

LIGHTHOUSE

CAFE

ONEWeigh
Medically Assisted Weight Loss Programme

www.oneweight.co.za/

GUILT-FREE & LOW CALORIES MEALS

BREAKFAST

Three-egg white omelette with grilled mushrooms & fresh tomato
served with toast R65

Three-egg white scrambled , rocket & rosa tomatoes served with toast
R65

LIGHT LUNCH

CHICKEN SALAD R85

90g Grilled chicken breast served on
seasonal salad greens, strawberries, cabbage, carrots, green peppers
& onions. Served with a reduced oil
honey mustard salad dresssing

GRILLED STEAK QUINOA SALAD R85

90g grilled steak strips, olives, tomato, mushrooms served on quinoa

SMOOTHIES

Made with OneWeight Meal Replacements R50

Chocolate


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Guesthouse & Cafe