

BREAKFAST

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (Kj)	Total Sodium (mg)	Dietary Fiber (g)
Two Poached Eggs on Toast	14.94	15.01	10.54	917.36	461.36	0.78
Smashed Avo	35.56	6.08	15.07	1197.72	256.18	8.00
Creamy Scrambled Eggs	17.56	20.16	52.65	2618.43	522.20	0.78
- Creamy Scrambled Eggs (Bacon)	21.73	40.99	81.81	4011.76	1855.53	4.95
- Creamy Scrambled Eggs (Smoked Trout)	17.91	36.57	62.61	3278.63	560.11	0.78
Breakfast Waffle	80.81	45.68	83.20	5188.14	2121.04	8.04
Poached Egg with Chicken Livers	108.06	31.32	75.51	5240.80	1423.03	4.36
Eggs Benetelo (Bacon)	75.83	44.44	94.50	5482.47	2205.19	5.92
<i>Eggs Benetelo (Pulled Pork)</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>
Eggs Benetelo (Smoked Trout)	71.66	39.82	75.24	4737.22	907.11	1.75
Potato Rosti (Bacon)	71.70	34.71	80.10	4606.66	1820.82	14.63
Potato Rosti (Smoked Trout)	68.64	27.54	63.66	3908.92	860.67	11.58
3 Egg Omelette	29.51	16.78	39.62	2262.53	394.48	1.30
Mexican Eggs	67.37	51.45	62.73	4231.91	1605.92	11.57
The Banter	19.56	44.94	85.29	4123.82	2428.45	11.63
The Big English	78.82	58.33	63.54	4595.59	2812.44	9.60
Avo, Halloumi & Hummus	44.52	26.00	52.62	3105.31	1765.95	13.04

LIQUID BREAKFAST

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (Kj)	Total Sodium (mg)	Dietary Fiber (g)
Red Espresso, Cranberry & Cinnamon	71.16	8.75	16.08	1903.82	196.95	0.98
Banana, Muesli & Cinnamon	86.09	12.37	22.38	2437.33	202.76	3.69
Coffee & Coconut Muesli	76.04	12.27	26.54	2434.66	202.26	3.26
Mixed Berry, Yoghurt & Chia Seeds	78.51	3.43	1.49	1441.08	24.3	1.24

SWEETER SIDE

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Plain Oats	33.91	6.96	5.15	872.58	1308.33	5.48
Hearty Oats	97.17	14.41	32.88	3053.16	1332.53	8.68
Scone	78.05	13.49	30.51	2745.23	286.2	0.96
Parisian Breakfast (choose from bread selection)	67	17.24	17.51	2158.6	755.96	1.42
Croissant	89.6	16.6	30.18	2997.78	780.69	1.61
Brioche French Toast	100.3	11.03	50.14	3729.74	489.12	2.76
Caramelised Banana, Bacon French Toast	76.56	25.03	56.76	3754.68	1451.9	4.94
Homemade Muesli	148.11	17.09	21.81	3544.07	114.22	9.9



SARMIES

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Pastrami on Rye	90.25	27.66	33.31	3257.53	1768.92	4.89
Gypsy Ham Croissant	75.32	22.6	47.45	3503.75	1268.8	2.15
Roasted Veg	15.61	7.91	38.04	1820.68	518.03	4.68
Chicken Pesto	77.08	50.67	45.23	3868.18	4637.18	7.58
Honey Mustard Chicken	94.88	46.65	36.49	3649.53	4779.64	15
BLT	77.4	40.27	61.34	4119.44	2592.9	8.11
Chicken Mayo	85.13	35.54	67.96	4488.42	4115.54	14.11
Avo, Halloumi & Rocket	84.8	25.75	64.3	4257.17	3176.68	9.07
<i>The Cuban Sandwich</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>	<i>Not available</i>
Smoked Trout & Cream Cheese	80.29	33.14	44.7	3510.18	4031.99	8.53
Fillet Steak	95.79	46.03	43.86	3986.82	4332.17	8.55

SALADS

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Tomato Caesar	29.95	27.4	167.24	7301.95	3226.29	2.31
- Add Bacon	4.17	20.83	29.17	1393.33	1333.33	4.17
- Add Chicken	0.41	31.36	5.46	787.79	428.71	0.14
Roasted Chickpea & Pesto	36.16	16.85	24.01	1767.74	965.37	8.63
Roast Vegetable	125.94	31.18	78.87	5520.89	1932.61	17.15
Warm Bulgur Wheat & Lentil	79.73	13.83	9.75	1911.27	1214.27	17.61



PASTA

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Mushroom Bolognese	113.5	51.14	32.57	3952.04	1787.87	6.09
Butter Chicken	107.96	64.84	67.85	5485.71	1551.33	5.94
Mediterranean Pasta	108.51	51.42	93.27	6249.7	2625.26	5.29
Chicken Basil Pesto & Pine Nuts	115.83	79.17	88.47	6661.74	2232.16	8.62
Pulled Pork Alfredo	105.56	59.11	122.41	7365.49	1728.45	4.02

PISSALADIÈRE

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Focaccia Bread	60.92	9.82	22.59	2001.84	1254.5	3.66
Piz N B Vovorita	72.87	42.27	62.12	4157.31	2619.41	8.08
Piz Lcb Vovorita	42.03	75.87	91.48	5190.92	3397.9	11.91
Piz N B Pasanda	73.67	50.26	43.48	3599.41	1550.23	6.29
Piz Lcb Pasanda	42.83	83.86	72.84	4633.02	2328.72	10.12
Piz N B Bac Chilli Hon	115.44	66.01	117.51	7108.26	3394.8	9.48
Piz Lcb Bac Chilli H	84.6	99.61	146.87	8141.87	4173.29	13.31
Piz N B Gypsy Ham + Feta + Avo	80.16	49.72	47.66	3799.06	2379.36	10.89
Piz Lcb Gypsy Ham + Feta + Avo	49.32	83.32	77.02	4832.67	3157.85	14.72
Piz N B Four Cheese	77.24	57.29	60.43	4430.96	2603.93	4.19
Piz Lcb Four Cheese	46.4	90.89	89.79	5464.57	3382.42	8.02
Piz N B Fillet C/Onion	90.3	68.49	50.4	4441.69	1630.71	6.94
Piz Lcb Fillet C Onion	59.46	102.09	79.76	5475.3	2409.2	10.77

MORE THAN A BITE

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Chicken Burger	162.74	49.52	73.13	6347.97	4733.95	18.4
The Joe Burger	152.21	57.59	82.79	6501.64	3319.13	17.37
Bistro Beef Burger	169.88	72.91	85.27	7202.8	3609.9	17.6
Naked Burger						
- Chicken Burger	34.29	41.37	74.35	4100.62	3421.47	4
- The Joe Burger	23.76	49.44	84.02	4254.29	2006.65	2.97
- Bistro Beef Burger	41.42	64.76	86.49	4955.45	2297.43	3.2
Chicken Bunny Chow	152.15	62.05	13.97	4054.22	2014	10.09
Soup of The Day						
Curried B/Nut Soup	44.97	12.03	23.77	1802.02	1206.95	5.41
Pepper + Carrot Soup	42.85	12.57	10.74	1310.67	1918.11	6.14
Coconut Lemon Chkn Soup	34.8	23.59	41.05	2419.85	2243.35	5.56
Chicken & Corn Chowder	58.48	40.48	56.41	3743.91	1460.42	6.71
English Onion Soup	117.86	25.67	33.78	3641.98	2085.88	11.55
Sweet Potato, Orange & Chilli Soup	40.17	11.73	25.24	1801.21	1375.96	5.11
Carrot & Coconut Soup	39.41	12.89	60.82	3087.72	1824.05	6.63
Roast Tomato & Coriander Soup	34.68	12.09	52.62	2770.36	2543.57	4.18

BEVERAGES

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Cold						
Berry Shake	117.92	12.64	40.75	3756.21	263.57	0.1
Chocolate Shake	96.51	15.02	38.94	3300.09	336.57	0.1
Salted Caramel Brownie	121	13.03	51.25	4211.13	262.81	1.14
Juiced Up (Carrot, Orange & Lemon)	55.44	4.92	1.01	951.79	207.7	14.11
Juiced Up (Pineapple, Elderflower & Ginger)	114	4.92	1.15	1819.65	10.22	12.3
Juiced Up (Beetroot, Cherry & Apple)	66.09	4.55	0.63	1081.92	203.5	15.57
Frostee (Passion Fruit & Pineapple)	23.56	0.68	0.15	386.76	1.29	1.74
Frostee (Lemon Grass & Apple)	24.46	0	0	371.75	0	4.06
Frostee (Cranberry, Cherry & Apple)	28.91	0.2	0	488.26	3	2.44
Chocolate Vovochino	9.33	3.08	4.52	384.71	60.98	0.1
Coffee Vovochino	58	12	18	1840	340	2
Salted Caramel Vovochino	79	9.6	14.4	2026.4	274.6	1.6



BEVERAGES

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Hot						
Hot Chocolate with Cows Milk	35.57	7.09	9	1051.69	124.7	1.05
Hot Chocolate with Soy Milk	37.23	6.96	4.82	918.76	139.31	2.19
Hot Chocolate with Almond Milk	26.52	1.48	3.38	589.18	176.88	1.6
Caramel Hot Toddie	42.9	7.36	14.08	1479.48	122.77	0
Bar One Hot Chocolate	23.98	6.61	11.35	944.41	86.24	0



BREAD

Description	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (KJ)	Total Sodium (mg)	Dietary Fiber (g)
Rye (per slice)	15.38	2.62	1.03	343.18	346.75	0.77
Ciabatta (per slice)	21.2	3.44	0.94	434.37	275.92	0.99
Sourdough (per slice)	40.68	6.45	1.15	807.14	276.48	2.31
Banting Bread (per slice)	9.52	5.78	9.27	609.04	249.79	5.09
Seeded Panini (per single Panini)	74.19	14.47	11.09	1832.07	3907.04	6.79
Panini (per single Panini)	69.37	11.25	3.06	1421.57	903.01	3.25
Pretzel Bun (per bun)	72.8	7.75	6.34	1621.62	2118.9	1.86
Brioche Bun (per bun)	50.12	6.29	9.91	1349.57	615.52	1.65
Bagel (per bagel)	60.42	12.75	8.65	1494.22	616.2	5.85