



FIT



CAFÉ

EST. 2020

LIGHT MEALS

EGGS SCRAMBLED / BOILED EACH	14	OATS	30
TOAST PER SLICE	10	OATS/BANANA/HONEY	45
FRUIT SALAD / YOGHURT	50	MUFFIN	32
FRUIT SALAD / YOGHURT / MUESLI	60	PROTEIN SNACK PACK	45
MUESLI / YOGHURT	45	PANCAKES	10
AVO ON TOAST	30	FRUIT WHOLE (APPLE / BANANA / ORANGE)	12

SANDWICHES - PLAIN OR TOASTED

CHEESE	35	CHICKEN MAYO	48
HAM & CHEESE	48	EGG MAYO	40
		TUNA MAYO	48

WRAPS - PLAIN OR TOASTED

EGG	60	TUNA	75
CHICKEN	75		

EXTRA PORTIONS

CHEESE / AVO	18	HONEY / JAM	15
PEANUT BUTTER	10	SPINACH POTION	15

JUICES

BETROOT GINGER CARROT	52	CARROT APPLE GINGER ORANGE	52
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HOT & COLD DRINKS

AMERICANO	30	ICED LATTE	38
CAPPUCCINO	35	ICED TEA	30
CAPPUCCINO DOUBLE SHOT	40	LIQUI FRUIT	30
LATTE	38	ENERGADE / POWERADE	28
ESPRESSO - SINGLE	25	APPLETISER / GRAPETISER	35
ESPRESSO - DOUBLE	30	MILK	25
TEA (FIVE ROSES / GREEN / ROOIBOS)	28	SPARKLING WATER 500ML	15
CHAI TEA	44	STILL WATER 500ML	15
MILO / HOT CHOCOLATE	38	STILL WATER 750ML	18

PROTEIN SHAKES

WHEY & WATER – SINGLE	40	WHEY / PEANUT BUTTER / BANANA / WATER SINGLE	65
WHEY & WATER – DOUBLE	55	WHEY / PEANUT BUTTER / BANANA / WATER DOUBLE	80
WHEY & MILK – SINGLE	50	WHEY / PEANUT BUTTER / BANANA / MILK SINGLE	80
WHEY & MILK – DOUBLE	70	WHEY / PEANUT BUTTER / BANANA / MILK DOUBLE	90

SMOOTHIES

PEANUT BOMB	60	MIXED BERRY & YOGHURT & HONEY	55
GREEN MACHINE	55	MANGO & BANANA & PINEAPPLE	55
PEANUT BUTTER & BANANA	55		

