

nütritional guide

Please note our kitchens use ingredients containing gluten, milk, celery, fish, soya, sesame, peanuts, nuts, & eggs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens. Please read through this guide to help you select suitable menu items.

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 • dolphin-friendly tuna
• pasture raised angus steak



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 (sourdough or rye)

	Sourdough	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

ALLERGENS: egg, gluten

SCRAMBLED EGGS, AVO & FETA ON TOAST

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

	Sourdough	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

ALLERGENS: egg, gluten, milk, soy

BANANA BREAD (GLUTEN FREE)

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

	Per 100 g	Per serving
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

ALLERGENS: egg, peanuts

POACHED EGGS & SMASHED AVO ON TOAST

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

	Sourdough	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

ALLERGENS: egg, gluten



BREAKFASTS

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	3192 kJ
Protein (g)	29.9 g	37.9 g
Carbohydrate (g)	12 g	55 g
of which Total Sugar (g)	4.1 g	3.4 g
Total fat (g)	40.8 g	45.1 g
of which Saturated fat (g)	13.2 g	20.1 g
Dietary fibre (g)	4.9 g	13.1 g
Total Sodium (mg)	2044 mg	2054 mg

ALLERGENS: egg, gluten, milk, soy

SPICY BEAN BREAKFAST WRAP

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

	Per 100 g	Per serving
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

ALLERGENS: egg, gluten, milk, soy

AVO TOAST CLASSIC

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

	Sourdough	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

ALLERGENS: gluten

POACHED EGGS ON GREENS

2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing

	Per 100 g	Per serving
Energy (kJ)	757 kJ	1832 kJ
Protein (g)	7.7 g	18.7 g
Carbohydrate (g)	7 g	16 g
of which Total Sugar (g)	3.4 g	8.2 g
Total fat (g)	13.8 g	33.4 g
of which Saturated fat (g)	2.9 g	7.0 g
Dietary fibre (g)	1.3 g	3.3 g
Total Sodium (mg)	136 mg	328 mg

ALLERGENS: egg, gluten, soy, tree nuts



BREAKFAST BOWLS

CHIA-BERRY OAT CUP

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

	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

ALLERGENS: gluten

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

ALLERGENS: gluten, peanuts, milk

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

ALLERGENS: milk, tree nuts, peanuts
Contains gluten if served with goji-muesli

THE HEALTH NUT SMOOTHIE BOWL

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

	Per 100 g	Per serving
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

ALLERGENS: gluten, milk, tree nuts

CINNAMON OATS

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

	Per 100 g	Per serving
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

ALLERGENS: gluten, milk, tree nuts



OPEN OMELETTES

ROCKET & FETA

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

	Per 100 g	Per serving
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

ALLERGENS: egg, gluten, milk

SMOKED SALMON

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

	Per 100 g	Per serving
Energy (kJ)	690kJ	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

ALLERGENS: egg, gluten, fish

SPICY BEAN OMELETTE CLOSED

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

	Per 100 g	Per serving
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

ALLERGENS: egg, gluten, milk



GLUTEN FREE

FLAPJACKS & WAFFLES

THE ORIGINAL (GLUTEN FREE & SUGAR FREE)

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

	Per 100 g	Per serving
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

ALLERGENS: egg, milk, tree nuts

CHAI (GLUTEN FREE)

3 stacked chai whey flapjacks served with fresh strawberries & almond macadamia butter drizzle

	Per 100 g	Per serving
Energy (kJ)	680 kJ	2040 kJ
Protein (g)	8.9 g	26.8 g
Carbohydrate (g)	13 g	38g
of which Total Sugar (g)	14.1 g	42.4 g
Total fat (g)	8.5 g	25.5 g
of which Saturated fat (g)	2.8 g	8.4 g
Dietary fibre (g)	1.6 g	4.7 g
Total Sodium (mg)	83 mg	250 mg

ALLERGENS: egg, milk, tree nuts

BANANA NUT (VEGAN & GLUTEN FREE)

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

	Per 100 g	Per serving
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

ALLERGENS: tree nuts

STRAWBERRIES & FROYO (GLUTEN FREE)

Belgian-style waffle served with fresh 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

ALLERGENS: milk, tree nuts

STRAWBERRIES & COCONUT CREAM (VEGAN & GLUTEN FREE)

Belgian-style waffle served with fresh 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

ALLERGENS: tree nuts



SANDWICHES & WRAPS

IRON KICK SANDWICH

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

	Sourdough	Rye
Energy (kJ)	1724 kJ	1706 kJ
Protein (g)	17.5 g	15.7 g
Carbohydrate (g)	40 g	45 g
of which Total Sugar (g)	3.6 g	4.9 g
Total fat (g)	20.2 g	18.4 g
of which Saturated fat (g)	8.5 g	8.4 g
Dietary fibre (g)	13.5 g	14.7 g
Total Sodium (mg)	822 mg	1170 mg

ALLERGENS: gluten, milk

SRIRACHA CHICKEN MAYO SANDWICH

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

	Sourdough	Rye
Energy (kJ)	1562 kJ	1543 kJ
Protein (g)	25.9 g	24.0 g
Carbohydrate (g)	21 g	26 g
of which Total Sugar (g)	1.3 g	2.6 g
Total fat (g)	20.6 g	18.8 g
of which Saturated fat (g)	5.2 g	5.2 g
Dietary fibre (g)	7 g	8.1 g
Total Sodium (mg)	1116 mg	1464 mg

ALLERGENS: gluten, egg, soy

VEGGIE & AVO WRAP

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

ALLERGENS: gluten, milk

MEXI CHICKEN WRAP

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

ALLERGENS: gluten, milk, soy

CHICKEN & ROAST VEGGIE WRAP

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

	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

ALLERGENS: gluten, milk, soy

BBQ CHICKEN WRAP

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

ALLERGENS: gluten, egg, soy



SALADS OR WRAPS

MACROBIOTIC

avo, edamame beans, red cabbage, spiced broccoli, greens, soy seeds, miso dressing (contains gluten)

	Salad	Wrap
Energy (kJ)	2222 kJ	2980 kJ
Protein (g)	17.3 g	22.8 g
Carbohydrate (g)	22 g	58 g
of which Total Sugar (g)	10.6 g	12.2 g
Total fat (g)	42.1 g	43.4 g
of which Saturated fat (g)	10.2 g	12.7 g
Dietary fibre (g)	8.5 g	10.3 g
Total Sodium (mg)	1209 mg	1550 mg

ALLERGENS: gluten, soy

IRON KICK

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

	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

ALLERGENS: milk, gluten in wrap

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

ALLERGENS: gluten, soy, peanuts, tree nuts

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)	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

ALLERGENS: gluten, soy, tree nuts

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

ALLERGENS: gluten, milk, soy, tree nuts



SALADS OR WRAPS

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

ALLERGENS: milk, gluten in wrap

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

ALLERGENS: gluten, soy, milk, tree nuts

STEAK PARMESAN - LEMON OLIVE OIL

pasture raised angus steak, avo, parmesan cheese, lettuce, rocket, rosa tomatoes served with balsamic glaze with lemon & olive oil dressing

	Salad	Wrap
Energy (kJ)	2744 kJ	3710 kJ
Protein (g)	31.3 g	37.1 g
Carbohydrate (g)	15 g	53 g
of which Total Sugar (g)	6.2 g	9.4 g
Total fat (g)	53 g	58.7 g
of which Saturated fat (g)	12.5 g	15.6 g
Dietary fibre (g)	5.5 g	7.7 g
Total Sodium (mg)	706 mg	1145 mg

ALLERGENS: milk, gluten in wrap

MISO CHICKEN

grilled free range chicken, roasted carrot & butternut, avo, kale, rosa tomatoes, cranberries, miso dressing (contains gluten), black sesame seeds, coriander

	Salad	Wrap
Energy (kJ)	3146 kJ	4151 kJ
Protein (g)	25.6 g	32 g
Carbohydrate (g)	50 g	87 g
of which Total Sugar (g)	25.8 g	26 g
Total fat (g)	50.4 g	58 g
of which Saturated fat (g)	7.9 g	11 g
Dietary fibre (g)	13.3 g	19 g
Total Sodium (mg)	2011 mg	2185 mg

ALLERGENS: soy, gluten

STEAK BURRITO

pasture raised angus steak, mexi beans, white cheddar, avo, lettuce, rosa tomatoes, lemon & olive oil dressing

	Salad	Wrap
Energy (kJ)	2876 kJ	3838 kJ
Protein (g)	32.5 g	38.3 g
Carbohydrate (g)	15 g	54 g
of which Total Sugar (g)	3.1 g	6.3 g
Total fat (g)	55.7 g	61.4 g
of which Saturated fat (g)	14.7 g	17.8 g
Dietary fibre (g)	8.0 g	10.0 g
Total Sodium (mg)	1033 mg	1474 mg

ALLERGENS: milk, gluten in wrap

STEAK PARMESAN - CREAMY CASHEW

pasture raised angus steak, avo, parmesan cheese, lettuce, rocket, rosa tomatoes served with creamy cashew dressing

	Salad	Wrap
Energy (kJ)	2628 kJ	3594 kJ
Protein (g)	32.8 g	38.6 g
Carbohydrate (g)	14 g	53 g
of which Total Sugar (g)	5.5 g	8.6 g
Total fat (g)	49.6 g	55.2 g
of which Saturated fat (g)	12.1 g	15.2 g
Dietary fibre (g)	5.8 g	8.0 g
Total Sodium (mg)	645 mg	1085 mg

ALLERGENS: milk, gluten in wrap, tree nuts



MEALS

MEDITERRANEAN BOWL (GLUTEN FREE)

feta, avo, baby spinach, rosa tomatoes, quinoa, greens, lemon & olive oil dressing

	Per 100 g	Per serving
Energy (kJ)	789 kJ	2802 kJ
Protein (g)	3.1 g	11.0 g
Carbohydrate (g)	4 g	14 g
of which Total Sugar (g)	1.1 g	3.9 g
Total fat (g)	18.1 g	64.4 g
of which Saturated fat (g)	4.5 g	16.1 g
Dietary fibre (g)	1.9 g	6.6 g
Total Sodium (mg)	364 mg	1291 mg

ALLERGENS: milk

SUMMER NACHO BOWL (VEGAN & GLUTEN FREE)

avo, rocket, rosa tomatoes, raw corn, quinoa, organic corn chips, greens, lime coriander dressing

	Per 100 g	Per serving
Energy (kJ)	482 kJ	1565 kJ
Protein (g)	2.0 g	6.6 g
Carbohydrate (g)	10 g	32 g
of which Total Sugar (g)	1.3 g	4.3 g
Total fat (g)	7.5 g	24.5 g
of which Saturated fat (g)	3.0 g	9.8 g
Dietary fibre (g)	2.5 g	8.0 g
Total Sodium (mg)	98 mg	320 mg

ALLERGENS: gluten, soy, milk, tree nuts

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 serving
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

ALLERGENS: NA

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

ALLERGENS: soy, gluten

MEXI-TACO BOWL (GLUTEN FREE)

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

	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

ALLERGENS: milk, soy, gluten

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 serving
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

ALLERGENS: milk



SMOOTHIES

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	64 mg

ALLERGENS: tree nuts

PEANUT BUTTER BLU (VEGAN)

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

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

ALLERGENS: peanuts, tree nuts

GREEN WARRIOR (VEGAN)

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

	Per 350 ml	Per 500 ml
Energy (kJ)	522 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

ALLERGENS: NA

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)	0.7 g	1.0 g
of which Saturated fat (g)	0.1 g	0.1 g
Dietary fibre (g)	8.5 g	12.3 g
Total Sodium (mg)	5 mg	8 g

ALLERGENS: NA

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	40.4 g
of which Saturated fat (g)	14.1 g	21.6 g
Dietary fibre (g)	6.1 g	8.0 g
Total Sodium (mg)	385 mg	395 mg

ALLERGENS: tree nuts



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

ALLERGENS: milk

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

ALLERGENS: milk

BLUEBERRY REEFER

lactose free milk, blueberries, hemp seed protein, 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)	7.5 g	11.6 g
of which Saturated fat (g)	2.2 g	3.0 g
Dietary fibre (g)	8.7 g	12.0 g
Total Sodium (mg)	61 mg	81 mg

ALLERGENS: milk

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

ALLERGENS: tree nuts

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

ALLERGENS: milk, peanuts



FUNCTIONAL BLENDS

CBD GREENS (VEGAN)

mango, kale, spinach, dates, filtered water, CBD oil (5mg)

	Per 350 ml	Per 500 ml
Energy (kJ)	581 kJ	914 kJ
Protein (g)	1.9 g	2.7 g
Carbohydrate (g)	31 g	49 g
of which Total Sugar (g)	27.1 g	43.6 g
Total fat (g)	0.5 g	0.9 g
of which Saturated fat (g)	0.1 g	0.2 g
Dietary fibre (g)	3.5 g	5.3 g
Total Sodium (mg)	xx mg	xx mg

ALLERGENS: NA

UNICORN BY ZOSIA (VEGAN)

dragon fruit, mango, banana, orange, almond macadamia butter, spirulina, hemp seeds, whipped coconut cream

	Per 350 ml	Per 500 ml
Energy (kJ)	1070 kJ	1453 kJ
Protein (g)	4.2 g	5.8 g
Carbohydrate (g)	32 g	50 g
of which Total Sugar (g)	17 g	26.8 g
Total fat (g)	13.8 g	16.2 g
of which Saturated fat (g)	10.0 g	12.1 g
Dietary fibre (g)	3.5 g	4.7 g
Total Sodium (mg)	17 mg	20 mg

ALLERGENS: tree nuts

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

ALLERGENS: milk, tree nuts

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

ALLERGENS: milk, tree nuts

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

ALLERGENS: NA



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	0.1 g
of which Saturated fat (g)	0.3 g	0.3 g
Dietary fibre (g)	8.7 g	12.2 g
Total Sodium (mg)	46 mg	49 mg

ALLERGENS: NA

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)	34 mg	35 mg

ALLERGENS: NA

D-TOX (VEGAN)

spinach, celery, cucumber, apple, lemon, ginger

	Per 350 ml	Per 500 ml
Energy (kJ)	697 kJ	1057 kJ
Protein (g)	2.3 g	2.8 g
Carbohydrate (g)	37 g	57 g
of which Total Sugar (g)	25.5 g	40.5 g
Total fat (g)	0.7 g	1.0 g
of which Saturated fat (g)	0.3 g	0.3 g
Dietary fibre (g)	7.1 g	10.5 g
Total Sodium (mg)	48 mg	50 mg

ALLERGENS: NA

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

ALLERGENS: NA



POWER JUICES

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

ALLERGENS: NA

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

ALLERGENS: NA

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

ALLERGENS: NA

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

ALLERGENS: NA

FLORA RESTORER (VEGAN)

apple, pineapple, carrot, turmeric, ginger, lemon, probiotic

	Per 350 ml	Per 500 ml
Energy (kJ)	757 kJ	1060 kJ
Protein (g)	1.5 g	2.2 g
Carbohydrate (g)	42 g	58g
of which Total Sugar (g)	29.8 g	40.8 g
Total fat (g)	0.6 g	0.9 g
of which Saturated fat (g)	0.1 g	0.2 g
Dietary fibre (g)	1.7 g	2.4 g
Total Sodium (mg)	63 mg	95 mg

ALLERGENS: NA