

# Our food is healthy, natural and delicious

## MAIN BUILD

- 9.95 SPINACH TORTILLA WRAP 300 - 750 cal
- 9.95 GRAINS BOWL 250 - 550 cal
- 9.95 GREEN AND GRAINS BOWL 200 - 700 cal
- 4.95 SEASONAL SOUP 250 cal

## DRINKS

- 2.55 SPECIALTY JUICES
- 2.95 BOTTLED DRINKS
- 1.95 BOTTLED WATER
- 2.55 SPARKLING WATER

## YOGURTS

- 5.95 SWEET YOGURT  
300 - 550 cal (Prepared Daily)
- BERRY GOOD  
Berries, Mint, Dark Chocolate,  
Sea Salt, Honey
- PB&J  
Raspberry jelly, Peanut butter,  
peanuts
- YOGUTELLA  
Chocolate Hazelnut, Banana,  
Cinnamon
- BLIND DATE  
Dates, Walnuts, Cardamom
- ALI BABA  
Baklava, Dates, Cinnamon, Honey

- 5.95 SAVORY YOGURT  
300 - 430 cal (Prepared Daily)

### FIT YOGURT

Tomato, Cucumber, Mint, Salt,  
Pepper

### IRON MAN

Baby Spinach, Garlic, Cucumber  
Olive Oil, Salt, Pepper

### BAJA

Avocado, Jalapeno, Cilantro,  
Chives, Limes

## CREATE YOUR MEAL

### 1. BASE

Choose a Base:

- SALAD
- CILANTRO WHITE RICE
- CILANTRO BROWN RICE
- QUINOA

### 2. PROTEIN

Choose a protein:

- CHICKEN
- BEEF MEATBALLS
- BRAISED LAMB +1.95
- ROASTED VEGETABLES

### 3. DIPS

Choose up to three:

- MAD GREEK
- AVOCADO HUMMUS
- CRUSHED OLIVE HUMMUS
- EGGPLANT
- ARTICHOKE
- GUACAMOLE +1.95

### 4. TOPPINGS

Choose as many as you like:

- FETA CHEESE
- PITA CHIPS
- MINT
- LEMON
- LIMES
- TOMATOES
- CUCUMBER
- ONIONS
- CILANTRO
- CARROTS
- OLIVES
- SHREDDED CABBAGE
- BASIL
- SPICY CURRIED CHICKPEAS

### 5. DRESSING

Pick your favourite

- YOGURT MINT
- SPICY CURRY
- GREEK
- LEMON GARLIC TAHINI
- HONEY VINAIGRETTE
- OLIVE OIL AND OREGANO