



# BEVERAGES

**SMOOTHIES**    **N2500**    **350ML**

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## THE MORNING AFTER

Pineapple, banana, spinach, flax & chia seed, hemp seed and pea protein

*302.1 cal / 7g fat / 47.2g carb / 14.3g pro / 11.8g fiber*

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## PEANUT BUTTER SURPRISE

Oat, defatted natural peanut, banana, flax & cinnamon & pea protein

*250 cal / 4g fat / 40g carb / 12g pro / 7.4g fiber*

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## BANANA MILK SHAKE

Banana, coconut milk, dates, vanilla, cinnamon and pea protein

*240 cal / 4g fat / 40g carb / 15g pro / 6g fiber*

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## JUICES & SHOTS

### WATERMELON SURPRISE -N1000

Cold pressed watermelon, pineapple and ginger

*193 cal / 0.35g fat / 47.6g carb / 1.75g pro / 2.2g fiber*

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### GINGER SHOT (100ML) - N500

cold press fresh ginger and pineapple

*40 cal / 0g fat / 10g carb / 2g pro / 0.5g fiber*

**HEALTH N' HEALTHY  
SPECIALTY CAFE**

**VEGAN  
MENU**

# VEGAN BREAKFAST

## CHICKPEA SANDWICH

*Whole wheat flax bread, chickpea, sunflower seeds, tahini dressing, vegetables*

*260 cal / 7g fat / 37.7g carb / 10.9g pro / 9g fiber*

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**N2000**

## TOFU SANDWICH

*whole wheat flax bread baked seasoned tofu, vegetables with tahini dressing*

*255 cal / 10g fat / 29g carb / 8g pro / 5g fiber*

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**N2000**

## SCRAMBLE TOFU WRAP

*Seasoned tofu, tahini dressing, vegetables wrapped in whole wheat tortilla bread and grilled to perfection*

*317 cal / 10g fat / 30.7g carb / 25.4g pro / 6g fiber*

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**N3500**

## CHICKPEA SCRAMBLED WRAP

*Seasoned chickpea, vegan mayo, tahini and veggies wrapped in whole wheat tortilla and grilled to perfection*

*350 cal / 10g fat / 30.7g carb / 25.4g pro / 11g fiber*

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**N3500**

## OAT PROTEIN WAFFLE

*3 Oat protein waffles, scrambled tofu & syrup*

*3 waffles- 281 cal/3.8g fat/31g carb/27.9g pro/6g fiber*

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**N3500**

## OAT PROTEIN PANCAKE

*4 Oat protein pancakes, scrambled tofu & syrup*

*4 Pancake- 281 cal/3.8g fat/31g carb/27.9g pro/6g fiber*

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**N3500**

## PLAIN OAT WAFFLE -

*3 oat protein waffles, no tofu or syrup included*

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**N2500**

## PLAIN OAT PANCAKES

*4 oat protein pancake, no tofu or syrup included*

**N2500**

# VEGAN LUNCH

## VEGAN MAC & CHEESE

*Vegan mac & cheese with wheat pasta, mushroom and vegetable*  
*392 cal / 15g fat / 48g carb / 18.2g pro / 10.9g fiber*

N5000

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## LENTIL CURRY WITH RICE

*lentil coconut curry, served with basmati rice*  
*414 cal / 6g fat / 78g carb / 20.8g pro / 14g fiber*

N5000

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## LENTIL & MUSHROOM STEW

*Lentil & mushroom stew served with rice*  
*420 cal / 7g fat / 59g carb / 29g pro / 16g fiber*

N5500

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## TOFU SAUCE & WHEAT SPAGHETTI

*Protein Whole wheat pasta and tomato tofu sauce with veggy*  
*365 cal / 4g fat / 55g carb / 30g pro / 8g fiber*

N5000

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## TOFU SAUCE & RICE

*Basmati rice and tomato tofu sauce with vegetables*  
*376 cal / 4g fat / 60g carb / 20g pro / 5g fiber*

N5000

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## MUSHROOM FRIED RICE

*Mushroom stir fry and basmati rice with vegetables*  
*301 cal / 4g fat / 56g carb / 12g pro / 4g fiber*

N5000

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## VEGAN 'EGG' FRIED RICE

*Fried Tofu 'egg' fried with basmati rice with vegetables*  
*353 cal / 6g fat / 47.3g carb / 20g pro / 6.6g fiber*

N5000

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## LENTIL CURRY & NAAN BREAD

*lentil coconut curry, served with whole wheat protein naan bread*  
*406 cal / 8.2g fat / 44g carb / 20.6g pro / 10g fiber*

N5000

## **VEGAN LUNCH**

### **VEGAN CHILLI WITH BASMATI RICE**

**N5500**

*Kidney beans and soy mince chilli served with basmati rice*

*434 cal / 7.8g fat / 55g carb / 35g pro / 15g fiber*

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### **CHICKPEA CURRY WITH RICE**

**N5000**

*chickpea, coconut curry, served with basmati rice*

*414 cal / 6g fat / 78g carb / 20.8g pro / 14g fiber*

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### **CHICKPEA FRIED RICE**

**N5000**

*Basmati rice lightly stir fried with chickpea and vegetables*

*425 cal / 7g fat / 55g carb / 33g pro / 18g fiber*

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### **CHICKPEA CURRY & NAAN BREAD**

**N5000**

*Chickpea coconut curry, served with whole wheat protein naan bread*

*406 cal / 8.2g fat / 44g carb / 20.6g pro / 10g fiber*

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## **MEAL ADD ON'S**

**Air fry ripe plantain - N500**

**Extra naan bread (2)- N800**

**Extra naan bread (1) - N500**

**Extra rice - N800**

**Extra scrambled tofu - N1000**

## **VEGAN SALADS**

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### **CHICKPEA SALAD**

**N4000**

*Cabbage, lettuce , carrots, cucumber, cherry tomatoes, sweet corn, seasoned chickpea, and sweet tahini dressing + hemp seed, pumpkin & sunflower seed*

*395 cal / 15g fat / 35g carb / 18g pro / 10g fiber*

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### **LENTIL CHICKPEA SALAD**

**N4500**

*Lentil, chickpea, seedless cucumber, cherry tomatoes, sweet corn, spring onion, olives, unsweetened raisins and vegan mayonnaise + hemp seed, pumpkin & sunflower seed serve with tahini dressing*

*415 cal / 17g fat / 48g carb / 18g pro / 20g fiber*

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## **SALAD ADD ON'S**

**N500**

**Almond nut**

**Pumpkin seed**

**Sunflower seed**

**Lentils**

**Chickpeas**

**Extra tahini dressing**

**HEALTH N' HEALTHY  
SPECIALTY CAFE**

**NON-VEGAN  
MENU**

# NON-VEGAN BREAKFAST

## CHICKEN SANDWICH

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

*320 cal / 5g fat / 25g carb / 35g pro / 6g fiber*

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N2000

## CHICKEN WRAP

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

*365 cal / 10g fat / 25g carb / 33g pro / 7g fiber*

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N3500

## OAT PROTEIN PANCAKE

*4 Oat protein pancakes, scrambled eggs & syrup*

*4 Pancake- 281 cal/3.8g fat/31g carb/27.9g pro/6g fiber*

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N3500

## OAT PROTEIN WAFFLE

*3 Oat protein waffles, scrambled eggs & syrup*

*3 waffles- 281 cal/3.8g fat/31g carb/27.9g pro/6g fiber*

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N3500

## PLAIN OAT PANCAKES

*4 oat protein pancake, no egg or syrup included*

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N2500

## PLAIN OAT WAFFLE

*3 oat protein waffles, no egg or syrup included*

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N2500

## EGG & CHICKEN WRAP

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

*421 cal / 10.3g fat / 26.4g carb / 50.7g pro / 3g fiber*

N4000



# NON-VEGAN GLUTEN FREE BREAKFAST

## CHICKEN SANDWICH

N2500

*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*

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## GLUTEN FREE PANCAKE

N4000

*4 Gluten free pancakes, scrambled tofu or eggs & syrup*

*4 Pancake- 281 cal/3.8g fat/31g carb/27.9g pro/6g fiber*

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## GLUTEN FREE WAFFLE

N4000

*3 gluten free waffles, scrambled tofu or eggs & syrup*

*3 waffles- 281 cal/3.8g fat/31g carb/27.9g pro/6g fiber*

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## PLAIN GLUTEN FREE PANCAKES

N2700

*4 gluten free protein pancake, no egg or syrup included*

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## PLAIN GLUTEN FREE WAFFLE

N2700

*3 gluten free waffles, no egg or syrup included*

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# NON-VEGAN LUNCH

## CHINESE CHICKEN FRIED RICE

N5000

*Chicken fried basmati rice stir fried with vegetables*

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

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## CHICKEN STIR FRY + SPAGHETTI

N5000

*Chicken stir fry, vegetables and high protein wheat spaghetti*

*401 cal / 2.5g fat / 78g carb / 20.8g pro / 14g fiber*

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## CHICKEN STIR FRY & RICE

N5000

*Chicken stir fry with basmati rice*

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

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## CREAMY TOMATO PASTA

N5000

*Wheat pasta in creamy tomato sauce and chicken*

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

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## CHINESE EGG FRIED RICE

N4500

*Chinese egg fried rice*

*353 cal / 6g fat / 40.3g carb / 20g pro / 6.6g fiber*

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## BEEF STIR FRY WITH RICE

N5000

*Beef stir fry with basmati rice*

*400 cal / 9g fat / 42.3g carb / 25g pro / 4.7g fiber*

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## BEEF STIR FRY + SPAGHETTI

N5000

*beef stir fry, vegetables and high protein wheat spaghetti*

*400 cal / 2.6g fat / 78g carb / 25.8g pro / 14g fiber*

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## MEAL ADD ON

**Air fry ripe plantain -N500**

**Extra rice - N800**

**Extra chicken - N1000**

## **NON- VEGAN SALADS**

### **CHICKEN SALAD**

**N3500**

*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*

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### **SWEET & SPICY CHICKEN SALAD**

**N4500**

*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*

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## **SALAD ADD ON'S**

**N500**

**Almond nut**

**Pumpkin seed**

**Sunflower seed**

**Lentils**

**Chickpeas**

**Boiled eggs (2)**

**Extra low fat mayonnaise**

**HEALTH N' HEALTHY  
SPECIALTY CAFE**

**KETO  
MENU**

# KETO BREAKFAST

## KETO CHICKEN SANDWICH

N2500

*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*

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## ALMOND PANCAKE

N4000

*4 almond pancakes, scrambled eggs & syrup*

*1 Pancake : 117 cal / 10g fat / 3.5g carb / 5g pro / 1.5g 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*

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## ALMOND WAFFLE

N4000

*4 almond pancakes, scrambled eggs & syrup*

*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*

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## PLAIN ALMOND PANCAKES

N2700

*4 almond pancake, no egg or syrup included*

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## PLAIN ALMOND WAFFLE

N2700

*3 plain almond waffles, no eggs or syrup included*

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## MEAL ADD ON / EXTRA

**Extra scrambled eggs -N500**

**Extra syrup - N500**

# KETO LUNCH

## KETO CRANBERRY CHICKEN SALAD

N4500

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

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

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## KETO CHICKEN SALAD

N4000

Cabbage, lettuce, 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

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## CHICKEN STIR FRY & KETO RICE

N5500

Stir fry vegetables with chicken breast strips with keto rice

325 cal / 12g fat / 9g carb / 35g pro / 10g fib

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## CHICKEN STIR FRY & KETO PASTA

N5500

Stir fry vegetables with chicken breast strips with keto pasta

325 cal / 12g fat / 9g carb / 35g pro / 10g fib

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## BEEF STIR FRY & KETO PASTA

N5500

Stir fry vegetables with beef strips with keto pasta

325 cal / 12g fat / 9g carb / 33g pro / 10g fib

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## BEEF STIR FRY & KETO RICE

N5500

Stir fry vegetables with beef strips with keto rice

329 cal / 12g fat / 9g carb / 33g pro / 10g fib

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## MEAL ADD ON / EXTRA

Extra Chicken -N1000

Extra full fat mayonnaise - N500