



BEVERAGES

SMOOTHIES **N3000** **350ML**

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

PEANUT BUTTER SURPRISE

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

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

BANANA MILK SHAKE

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

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

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

GINGER SHOT (100ML) - N1000

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

N2500

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

TOFU SANDWICH

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

N2500

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

SCRAMBLE TOFU WRAP

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

N4500

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

CHICKPEA SCRAMBLED WRAP

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

N4500

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

OAT PROTEIN WAFFLE

3 Oat protein waffles, scrambled tofu & syrup

N4500

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

OAT PROTEIN PANCAKE

4 Oat protein pancakes, scrambled tofu & syrup

N4500

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

PLAIN OAT WAFFLE -

N2700

3 oat protein waffles, no tofu or syrup included

PLAIN OAT PANCAKES

N2700

4 oat protein pancake, no tofu or syrup included

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

N6000

LENTIL CURRY WITH RICE

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

N6000

LENTIL & MUSHROOM STEW

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

N6500

TOFU SAUCE & WHEAT SPAGHETTI

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

N6000

TOFU SAUCE & RICE

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

N6000

MUSHROOM FRIED RICE

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

N6000

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

N6000

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

N6000

VEGAN LUNCH

VEGAN CHILLI WITH BASMATI RICE

N6000

Kidney beans and soy mince chilli served with basmati rice

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

CHICKPEA CURRY WITH RICE

N6000

chickpea, coconut curry, served with basmati rice

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

CHICKPEA FRIED RICE

N6000

Basmati rice lightly stir fried with chickpea and vegetables

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

CHICKPEA CURRY & NAAN BREAD

N6000

Chickpea coconut curry, served with whole wheat protein naan bread

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

MEAL ADD ON'S

Air fry ripe plantain - N800

Extra naan bread (2)- N1200

Extra naan bread (1) - N700

Extra rice - N1000

Extra scrambled tofu - N1000

VEGAN SALADS

CHICKPEA SALAD

N4500

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

LENTIL CHICKPEA SALAD

N5000

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

SALAD ADD ON'S

N700

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

N2500

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

N4500

OAT PROTEIN PANCAKE

4 Oat protein pancakes, scrambled eggs & syrup

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

N4500

OAT PROTEIN WAFFLE

3 Oat protein waffles, scrambled eggs & syrup

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

N4500

PLAIN OAT PANCAKES

4 oat protein pancake, no egg or syrup included

N2700

PLAIN OAT WAFFLE

3 oat protein waffles, no egg or syrup included

N2700

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

N5000

NON-VEGAN GLUTEN FREE BREAKFAST

CHICKEN SANDWICH

N3000

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

GLUTEN FREE PANCAKE

N4500

4 Gluten free pancakes, scrambled tofu or eggs & syrup

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

GLUTEN FREE WAFFLE

N4500

3 gluten free waffles, scrambled tofu or eggs & syrup

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

PLAIN GLUTEN FREE PANCAKES

N2700

4 gluten free protein pancake, no egg or syrup included

PLAIN GLUTEN FREE WAFFLE

N2700

3 gluten free waffles, no egg or syrup included

NON-VEGAN LUNCH

CHINESE CHICKEN FRIED RICE

N6000

Chicken fried basmati rice stir fried with vegetables

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

CHICKEN STIR FRY + SPAGHETTI

N6000

Chicken stir fry, vegetables and high protein wheat spaghetti

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

CHICKEN STIR FRY & RICE

N6000

Chicken stir fry with basmati rice

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

CREAMY TOMATO PASTA

N6000

Wheat pasta in creamy tomato sauce and chicken

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

CHINESE EGG FRIED RICE

N5000

Chinese egg fried rice

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

BEEF STIR FRY WITH RICE

N6000

Beef stir fry with basmati rice

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

BEEF STIR FRY + SPAGHETTI

N6000

beef stir fry, vegetables and high protein wheat spaghetti

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

MEAL ADD ON

Air fry ripe plantain -N800

Extra rice - N1000

Extra chicken - N1500

NON- VEGAN SALADS

CHICKEN SALAD

N4500

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

N6000

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

SALAD ADD ON'S

N700

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

N3000

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

ALMOND PANCAKE

N5000

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

ALMOND WAFFLE

N5000

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

PLAIN ALMOND PANCAKES

N3000

4 almond pancake, no egg or syrup included

PLAIN ALMOND WAFFLE

N3000

3 plain almond waffles, no eggs or syrup included

MEAL ADD ON / EXTRA

Extra scrambled eggs -N1000

Extra syrup - N800

KETO LUNCH

KETO CRANBERRY CHICKEN SALAD

N5000

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

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

KETO CHICKEN SALAD

N4500

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

CHICKEN STIR FRY & KETO RICE

N6500

Stir fry vegetables with chicken breast strips with keto rice

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

CHICKEN STIR FRY & KETO PASTA

N6500

Stir fry vegetables with chicken breast strips with keto pasta

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

BEEF STIR FRY & KETO PASTA

N6500

Stir fry vegetables with beef strips with keto pasta

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

BEEF STIR FRY & KETO RICE

N6500

Stir fry vegetables with beef strips with keto rice

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

MEAL ADD ON / EXTRA

Extra Chicken -N1500

Extra full-fat mayonnaise - N800