

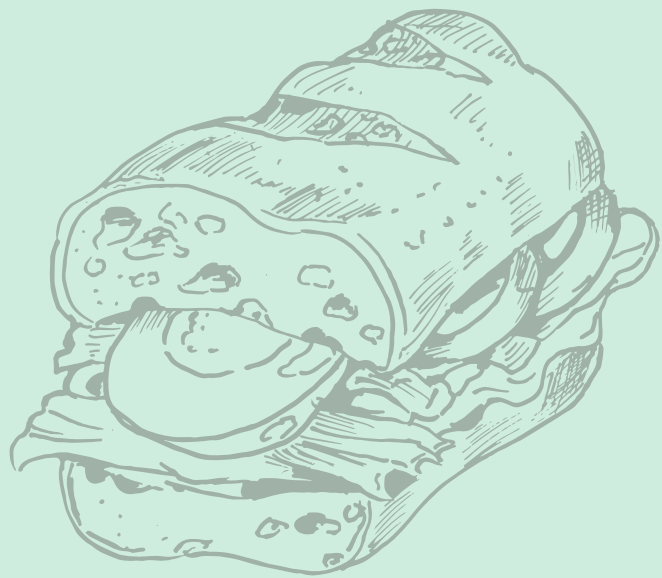
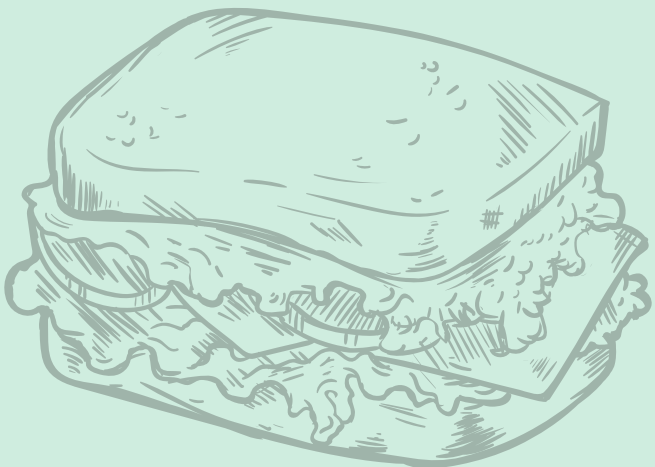
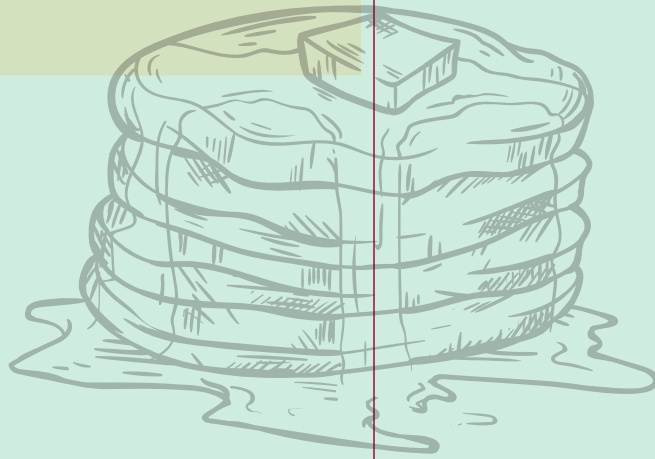


**HEALTH N' HEALTHY
SPECIALTY CAFE**

**KETO
MENU**

NOTE:

Please note that all meals are made fresh and takes between 20-25 minutes to be ready.



KETO

SMOOTHIES-500ML

CHOCO PEANUT BUTTER - N3000

345 cal / 31g fat / 13g carb / 11g pro / 5g fiber

Coconut milk, cacao powder, natural peanut butter, and heavy cream.

BERRY CREAM- N3000

431 cal / 43g fat / 10g carb / 4g pro / 2.5g fiber

Strawberry, blueberry, heavy cream, coconut milk

SANDWICHES +

CHICKEN SANDWICH - N1800

Almond flax bread, chicken shreds, cabbage, lettuce and full fat mayonnaise - Gluten free bread

299 cal / 22g fat / 11.7g carb / 13.8g pro / 6.2g fib

TOAST & SAUSAGE- N3500

Almond bread toast, scrambled eggs, and 2 beef sausages - Gluten free bread

350.8 cal / 26g fat / 9.2g carb / 18g pro / 2g fib

CHICKEN BURGER - N3000

Keto bun, seasoned chicken patty and cheese - contains vital wheat gluten

428 cal / 18g fat / 9.4g carb / 48.1g pro / 8.6g fiber

ADD ON

Extra Chicken - N800

Extra Cheese - N800

Coleslaw - N800

SMOOTHIE ADD ONS

Maca Powder N500

Whey Protein N800

Flaxseed N200

Flax Oil N500

Chia Seed N250

Coconut Oil N200

Hemp Seed N500

Hemp Oil N500

Spirulina N500

Lucama N500

Wheatgrass N500

Inulin Powder N500

PANCAKES + WAFFLES

ALMOND PANCAKE - N4000

3 almond pancakes, scrambled eggs & syrup

ALMOND WAFFLE - N4000

3 waffles, scrambled eggs & syrup

PLAIN ALMOND PANCAKES - N2700

3 oat almond pancake, no egg or syrup included

PLAIN ALMOND WAFFLE- N2700

3 plain almond waffles, no eggs or syrup included

ADD ONS

Extra Scrambled Egg N500

Chocolate chips N500

Keto Syrup N500

Whey Protein Powder N800

Keto Chocolate Sauce N500

- 1 Pancake : 117 cal / 10g fat / 3.5g carb / 5g pro / 1.5g fib
- 1 waffle: 120 cal / 10g fat / 4.7g carb / 5.3g pro / 3.1g fib
- Eggs: 238 cal / 16.4g fat / 1.2g carb / 19.8g pro / 0g fib
- Syrup: 0 cal / 0g fat / 0g carb / 0g pro / 0g fib



KETO MEALS

COCONUT CHICKEN SOUP+ BREAD- N3800

Coconut chicken soup with keto bread bun (bread contains yeast & gluten)

Soup: 274 cal / 10 fat / 8g carb / 26g pro / 3g fib / 5g net carb

Bun: 106 cal / 7g fat / 8g carb / 4.3g pro / 5g fib / 3g net carb

CRANBERRY CHICKEN SALAD - N3500

Chicken, cranberry, seedless cucumber, spring onion, cherry tomatoes, walnuts, almonds, full fat mayo, mustard

473 cal / 33g fat / 10g carb / 29g pro / 1g fiber

CHICKEN STIR FRY + CABBAGE RICE - N4000

Chicken stir fry with cabbage rice

309 cal / 12g fat / 19g carb / 30g pro / 9g fib / 10g net carb

CHICKEN SALAD - N3500

Cabbage, lettuce, carrots, cucumber, cherry tomatoes, olives, almond nuts, pumpkin seed, sunflower seeds, shredded chicken and full fat dressing

434 cal / 30g fat / 12g carb / 29g pro / 4g fiber

CHICKEN STIR FRY -N4500

Chicken stir fry and keto noodles or rice with vegetables

280 cal / 12g fat / 9g carb / 28g pro / 10g fib

GROUND BEEF SALAD - N4000

Cabbage, lettuce, carrots, cucumber, cherry tomatoes, almond, pumpkin & sunflower seeds, ground beef and full fat dressing

487 cal / 38g fat / 14g carb / 25g pro / 7g fib / 7g net carb

EXTRAS - N500

Full fat Mayo

Sunflower & Pumpkin seed

Cranberry

Almond nuts

Olives

DESSERTS

A variety desserts are available depending on the day, such as:

Brownies - N1500

Cake Slices - N2500

Jar Cakes - N3000