	7.5 g
Total fat (g)	14.1 g	54.9 g
of which Saturated fat (g)	4.5 g	17.5 g
Dietary fibre (g)	2.7 g	10.6 g
Total Sodium (mg)	425 mg	1657 mg



BBQ CHICKEN

bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo

	Per 100 g	Per serving
Energy (kJ)	716 kJ	1934 kJ
Protein (g)	5.1 g	13.7 g
Carbohydrate (g)	20 g	54 g
of which Total Sugar (g)	1.4 g	3.7 g
Total fat (g)	8.6 g	23.3 g
of which Saturated fat (g)	2.0 g	5.5 g
Dietary fibre (g)	4.2 g	11.3 g
Total Sodium (mg)	181 mg	489 mg

CHICKEN & ROAST VEGGIE

bbq free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing

	Per 100 g	Per serving
Energy (kJ)	805 kJ	3219 kJ
Protein (g)	5.3 g	21.4 g
Carbohydrate (g)	14 g	56 g
of which Total Sugar (g)	1.8 g	7.3 g
Total fat (g)	13.5 g	54.1 g
of which Saturated fat (g)	4.2 g	16.9 g
Dietary fibre (g)	2.4 g	9.5 g
Total Sodium (mg)	397 mg	1588 mg

MEALS

MEXI-TACO BOWL

black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices, topped with avo & white cheddar, served with a crispy taco

	Per 100 g	Per serving
Energy (kJ)	404 kJ	1574 kJ
Protein (g)	3.8 g	14.8 g
Carbohydrate (g)	10 g	41 g
of which Total Sugar (g)	2.5 g	9.9 g
Total fat (g)	4.9 g	19.2 g
of which Saturated fat (g)	1.8 g	7.1 g
Dietary fibre (g)	3.4 g	13.2 g
Total Sodium (mg)	178 mg	695 mg

PROTEIN PLUS PLATE (GLUTEN FREE)

lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa

	Per 100 g	Per 450 g
Energy (kJ)	663 kJ	2982 kJ
Protein (g)	6.1 g	27.4 g
Carbohydrate (g)	4 g	19 g
of which Total Sugar (g)	1.3 g	5.9 g
Total fat (g)	13.1 g	59.1 g
of which Saturated fat (g)	2.3 g	10.3 g
Dietary fibre (g)	1.5 g	6.9 g
Total Sodium (mg)	446 mg	2006 mg

BAKED TUNA FISH CAKES

gluten free fish cakes made with tuna, feta, lentils, raw corn, broccoli, toasted sesame seeds, soy glaze (contains gluten) & olive oil, served with a side salad

	One	Two
Energy (kJ)	1085 kJ	1580 kJ
Protein (g)	9.6 g	15.4 g
Carbohydrate (g)	16 g	27 g
of which Total Sugar (g)	2.9 g	3.6 g
Total fat (g)	17.4 g	23.2 g
of which Saturated fat (g)	4.6 g	7.4 g
Dietary fibre (g)	4.1 g	6.4 g
Total Sodium (mg)	1983 mg	2312 mg

PROTEIN BALANCE PLATE (GLUTEN FREE)

grilled free range chicken breast, quinoa, roasted balsamic beetroot, roasted butternut, served with a side salad

	Per 100 g	Per 415 g
Energy (kJ)	493 kJ	2047 kJ
Protein (g)	6.4 g	26.6 g
Carbohydrate (g)	5 g	20 g
of which Total Sugar (g)	1.9 g	8.1 g
Total fat (g)	8.2 g	33.9 g
of which Saturated fat (g)	1.4 g	5.8 g
Dietary fibre (g)	1.1 g	4.7 g
Total Sodium (mg)	379 mg	1572 mg

WARMING CHICKPEA TAGINE

grilled free range chicken, roasted carrot & butternut, brown rice, kale, rosa tomatoes, cranberries, avo, miso dressing, black sesame seeds, coriander

	Per 100 g	Per 455 g
Energy (kJ)	910 kJ	3548 kJ
Protein (g)	8.3 g	32.5 g
Carbohydrate (g)	15 g	57 g
of which Total Sugar (g)	1.9 g	7.5 g
Total fat (g)	14.1 g	54.9 g
of which Saturated fat (g)	4.5 g	17.5 g
Dietary fibre (g)	2.7 g	10.6 g
Total Sodium (mg)	425 mg	1657 mg



MISO CHICKEN BOWL (GLUTEN FREE)

grilled free range chicken, roasted carrot & butternut, brown rice, kale, rosa tomatoes, cranberries, avo, miso dressing, black sesame seeds, coriander

	Per 100 g	Per 584 g
Energy (kJ)	740 kJ	4322 kJ
Protein (g)	5.5 g	32.1 g
Carbohydrate (g)	18 g	105 g
of which Total Sugar (g)	4.4 g	25.9 g
Total fat (g)	9.2 g	53.7 g
of which Saturated fat (g)	1.5 g	8.9 g
Dietary fibre (g)	3.7 g	21.6 g
Total Sodium (mg)	464 mg	2707 mg



SOUP

BUTTERNUT GINGER (VEGAN & GLUTEN FREE)

butternut, apple, carrot, ginger, coconut milk, turmeric, orange, cumin, kale

	Per 100 g	Per 410 g
Energy (kJ)	205 kJ	839 kJ
Protein (g)	0.6 g	2.5 g
Carbohydrate (g)	6 g	24 g
of which Total Sugar (g)	1.7 g	6.9 g
Total fat (g)	2.5 g	10.4 g
of which Saturated fat (g)	1.1 g	4.3 g
Dietary fibre (g)	1.9 g	7.8 g
Total Sodium (mg)	144 mg	589 mg



TOM YOUNG (VEGAN & GLUTEN FREE)

coconut milk, red curry paste, mushrooms, red cabbage, radish, soy sauce, coriander, lime

	Per 100 g	Per 410 g
Energy (kJ)	222 kJ	964 kJ
Protein (g)	0.9 g	3.8 g
Carbohydrate (g)	4 g	17 g
of which Total Sugar (g)	2.2 g	9.8 g
Total fat (g)	3.8 g	16.4 g
of which Saturated fat (g)	3.0 g	13.0 g
Dietary fibre (g)	0.7 g	3.1 g
Total Sodium (mg)	231 mg	1003 mg



SANDWICHES

IRON KICK OPEN

chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt

	Wholewheat	Rye
Energy (kJ)	1706 kJ	1665 kJ
Protein (g)	15.7 g	56.1 g
Carbohydrate (g)	45 g	45 g
of which Total Sugar (g)	14.3 g	4.9 g
Total fat (g)	18.4 g	18.4 g
of which Saturated fat (g)	8.4 g	8.4 g
Dietary fibre (g)	14.7 g	14.7 g
Total Sodium (mg)	1170 mg	1170 mg

CHICKPEA SLAW CLOSED

chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt on toasted rye

	Per 100 g	Per 365 g
Energy (kJ)	610 kJ	2227 kJ
Protein (g)	4.7 g	17.0 g
Carbohydrate (g)	20 g	73 g
of which Total Sugar (g)	8.0 g	29.3 g
Total fat (g)	5.1 g	18.8 g
of which Saturated fat (g)	0.8 g	3.0 g
Dietary fibre (g)	4.4 g	16.0 g
Total Sodium (mg)	544 mg	1985 mg

SRIRACHA CHICKEN MAYO OPEN

free range chicken, avo, sriracha mayo, smoky coconut flakes, coriander

	Wholewheat	Rye
Energy (kJ)	1543 kJ	1471 kJ
Protein (g)	24.0 g	6.2 g
Carbohydrate (g)	26 g	31 g
of which Total Sugar (g)	12.0 g	6.2 g
Total fat (g)	18.8 g	23.0 g
of which Saturated fat (g)	5.2 g	4.8 g
Dietary fibre (g)	8.1 g	8.7 g
Total Sodium (mg)	1464 mg	721 mg



POWER JUICES

CREATE YOUR OWN (VEGAN)

orange, apple, carrot, beetroot

	Per 350 ml	Per 500 ml
Energy (kJ)	751 kJ	1070 kJ
Protein (g)	3.3 g	4.8 g
Carbohydrate (g)	39 g	56 g
of which Total Sugar (g)	28.4 g	40.4 g
Total fat (g)	0.6 g	0.9 g
of which Saturated fat (g)	0.2 g	0.3 g
Dietary fibre (g)	8.4 g	12.0 g
Total Sodium (mg)	128 mg	185 mg

The nutritional information for this was calculated for the orange, apple, carrot, beetroot juice only and will vary based on extras that the customer chooses to add.

LEMON-C (VEGAN)

apple, lemon, mint

	Per 350 ml	Per 500 ml
Energy (kJ)	858 kJ	1225 kJ
Protein (g)	1.0 g	1.4 g
Carbohydrate (g)	48 g	69 g
of which Total Sugar (g)	36.1 g	51.5 g
Total fat (g)	0.6 g	0.9 g
of which Saturated fat (g)	0.1 g	0.1 g
Dietary fibre (g)	8.5 g	12.1 g
Total Sodium (mg)	4 mg	6 mg

CARROTENE (VEGAN)

carrot, orange, cucumber, ginger

	Per 350 ml	Per 500 ml
Energy (kJ)	673 kJ	985 kJ
Protein (g)	3.2 g	4.6 g
Carbohydrate (g)	35 g	51 g
of which Total Sugar (g)	22.5 g	33.5 g
Total fat (g)	0.6 g	0.9 g
of which Saturated fat (g)	0.3 g	0.4 g
Dietary fibre (g)	8.3 g	12.1 g
Total Sodium (mg)	107 mg	148 mg



SUPER 7 (VEGAN)

carrot, orange, pineapple, apple, lemon, beetroot, ginger

	Per 350 ml	Per 500 ml
Energy (kJ)	605 kJ	824 kJ
Protein (g)	2.1 g	2.8 g
Carbohydrate (g)	46 g	59 g
of which Total Sugar (g)	35 g	43.6 g
Total fat (g)	0.4 g	0.6 g
of which Saturated fat (g)	0.1 g	0.1 g
Dietary fibre (g)	1.6 g	2.1 g
Total Sodium (mg)	95 mg	127 mg

ZO SHINE (VEGAN)

carrot, orange, grapefruit, lemon, pineapple, turmeric

	Per 350 ml	Per 500 ml
Energy (kJ)	712 kJ	994 kJ
Protein (g)	2.6 g	3.9 g
Carbohydrate (g)	38 g	53 g
of which Total Sugar (g)	27.2 g	37.4 g
Total fat (g)	0.5 g	0.7 g
of which Saturated fat (g)	0.1 g	0.1 g
Dietary fibre (g)	7.4 g	10.9 g
Total Sodium (mg)	41 mg	80 mg

GREEN JUICES

ALKALISE (VEGAN)

spinach, apple, lemon, green superfood powder

	Per 350 ml	Per 500 ml
Energy (kJ)	808 kJ	1167 kJ
Protein (g)	2.3 g	2.8 g
Carbohydrate (g)	44 g	64 g
of which Total Sugar (g)	31.5 g	46.4 g
Total fat (g)	0.8 g	1.0 g
of which Saturated fat (g)	0.3 g	6.3 g
Dietary fibre (g)	8.7 g	12.2 g
Total Sodium (mg)	46 mg	49 mg



RUKOLINA (VEGAN)

cucumber, lemon, ginger, pineapple,
kale / swiss chard, parsley, himalayan salt

	Per 350 ml	Per 500 ml
Energy (kJ)	331 kJ	616 kJ
Protein (g)	1.9 g	3.3 g
Carbohydrate (g)	19 g	36 g
of which Total Sugar (g)	12 g	23.3 g
Total fat (g)	0.5 g	0.8 g
of which Saturated fat (g)	0.1 g	0.1 g
Dietary fibre (g)	2.8 g	5.1 g
Total Sodium (mg)	398 mg	404 mg

D-TOX (VEGAN)

spinach, celery, cucumber, apple, lemon, ginger

	Per 350 ml	Per 500 ml
Energy (kJ)	211 kJ	1057 kJ
Protein (g)	0.6 g	2.8 g
Carbohydrate (g)	11 g	57 g
of which Total Sugar (g)	8.1 g	40.5 g
Total fat (g)	0.2 g	1.0 g
of which Saturated fat (g)	0.1 g	0.3 g
Dietary fibre (g)	2.1 g	10.5 g
Total Sodium (mg)	10 mg	50 mg

KALE ALE (VEGAN)

cucumber, lemon, lime, celery, lettuce,
kale / swiss chard

	Per 350 ml	Per 500 ml
Energy (kJ)	179 kJ	204 kJ
Protein (g)	2.1 g	2.4 g
Carbohydrate (g)	10 g	11 g
of which Total Sugar (g)	3.4 g	4.1 g
Total fat (g)	0.5 g	0.6 g
of which Saturated fat (g)	0.1 g	0.1 g
Dietary fibre (g)	2.4 g	2.8 g
Total Sodium (mg)	35 mg	34 mg



SMOOTHIES

THE BASIC

banana, low fat milk, low fat plain frozen yoghurt

	Per 350 ml	Per 500 ml
Energy (kJ)	1427 kJ	2034 kJ
Protein (g)	9.4 g	14.0 g
Carbohydrate (g)	60 g	84 g
of which Total Sugar (g)	48.9 g	70.4 g
Total fat (g)	9.1 g	9.2 g
of which Saturated fat (g)	6.6 g	10.0 g
Dietary fibre (g)	3.4 g	5.2 g
Total Sodium (mg)	3.2 g	4.0 g

NEW-ME

blueberries, strawberries, raspberries,
low fat plain frozen yoghurt, filtered water

	Per 350 ml	Per 500 ml
Energy (kJ)	1224 kJ	1854 kJ
Protein (g)	6.5 g	9.9 g
Carbohydrate (g)	52 g	79 g
of which Total Sugar (g)	49.2 g	73.7 g
Total fat (g)	5.9 g	30.4 g
of which Saturated fat (g)	6.2 g	9.3 g
Dietary fibre (g)	3.0 g	4.5 g
Total Sodium (mg)	4.4 g	7.1 g

REFRESH (VEGAN)

strawberries, blueberries, apple juice,
black pepper, mint

	Per 350 ml	Per 500 ml
Energy (kJ)	795 kJ	1136 kJ
Protein (g)	1.3 g	1.9 g
Carbohydrate (g)	44 g	63 g
of which Total Sugar (g)	30.1 g	42.7 g
Total fat (g)	30.1 g	42.7 g
of which Saturated fat (g)	0.7 g	1.0 g
Dietary fibre (g)	0.1 g	0.1 g
Total Sodium (mg)	8.5 g	12.3 g

PEANUT BUTTER BLU (VEGAN)

sugar free peanut butter, blueberries, banana,
dates, almond milk

	Per 350 ml	Per 500 ml
Energy (kJ)	2039 kJ	1211 kJ
Protein (g)	14.7 g	7.7 g
Carbohydrate (g)	49 g	36 g
of which Total Sugar (g)	31.3 g	23.4 g
Total fat (g)	28.3 g	14.2 g
of which Saturated fat (g)	5.4 g	2.7 g
Dietary fibre (g)	11.1 g	7.0 g
Total Sodium (mg)	23 mg	20 mg

TROPICAL TURMERIC (VEGAN)

orange, mango, turmeric, carrot, dates,
himalayan salt

	Per 350 ml	Per 500 ml
Energy (kJ)	783 kJ	1088 kJ
Protein (g)	2.4 g	3.2 g
Carbohydrate (g)	42 g	59 g
of which Total Sugar (g)	34.4 g	48.8 g
Total fat (g)	0.8 g	1.1 g
of which Saturated fat (g)	0.1 g	0.2 g
Dietary fibre (g)	4.4 g	5.7 g
Total Sodium (mg)	425 mg	426 mg

THE HEALER

apple juice, lemon, ginger, chilli,
low fat plain frozen yoghurt

	Per 350 ml	Per 500 ml
Energy (kJ)	1284 kJ	1817 kJ
Protein (g)	5.2 g	7.6 g
Carbohydrate (g)	60 g	84 g
of which Total Sugar (g)	53.1 g	75.2 g
Total fat (g)	20.2 g	27.3 g
of which Saturated fat (g)	4.8 g	7.0 g
Dietary fibre (g)	2.3 g	3.4 g
Total Sodium (mg)	5.8 g	8.0 g

GREEN WARRIOR (VEGAN)

orange juice, kale, apple, cucumber, celery,
hemp seeds, mango, mint, filtered water

	Per 350 ml	Per 500 ml
Energy (kJ)	1522 kJ	778 kJ
Protein (g)	3.2 g	3.9 g
Carbohydrate (g)	24 g	38 g
of which Total Sugar (g)	17.5 g	28.0 g
Total fat (g)	2.6 g	2.9 g
of which Saturated fat (g)	0.2 g	0.3 g
Dietary fibre (g)	3.0 g	4.8 g
Total Sodium (mg)	23 mg	26 mg



SMOOTHIES

MIRACLE MILK

raw cashews, banana, coconut flakes, cinnamon, himalayan salt, honey, filtered water

	Per 350 ml	Per 500 ml
Energy (kJ)	1858 kJ	2634 kJ
Protein (g)	7.5 g	11.0 g
Carbohydrate (g)	44 g	56 g
of which Total Sugar (g)	24.6 g	30.7 g
Total fat (g)	12.5 g	14.3 g
of which Saturated fat (g)	26.5 g	40.4 g
Dietary fibre (g)	14.1 g	21.6 g
Total Sodium (mg)	6.1 g	8.0 g

STRAWBERRY-B

strawberries, apple juice, mint, low fat plain frozen yoghurt

	Per 350 ml	Per 500 ml
Energy (kJ)	1172 kJ	1671 kJ
Protein (g)	4.9 g	6.6 g
Carbohydrate (g)	55 g	79 g
of which Total Sugar (g)	47.7 g	69.0 g
Total fat (g)	17.6 g	28.6 g
of which Saturated fat (g)	4.4 g	6.0 g
Dietary fibre (g)	2.1 g	2.9 g
Total Sodium (mg)	5.9 g	8.8 g

COFFEE UNION

espresso, honey, low fat plain frozen yoghurt

	Per 350 ml
Energy (kJ)	1870 kJ
Protein (g)	9.0 g
Carbohydrate (g)	82 g
of which Total Sugar (g)	81.3 g
Total fat (g)	21.6 g
of which Saturated fat (g)	8.8 g
Dietary fibre (g)	4.5 g
Total Sodium (mg)	2.2 g

COFFEE GREEN (VEGAN)

almond macadamia butter, dates, espresso, baby spinach

	Per 350 ml	Per 500 ml
Energy (kJ)	925 kJ	1486 kJ
Protein (g)	4.4 g	8 g
Carbohydrate (g)	50 g	77 g
of which Total Sugar (g)	27.6 g	35.3 g
Total fat (g)	0.2 g	0.3 g
of which Saturated fat (g)	0 g	0.1 g
Dietary fibre (g)	3.3 g	4.4 g
Total Sodium (mg)	22 mg	32 mg

RAW CHOCOLATE (VEGAN)

cacao, hemp seeds, banana, cinnamon, almond milk, dates, filtered water

	Per 350 ml	Per 500 ml
Energy (kJ)	798 kJ	1040 kJ
Protein (g)	6.0 g	6.3 g
Carbohydrate (g)	32 g	50 g
of which Total Sugar (g)	16.5 g	24.9 g
Total fat (g)	7.5 g	7.1 g
of which Saturated fat (g)	1.4 g	1.5 g
Dietary fibre (g)	6.7 g	9.5 g
Total Sodium (mg)	45 mg	164 mg



FUNCTIONAL BLENDS

STRAWBERRY WHIP

strawberries, whey protein, filtered water, dates

	Per 350 ml	Per 500 ml
Energy (kJ)	804 kJ	1131 kJ
Protein (g)	17.2 g	25.7 g
Carbohydrate (g)	27 g	36 g
of which Total Sugar (g)	17.5 g	23.4 g
Total fat (g)	1.5 g	2.2 g
of which Saturated fat (g)	0.3 g	0.5 g
Dietary fibre (g)	4.2 g	5.5 g
Total Sodium (mg)	45 mg	67 mg

LOW FAT PROTEIN SHAKE

natural vanilla whey protein, low fat milk

	Per 350 ml	Per 500 ml
Energy (kJ)	843 kJ	1235 kJ
Protein (g)	24.6 g	36.4 g
Carbohydrate (g)	17 g	24 g
of which Total Sugar (g)	12.1 g	17.4 g
Total fat (g)	3.9 g	5.7 g
of which Saturated fat (g)	1.9 g	2.7 g
Dietary fibre (g)	0.0 g	0.0 g
Total Sodium (mg)	129 mg	189 mg

IMMUNE-C (VEGAN)

mango, orange, turmeric, lemon, ginger, beetroot, raspberries, apple juice

	Per 500 ml
Energy (kJ)	1128 kJ
Protein (g)	3.9 g
Carbohydrate (g)	60 g
of which Total Sugar (g)	45.8 g
Total fat (g)	1.3 g
of which Saturated fat (g)	0.4 g
Dietary fibre (g)	8.8 g
Total Sodium (mg)	20 mg



O MEGA ALMOND (VEGAN)

almond macadamia butter, banana, dates, lucuma, almond milk, activated chia seeds

	Per 350 ml	Per 500 ml
Energy (kJ)	1092 kJ	1479 kJ
Protein (g)	5.5 g	6.7 g
Carbohydrate (g)	53 g	75 g
of which Total Sugar (g)	21.3 g	34.5 g
Total fat (g)	3.0 g	3.9 g
of which Saturated fat (g)	0.4 g	0.5 g
Dietary fibre (g)	4.2 g	6.7 g
Total Sodium (mg)	451 mg	465 mg

THE NUTTER

sugar free peanut butter, honey, banana, chia seeds, coconut shavings, whey protein, filtered water

	Per 350 ml	Per 500 ml
Energy (kJ)	2334 kJ	3627 kJ
Protein (g)	26.4 g	42.5 g
Carbohydrate (g)	42 g	53 g
of which Total Sugar (g)	25.1 g	31.2 g
Total fat (g)	31.5 g	54.0 g
of which Saturated fat (g)	15.5 g	24.6 g
Dietary fibre (g)	9.0 g	13.3 g
Total Sodium (mg)	46 mg	68 mg

THE BOSS

banana, almond macadamia butter, cacao, whey protein, dates, filtered water, honey

	Per 350 ml	Per 500 ml
Energy (kJ)	1358 kJ	1710 kJ
Protein (g)	21.9 g	30.8 g
Carbohydrate (g)	57 g	69 g
of which Total Sugar (g)	23.9 g	33.4 g
Total fat (g)	2.4 g	3.5 g
of which Saturated fat (g)	0.9 g	1.3 g
Dietary fibre (g)	5.4 g	6.9 g
Total Sodium (mg)	55 mg	77 mg



FUNCTIONAL BLENDS

PINA COVADO

pineapple, kale, avo, whey protein, almond milk

	Per 350 ml	Per 500 ml
Energy (kJ)	1020 kJ	1406 kJ
Protein (g)	18.9 g	27.6 g
Carbohydrate (g)	21 g	35 g
of which Total Sugar (g)	11.3 g	21.4 g
Total fat (g)	10.5 g	11.2 g
of which Saturated fat (g)	1.6 g	1.7 g
Dietary fibre (g)	3.6 g	3.6 g
Total Sodium (mg)	88 mg	109 mg

BLUEBERRY REEFER

lactose free milk, blueberries, hemp seed protein powder, banana, chia seeds, honey

	Per 350 ml	Per 500 ml
Energy (kJ)	1275 kJ	1691 kJ
Protein (g)	10.2 g	14.9 g
Carbohydrate (g)	48 g	59 g
of which Total Sugar (g)	34.9 g	44.3 g
Total fat (g)	22.6 g	27.9 g
of which Saturated fat (g)	7.5 g	11.6 g
Dietary fibre (g)	2.2 g	3.0 g
Total Sodium (mg)	8.7 g	12.0 g

PROTEIN SUPERMATCHA

banana, organic ceremonial grade matcha, whey protein, almond milk

	Per 350 ml
Energy (kJ)	908 kJ
Protein (g)	19.5 g
Carbohydrate (g)	23 g
of which Total Sugar (g)	10.9 g
Total fat (g)	6.3 g
of which Saturated fat (g)	0.9 g
Dietary fibre (g)	3.5 g
Total Sodium (mg)	150 mg

