

Guilt-Free & Low Calorie Meals

# Breakfast

Three-egg white omelette with grilled mushrooms, fresh tomato & white toast. R55

OR

Chia bowl and fruit. R55

# Lunch

SMOKED CHICKEN SALAD R79

90g Smoked chicken breast served on salad greens with strawberries, carrots, onions and a mouthwatering orange dressing.

GRILLED STEAK QUINOA R99

90g Grilled steak cubes served with olives, tomato & mushrooms.

Served cold with quinoa.

VEGAN RED LENTIL SOUP R49

# Dessert

Gluten free, sugar free, dairy free R55  
Cheese cake.