













# FOOD MENU

## Breakfast

- Crazy Açaí Bowl**   5,75  
Açaí, cacao, peanut butter, blueberries, banana, chia seeds, granola
- Anti-oxi Breaky**   5,5  
Açaí, blueberries, banana, coconut flakes, flax seeds, granola
- Green Bali Bowl**   5,5  
Spinach, avocado, pineapple, coconut milk, mango, chia seeds, granola, coconut flakes
- Steel-cut Oats**   5,5  
Oats, cinnamon, flax seeds, coconut milk, date-cashew paste, peanut butter, vanilla, pumpkin seeds
- Overnight Quark**  5,25  
Low-fat quark, oats, chia seeds, almond milk, raspberries, granola

## Wraps

- Chicken Chipotle Wrap**    8,5  
Marinated chicken, rocket, red bell pepper, black beans, spinach, carrot, cucumber, red cabbage, corn, chipotle dressing
- Protein Wrap**   8  
Chicken, romaine, red cabbage, carrot, egg, cucumber, smoked beef, caesar dressing
- Beef Pesto Wrap**  8,5  
Beef, black beans, cucumber, tomato, beef bacon, pesto, romaine, rocket, carrot, red cabbage, creamy dressing
- Falafel Wrap**   8  
Falafel, basil & mint, edamame, chickpeas, cucumber, red cabbage, spinach, rocket, pomegranate, vinaigrette
- Vegan Shoarma Wrap**   8  
Vegan shoarma, sweet potato, red bell pepper, cucumber, carrot, red cabbage, rocket, spinach, vegan harissa dressing

## Sandwiches

- Happy Avocado**   4,15  
Avocado, sesame seeds, curry hummus, rocket, vegan mayonnaise
- Munch Sandwich**   4,95  
Marinated chicken, avocado, rocket, chipotle mayonnaise
- Carpaccio**  4,95  
Carpaccio, parmesan cheese, rocket, truffle mayonnaise
- Say Cheese**   4,5  
Old Cheese, mustard mayonnaise, rocket

## Salads

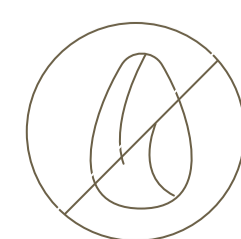
- Caesar Salad**    7,75  
Romaine lettuce, egg, cucumber, parmesan, smoked beef, chicken, pumpkin seeds, caesar dressing
- Chicken Chipotle Salad**    8,5  
Marinated chicken, black beans, quinoa, red bell pepper, rocket, spinach, cucumber, red cabbage, corn, chipotle dressing
- Beef Pesto Salad**   8,5  
Beef, black beans, cucumber, tomato, parmesan, beef bacon, pesto, romaine, rocket, pumpkin seeds, creamy dressing
- Grilled Salmon Salad**     8,5  
Grilled salmon, quinoa, rocket, spinach, carrot, cucumber, red cabbage, edamame, turmeric cauliflower, orange-sesame dressing
- Falafel Salad**  8  
Falafel, quinoa, rocket, edamame, spinach, chickpeas, cucumber, almonds, sunflower seeds, pumpkin seeds, mint & basil, pomegranate, vinaigrette
- Gado Gado Salad**   8,5  
Tempeh, turmeric cauliflower, rocket, green beans, sweet potato, chickpeas, carrot, egg, coriander, sunflower seeds, peanut dressing



GLUTEN FREE



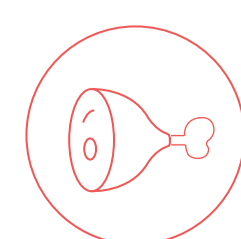
LACTOSE FREE



NUT FREE



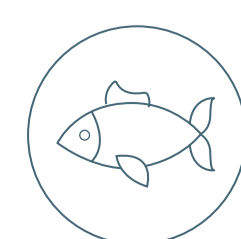
VEGAN



POULTRY



VEGETARIAN



FISH

## Coffee

Espresso	2
Lungo	2,5
Cappuccino	2,75
Flat white	3,25
Latte	3
Cortado	2,5
Macchiato	2,25
Latte macchiato	3,5
Iced latte	3,5
Double shot +1	

## Superfood Latte (iced/hot)

Coconut Turmeric Latte	4
Turmeric, coconut milk, cinnamon	
Vanilla Matcha Latte	4
Matcha, vanilla, oat milk	
Cacao Latte	3,5
Cacao, oat milk, vanilla, cinnamon	

## Mixed Juices 450ml

Happiness	5
Strawberry, banana, orange	
Kcal: 54 Kh: 11,7 P: 0,9 F: 0,3	
Rejuvenation	5
Pineapple, mint, mango, orange	
Kcal: 52 Kh: 11,5 P: 0,8 F: 0,2	
Green dream	5,5
Spinach, mint, apple, rocket, mango	
Kcal: 37 Kh: 8,7 P: 0,5 F: 0,1	
Crazy beet	5,5
Beet, apple, ginger, pineapple	
Kcal: 45 Kh:10,7 P: 0,5 F: 0	

## Cold Pressed Juices

<b>Green</b>	250/500ml
100% celery	4,5/6,5
Celery	
Green Detox	4,5/6,5
Cucumber, celery, kale, lemon, spinach, parsley, spirulina	
Immunity	4/6
Cucumber, apple, spinach, lemon, turmeric, ginger	
Bloavention	4,5/6,5
Fennel, apple, ginger, cucumber, celery, lemon	

<b>Citrus</b>	
Cleanser	4/6
H2O, lemon, activated charcoal, ginger, apple	
Alkalizer	4,5/6,5
Coconut, pear, mint, apple, lime	
The Balancer	4,5/6,5
Watermelon, strawberry, lime, coconut	

<b>Roots</b>	
Slimming	4/6
Carrot, ginger, cayenne pepper, lime, apple	
Performance	4/6
Spinach, carrot, beetroot, cucumber, lime	

## Power Smoothies

Hydrator	5
Raspberry, coconut meat, banana, chia seeds, flax seeds, coconut milk, coconut juice	
Kcal: 247,5 Kh: 22 P: 13,5 F: 9,5	
Energizer	5,5
Cacao, banana, vanilla, peanut butter, hemp seeds, Himalayan seasalt, dates, almond milk	
Kcal: 343,2 Kh: 32,2 P: 16,3 F: 15,8	
Fertility	5,5
Avocado, spinach, maca, vanilla, dates almond milk	
Kcal: 272,1 Kh: 16,3 P:13,9 F: 15,3	
Hangover Cure	5,5
Activated charcoal, blueberries, lemon, banana, spinach, coconut water	
Kcal: 194 Kh: 32,2 P: 7,2 F: 3,1	

## Protein Shakes 450ml

Vanilla Vain	5,5
Banana, vanilla, Himalayan seasalt, whey	
Kcal: 322,1 Kh: 28,9 P: 34,1 F: 7,2	
Berrylicious	6
Blueberry, avocado, whey	
Kcal: 328,6 Kh: 13,7 P: 34,2 F: 13,7	
Snickers	5,5
Banana, almond butter, cacao, whey	
Kcal: 370,1 Kh: 25 P: 36,5 F: 12,8	
Sweet Popeye	5,5
Mango, banana, spinach, whey	
Kcal: 315,4 Kh: 26 P: 34,8 F: 7,3	
* Option for vanilla whey or vegan whey	

## Juice Cleanses

Want to reset and refresh your body?  
Start your detox now!

### Step 1: Choose the number of days

3 days	95
5 days	145
7 days	195

### Step 2: Choose your level

Entry	Package perfect for beginners
Intermediate	Selection of green and fruit juices
Advanced	Almost green

### Step 3: Additional packages

Shot package	from 12,5
Extra boost during your detox	
Cutting or rebuilding meal plan	85
Perfect to start and/or finish your detox	

## Clean Eating Program

Feel fit, energetic and lose weight!  
Every day fresh, healthy and tasty clean meals!

### Step 1: Choose the number of days

3 days package	from 55
5 days package	from 75
21 days package	from 450

### Step 2: Choose the number of meals

Two meals a days	Lunch, dinner
Three meals a day	Breakfast, lunch, dinner
All-in package	Breakfast, lunch, dinner, two snacks

### Step 3: Choose your level

Lean	kcal 1200-1600
Balanced	kcal 1800-2200
Performance	kcal 2200-3000
Vegan	kcal 1800-2200

### Clean Eating 21 Challenge from 450

Personal Coach during the program	Three meals a day
Two snacks	Pre-consult, consult and after-care

**SIMPLY SELECT THE PACKAGE  
THAT IS RIGHT FOR YOU!**

\* Allergies? No problem, we can help you!