

Grains&Greens

Breakfast

- Fruit & Oats Yoghurt • **15**
- Banana Chia Pudding • **15**
- Wildberry Chia Pudding • **20**

Smoothie

- Mango Smoothie • **25**
- Kale Glory • **25**
- Berry Banana Boost • **25**

Fruit

- Juicy Fruits • **15**
- Fresh Watermelon • **15**
- Dragon Fruit & Grapes • **18**
- Fresh Pineapple • **18**

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Sandwich

Classic Egg N' Mayo • 25

Tuna Ultimate • 28

Chicken Caesar • 28

Make Your Own

Make Your Own Salad • 30

Make Your Own

Add Beef • 8

Add Shrimp • 8

Add Salmon • 8

Add Chicken • 8

Add Burrata • 8

Grains & Greens

Salads

- Shrimp Salad • 15
- Salmon Salad • 45
- Turkey Caesar Salad • 45
- Chicken Caesar Salad • 45
- Beef Salad • 45
- Vegan Salad • 45
- Burrata Salad • 45

Sandwich

- Beefzilla HLF • 25
- Beefzilla • 40
- Prawn Boy HLF • 30
- Prawn Boy • 35
- The Bagel Tower HLF • 35
- Bagel Tower • 40
- The Vegan Torpedo HLF • 30
- Vegan Torpedo • 35
- Hot Chicken HLF • 30
- Hot Chicken • 35
- King Toastie HLF • 30
- King Toastie • 35

Make Your Own

- Create-Your-Own or Build-Your-Own • 25

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Juices

- Fresh Orange Juice • 12
- Fresh Watermelon Juice • 12
- Carrot Juice • 12
- Lemon Juice • 12
- Apple Juice • 12
- Grapefruit Juice • 12
- Fresh Avocado Juice • 15
- Fresh Green Juice • 15
- Cucumber Juice • 15

Cold Drinks

- Infused Water with Basil Fresh • 10
- Infused Water with Fresh Lemon • 10
- Infused Water with Fresh Orange • 10
- Fresh Tender Coconut Water • 18

Water

- Aquafina Can • 6
- Perrier Can • 5

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Impulse

Coconut Bites • 10

Vegan Raw Chocolate • 10

Vegan Almond • 10

Vegan Hazelnuts • 10

Vegan Oat Cookie • 12

Vegan Maamoul • 12

Pistachio Walnut • 12

Gardena Chocolate • 12

Superfood Matcha Ball • 12

Cranberry Pistachio Ball • 12

Seed Bar • 12

Samoa Bar • 12

Easy Protein Bar • 18

Cherry & Almond Bar • 18

Dr Kargs Cherry • 20

Dr Kargs Tomato • 20

Dr Kargs Cheese • 20

Dr Kargs Sesame • 20

Cashew Truffles • 20

Coconut Truffles • 20

Dark Chocolate Truffles • 20

Hazelnut Truffles • 20

Almond Truffles • 20