

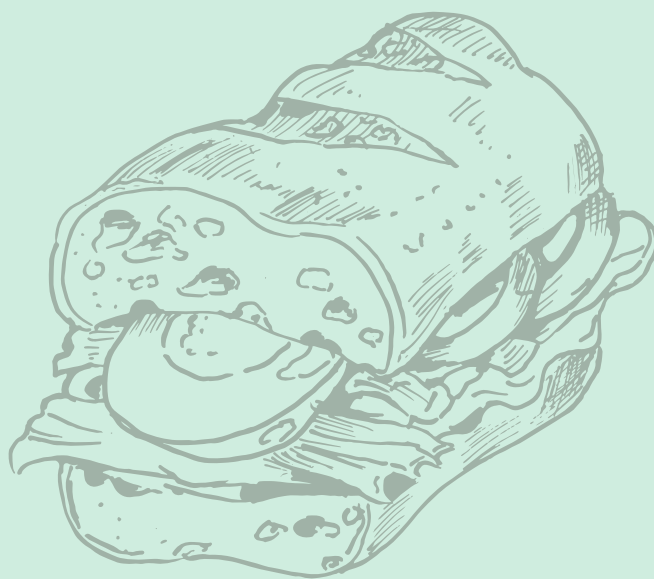
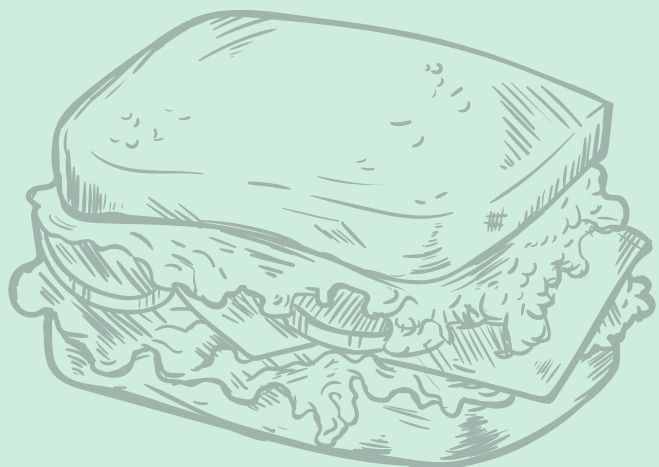
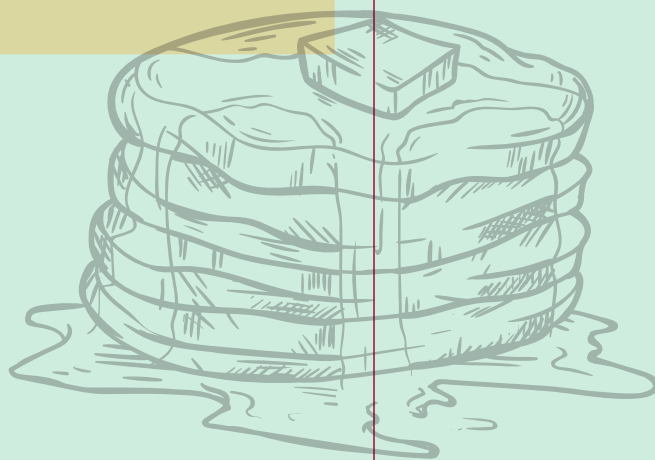


**HEALTH N' HEALTHY
SPECIALTY CAFE**

**NON-VEGAN
MENU**

NOTE:

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



SMOOTHIE / JUICE / MORE

SMOOTHIES-500ML

BERRY GOOD - N2500

306 cal / 10g fat / 50g carb / 5g pro / 9g fiber

Bananas, Berries, Pineapple, coconut and flaxseed

PINA COLADA BREEZE -N2500

242cal / 8g fat / 48g carb / 4.5g pro / 6g fiber

Pineapple, Banana, Coconut and flaxseed

GREEN SMOOTHIE - N2500

295 cal / 7g fat / 47.2g carb / 14.3g pro / 11.8g fiber

Pineapple, banana, spinach, flax & chia seed, hemp seed

GREEN MACHINE - N4000

320 cal / 7g fat / 50g carb / 16g pro / 16g fiber

Pineapple, banana, spinach, flax & chia seed, hemp seed, spirulina, broccoli powder, wheat grass, ginger

BERRY BERRY - N3000

348 cal / 13.7g fat / 42.5g carb / 18g pro / 14.8g fiber

Strawberry, blueberry, coconut milk, flaxseed, chia seed and pea protein

PEANUT BUTTER SURPRISE -N2500

395 cal / 16.9g fat / 46.8g carb / 21g pro / 13.8g fiber

Oat, natural peanut butter, banana, flax & cinnamon

SHOTS

WHEATGRASS SHOT -N1000

Wheatgrass, ginger, lemon and fresh pineapple juice

COLD PRESS GINGER SHOT -N500

Cold press ginger

FORTIFY ME - N1000

Ginger, lemon, turmeric, black pepper, cinnamon and fresh pineapple juice



SMOOTHIE ADD ONS

Maca Powder	N500
Pea 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

JUICE

WATERMELON SURPRISE -N1200

395 cal / 16.9g fat / 46.8g carb / 21g pro / 13.8g fiber

Cold pressed watermelon, pineapple and ginger

CUCUMBER LEMONADE -N1000

87 cal / 0.07g fat / 22g carb / 4g pro / 4g fiber

Cold pressed cucumber juice with apple cider vinegar, lemon and erythritol

WATERLEMON LEMONADE -N1200

162 cal / 0.75g fat / 42.2g carb / 0.98g pro / 2.2g fiber

Cold pressed watermelon juice with apple cider vinegar, lemon and erythritol

ORIGINAL LEMONADE -N1000

32 cal / 0g fat / 12.5g carb / 0.5g pro / 0.5g fiber

Cold pressed cucumber juice with apple cider vinegar, lemon and erythritol

NON VEGAN BREAKFAST

SANDWICHES +

CHICKEN SANDWICH - N1500

whole wheat flax bread baked seasoned chicken vegetables with low fat dressing

244 cal / 4.5g fat / 17g carb / 35g pro / 6g fiber

FRENCH TOAST- N3500

whole wheat flax bread french toast, scrambled eggs, cinnamon apple and low calorie syrup

386.9 cal / 8g fat / 52g carb / 20g pro / 4g fiber

BBQ CHICKEN WRAP - N3000

Bbq chicken, bell pepper and low fat dressing in whole wheat tortilla wrap then grilled to perfection

330 cal / 10g fat / 27g carb / 33g pro / 3g fiber

ADD ON

Extra Chicken - N800

Extra Cheese - N800

Extra Beef strips- N800

WRAPS+

CHICKEN PANINI WRAP-N3500

chicken, low fat cheese, vegetable and low fat dressing in whole wheat tortilla wrap then grilled to perfection

345 cal / 13g fat / 19g carb / 33.8g pro / 3g fiber

CHICKEN WRAP -N3000

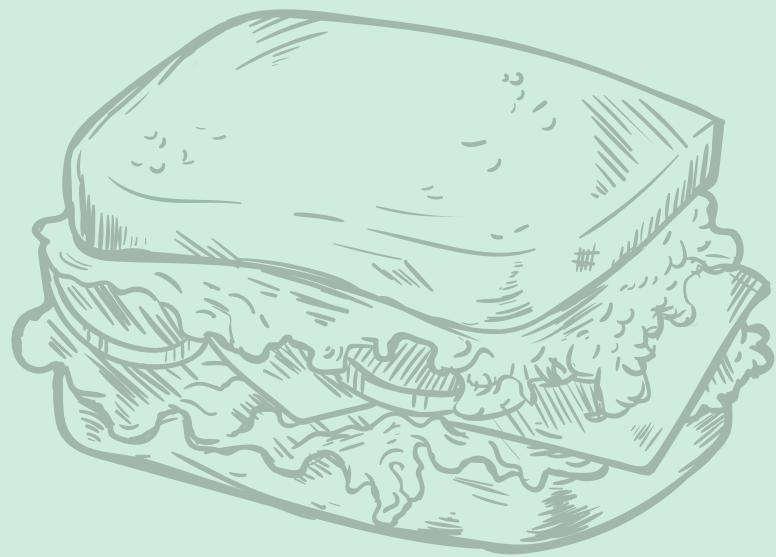
chicken, vegetable and low fat dressing in whole wheat tortilla wrap then grilled to perfection

322 cal / 10g fat / 25g carb / 33g pro / 3g fiber

BEEF WRAP -N3000

beef strips, bell peppers and low fat dressing in whole wheat tortilla wrap then grilled to perfection

302 cal / 10g fat / 27g carb / 26.9g pro / 3g fiber



NON VEGAN BREAKFAST

PANCAKES – VEGAN

OAT PROTEIN PANCAKE - N4000

3 Oat protein pancakes, scrambled eggs & syrup

GLUTEN FREE PANCAKE - N4000

3 Gluten free pancakes, scrambled eggs & syrup

PLAIN OAT PANCAKES - N2500

3 oat protein pancake, no egg or syrup included

PLAIN GLUTEN FREE PANCAKE - N2700

3 plain gluten free pancakes, no egg or syrup

WAFFLES – VEGAN

OAT PROTEIN WAFFLE -N4000

3 Oat protein waffles, scrambled eggs & syrup

GLUTEN FREE WAFFLE -N4000

3 gluten free waffles, scrambled eggs & syrup

PLAIN OAT WAFFLE -N2500

3 oat protein waffles, no egg or syrup included

PLAIN GLUTEN FREE WAFFLE - N2700

3 gluten free waffles, no egg or syrup included

- 1 Oat waffle: 99.7 cal / 2.5g fat / 11g carb / 9g pro / 2g fib
- 1 Oat Pancake: 95 cal / 3g fat / 9g carb / 9g pro / 2g fib
- 1 GF waffle: 89.9 cal / 2g fat / 10g carb / 8g pro / 2g fib
- 1 GF Pancake: 94.9 cal / 2g fat / 12g carb / 7g pro / 2g fib
- Scrambled eggs: 162 cal / 9.7g fat / 1g carb / 12g pro / 0g fib
- Date syrup: 64 cal / 0g fat / 17g carb / 0g pro / 0g fib
- Low cal syrup: 50 cal / 0g fat / 12g carb / 0g pro / 0g fib
- Honey: 64 cal / 0g fat / 17g carb / 0g pro / 0.1g fiber

ADD ONS

Extra Scrambled Egg

N500

Chocolate chips

N500

Chia Strawberry Jam

N500

Date Syrup

N300

Low Calorie Syrup

N500

Vegan Protein Powder

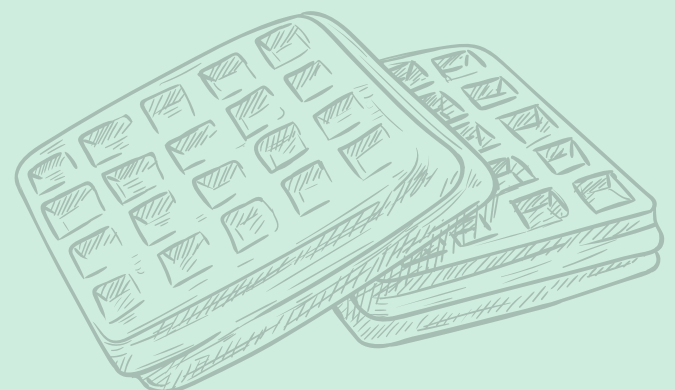
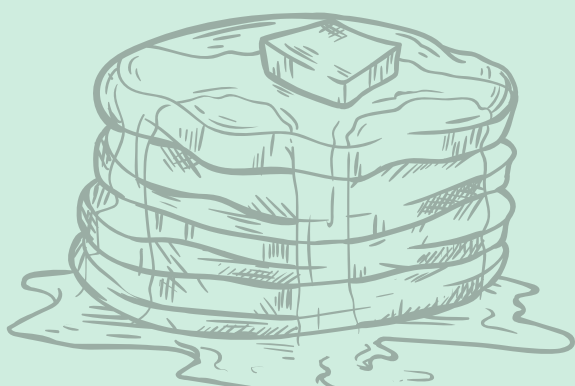
N800

Chocolate Sauce

N500

Honey

N300



NON VEGAN MEALS

CHINESE CHICKEN FRIED RICE- N3800

Chicken fried basmati rice stir fried with vegetables

360 cal / 10g fat / 42g carb / 25g protein / 4.6g fiber

STIR FRY CHICKEN & RICE -N4000

Chicken fried basmati rice with vegetables

360 cal / 10g fat / 42g carb / 25g protein / 4.6g fiber

SWEET & SOUR CHICKEN - N4500

Sweet and sour chicken served with basmati rice

310 cal / 7 fat / 40g carb / 20.8g pro / 4g fiber

EGG FRIED RICE - N3500

Egg fried in basmati rice with vegetables

387 cal / 14g fat / 53g carb / 12g pro / 3g fiber

CHICKEN STIR FRY + GLUTEN FREE

SPAGHETTI- N4500

Chicken stir fry, vegetables and gluten free spaghetti

403 cal / 8.7g fat / 57g carb / 24.8g pro / 6.5g fiber

CHICKEN STIR FRY + WHEAT SPAGHETTI

-N4000

Chicken stir fry, vegetables and high protein wheat spaghetti

387 cal / 1.5g fat / 78g carb / 20.8g pro / 14g fiber

BBQ CHICKEN STIR FRY -N4500

Bbq Chicken stir fry, eggs, in basmati rice and vegetables

390 cal / 10g fat / 42g carb / 33g protein / 4.6g fiber

RICE & BEANS -N4500

Spanish version of rice and kidney beans with diced chicken and vegetables

395 cal / 4g fat / 52g carb / 30g pro / 9.8g fiber

NON VEGAN SALADS

CHICKEN SALAD - N3000

Cabbage, lettuce, carrots, cucumber, cherry tomatoes, sweet corn, shredded chicken and low fat dressing

378 cal / 5.5g fat / 34.4g carb / 38.1g pro / 8g fiber

SWEET & SPICY CHICKEN SALAD - N3500

Cabbage, lettuce, carrots, cucumber, cherry tomatoes, sweet corn, sweet & spicy shredded chicken, seedless grapes, raisins and low fat dressing

455 cal / 5.5g fat / 54.6g carb / 38.6g pro / 8.5g fiber

GROUND BEEF SALAD - N4000

Cabbage, lettuce, carrots, cucumber, cherry tomatoes, sweet corn, lean ground beef, spring onion and low fat dressing

370 cal / 13g fat / 30g carb / 33g pro / 7g fiber

EXTRAS - N500

Low fat Mayo

Sunflower

Pumpkin seed

Cranberry

Almond nuts

Seedless grape

NON-VEGAN SOUPS

LENTIL CHICKEN SOUP - N3000

Creamy coconut lentil and chicken soup with bell peppers, carrot and spring onions

350cal / 9g fat / 38g carb / 25g pro / 16g fiber

CHICKEN COCONUT SOUP - N3000

Creamy chicken coconut soup with bell peppers, carrot and spring onions

225.8 cal / 10g fat / 13g carb / 20g pro / 3g fiber

SOUP ADD ON - N500

Wheat Pasta
Gluten Free Pasta
Basmati Rice

DESSERTS

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

Brownies - N1500

Cake Slices - N2500

Jar Cakes - N3000

Crumbles - N2000