



FIT AND FRESH  
MOVE NOURISH RECOVER



10% OFF  
FOR A PRE ORDER  
MEAL

# FOOD MENU

HEALTH IS WEALTH

## BREAKFAST

### THE MORNING GRAZER (FUEL BOX)

€12,5

A balanced mix of high-quality protein (like boiled eggs or lean turkey), complex carbs, and healthy fats to jumpstart your metabolism.

### THE MIDNIGHT SOAK (OVERNIGHT OATS)

€9,5

Soaking oats maintains their complex structure, providing a slow, steady release of glucose. This prevents insulin spikes and keeps you focused for hours.



## SALADS AND BOWLS

### MEDITERRANEAN FETA & TOMATO SALAD

€14,5

Natural electrolytes from feta and antioxidants from tomatoes to reduce inflammation and aid muscle recovery.

### TURMERIC ROASTED CAULIFLOWER & LENTIL SALAD

€15,5

High-fiber Lentils provide sustained energy release, while Turmeric boosts your immune system and metabolic health.

### THAI-STYLE POACHED CHICKEN & KIMCHI & RICE

€19,5

High-quality Lean Protein for muscle repair paired with Probiotics to optimize nutrient absorption and gut health.

### NORDIC SMOKED SALMON & RICE CRUNCH

€21,5

Smoked salmon is packed with Omega-3 fatty acids, which are essential for reducing joint inflammation after workouts and improving cognitive focus.

### MEDITERRANEAN "ZEST" SARDINE BOWL

€18,5

Rich in Vitamin B12, which clears "brain fog" and supports the nervous system—perfect for high-stress professionals.



**SALAD OF THE DAY TO TAKE AWAY €16,5**

*YOUR HEALTH IS OUR PRIORITY.  
PLEASE SPEAK WITH OUR TEAM FOR  
DETAILED ALLERGEN INFORMATION*





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# DRINKS

## HEALTH IS WEALTH

### HOT DRINKS

<b>COFFEE</b>	<b>€3,8</b>
<b>LATTE MACCHIATO</b>	<b>€4,9</b>
<b>CAPPUCCINO</b>	<b>€4,8</b>
<b>ESPRESSO</b>	<b>€2,9</b>
<b>DOUBLE ESPRESSO</b>	<b>€3,4</b>
<b>LUNGO</b>	<b>€3,8</b>
<b>TEA</b>	<b>€3,8</b>

*Please ask our Staff to see our Organic Tea Collection*



### SHAKES

<b>SHAKE "CHOCO-NUT"- POWERHOUSE</b>	<b>€8</b>
Chocolate Protein, Banana, Peanut Butter, Water OR Oat Milk	
<b>SHAKE ANTIOXIDANT VANILLA EDITION</b>	<b>€7,5</b>
Vanilla Protein, Berries, Water OR Soy Milk	
<b>SHAKE TROPICAL</b>	<b>€7,5</b>
Coconut Protein, Mango OR Pineapple, Water OR Coconut Water	
<b>ADD ON</b>	<b>€1</b>
Creatine and Collagene	

<b>KOMBUCHA GINGER + LEMON / POMEGRANATE + BEETROOT / HIBISCUS</b>	<b>€4,9</b>
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<b>SYMPLES ENERGISANTE / RELAXANTE / DETOXIFIANTE</b>	<b>€3,5</b>
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*PLANT-POWERED: ALL OUR SHAKES ARE AVAILABLE WITH 100% VEGAN PROTEIN AT NO EXTRA COST*

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