



SMOOTHIES



SQUEEZES



WRAPS



live healthy . eat FRESH . enjoy life



SALADS





Early Bird Panini



Oil-free Zaatar



Hearty Soup



Halloum Panini



Spiced Oatmeal

## Healthy Breakfast Selections

### Breakfast Sandwiches

half 8,000LBP full 11,000LBP \*calories based on full portion

Available as wrap or panini

**Healthy Start** egg, turkey bacon, cheddar cheese, tomatoes, red onions, green, peppers, salsa **Wrap 501 cal / Panini 453 cal**

**Early Bird** egg, turkey bacon, mozzarella cheese, tomatoes, spinach, fat-free mayo **Wrap 483 cal / Panini 435 cal**

### Breakfast Crepes

8,000LBP

**Good Morning** egg, cheddar cheese, green pepper, fresh mushrooms **628 cal**

**Florence** egg, mozzarella cheese, spinach, fresh mushrooms **480 cal**

### Zaatar

5,500LBP

Oil-free zaatar with labneh, tomatoes, olives, cucumbers, mint **255 cal**

### Halloum/Labneh

8,000LBP

Halloum or Labneh, olives, tomatoes, cucumbers, mint **363 cal**  
Add Turkey Bacon 100 cal **2000LBP**

### Spiced Oatmeal

8,000LBP

Oatmeal mixed with sliced apple, dried cranberries, fresh apple juice, topped with cinnamon and nutmeg **329 cal**  
Add Walnuts **2000LBP**

## Hearty Soups

8,500LBP

Our delicious and healthy soup of the day have less than 5 grams of fat per serving.

## Healthy & Nutritious Sides

**Yogurt Nature Cup** yogurt nature, granola, honey, blueberries, banana, coconut flakes **221cal 8,000LBP**

**Seasonal Fresh Fruit Salad Cup** **8,500LBP**

**Seasonal Fresh Fruit Salad Bowl** **13,500LBP**



Yogurt Nature



Seasonal Fresh Fruit Salad Cup





## QUINOA SOUP BOWLS

8,500LBP

### We stand behind the power of veg!

Infused with miso, our organic veggie broth will boost your immune system and metabolism!

**Quinoa & Chickpeas** quinoa, chickpeas, spinach, red peppers, portobello mushrooms, cabbage, organic veggie broth, green onions **355cal**  
Add Chicken or Turkey 3,000LBP

**Quinoa & Lentils** quinoa, lentil, kale, tomato, carrots, cabbage, organic veggie broth, green onions **326cal**  
Add Chicken or Turkey 3,000LBP



## Power Bowls

9,000LBP

\*calories based on full portion

**Pitaya Passion Bowl** almond milk, pitaya, pineapple, banana, mango, granola, blueberries, coconut flakes **190 cal**

**Acai Bowl** acai, strawberries, banana, granola, blueberries, blueberries, coconut flakes **225 cal**

**Cocoa Supreme Bowl** almond milk, cocoa powder, vanilla extract, chia seeds, banana, yogurt nature, granola, dark chocolate, walnuts **340 cal**

**PB2 Bowl** coconut milk, peanut butter, banana, strawberries, granola, honey, blueberries, coconut flakes **340 cal**

## Protein Power Bowl 573cal

*Power your day...Build your own*

22,000LBP

- a. Start** with a bed of nutritious freshly made Quinoa
- b. Add 1 Protein:** chicken breast or turkey breast or hummus or halloum
- c. Add 4 Veggies:** spinach - kale - tomatoes - cucumbers - red onions  
green pepper - broccoli - beets - red pepper - olives - jalapenos  
chickpeas - black beans - avocadoes
- d. Top with 1 nut/seed:** almonds or walnuts or sesame seeds
- e. Dress it:** with our homemade citrus vinaigrette







Turkey Cranberry Panini



Asian Chicken Wrap



Turkey Bacon Avocado Panini



Kale Vegetarian Panini



Premium Roast Beef Panini



Baja Spicy Chicken Wrap

# Wrap, Panini or Salad - *It's always your choice!*

half 9,500LBP full 13,500LBP

W: Wrap, P: Panini, S: Salad

\*calories based on full portion

**Chicken Arabia** chicken breast, tomatoes, mint, light garlic  
P 370 cal

**Premium Roast Beef** roast beef, lettuce, tomato, cheddar cheese, honey mustard P 560 Cal

**Mediterranean** chicken breast, feta cheese, romaine lettuce, green peppers, olives, tzatziki sauce W 527 cal - P 435 cal - S 243 cal

**Asian Chicken** chicken breast, romaine lettuce, mandarin oranges, sliced almonds, crispy noodles, sesame vinaigrette  
W 546 cal - P 457 cal - S 265 cal

**Hummus** hummus, feta cheese, romaine lettuce, tomatoes, cucumbers, red onions, red peppers, chickpeas W 594 cal - P 457 cal - S 325 cal

**Portobello** portobello mushrooms, mozzarella cheese, romaine lettuce, red peppers, red onions, balsamic vinaigrette  
W 498 cal - P 440 cal - S 248 cal

**Kale Vegetarian** beets, feta cheese, kale, tomatoes, red onions, red peppers, almonds, raisins, balsamic vinaigrette  
W 570 cal - P 515 cal - S 325 cal

**Tuna Melt** tuna, cheddar cheese, romaine lettuce, tomatoes, fat-free mayo W 536 cal - P 478 cal - S 286 cal

**Chicken Caesar** chicken breast, parmesan, romaine lettuce, tomatoes, croutons, olives, caesar dressing W 512 cal - P 426 cal - S 234 cal

**Chicken Avocado** chicken breast, cheddar cheese, avocado, romaine lettuce, tomatoes, red onions, fat-free mayo  
W 488 cal - P 430 cal - S 238 cal

**Turkey Cranberry** turkey breast, mozzarella cheese, romaine lettuce, mandarins, cranberries, walnuts, raspberry vinaigrette  
W 598 cal - P 550 cal - S 358 cal

**Turkey Bacon Avocado** turkey breast, turkey bacon, cheddar cheese, avocado, romaine lettuce, tomatoes, red onions, fat-free ranch dressing W 588 cal - P 530 cal - S 338 cal

**Turkey Pesto** turkey breast, mozzarella cheese, romaine lettuce, tomatoes, pesto sauce W 596 cal - P 536 cal - S 346 cal

**Southwestern Fiesta** spicy chicken breast, cheddar cheese, romaine lettuce, red onions, green peppers, black beans, salsa, jalapenos  
W 567 cal - P 509 cal - S 317 cal

**Roasted Turkey & Pear** roasted turkey breast, mozzarella cheese, spinach, sliced pear, red onions, dried cranberries topped with our fresh homemade pomegranate-blueberry vinaigrette  
W 598 cal - P 450 cal - S 354 cal

**Baja** spicy chicken breast, cheddar cheese, mozzarella cheese, romaine lettuce, tomatoes, avocados, jalapenos layered with our fresh cayenne yogurt dressing W 567 cal - P 509 cal - S 317 cal

**Teryaki** chicken breast, romaine lettuce, red pepper, red onion, pineapple, teriyaki dressing W 586 cal - P 536 cal - S 296 cal

**Thai** chicken breast, broccoli, spinach, red onion, green pepper, homemade peanut thai sauce W 715 cal - P 665 cal - S 425 cal

**Tandoori** chicken breast, tandoori spice, spinach, cucumber, red onion, mint chutney dressing W 590 cal - P 570 cal - S 330 cal



Try it Veggie!

Vegetarian, vegan or just striving to live a healthier lifestyle?  
Substitute UnChicken on any wrap, panini or salad.

Gluten-free wraps or bread are available upon request.

If you are sensitive to dairy, ask about our dairy-free options.





Quinoa Salad



Strawberry Green Salad



Kale Vegetarian Salad



Beach Salad



Quesadilla Fiesta



Avocado Toast, Hummus Toast, Portobello Toast

## Fresh Salad Selections

half 9,500LBP full 13,500LBP

\*calories based on full portion

**Strawberry Green Salad** rocket, strawberries, fresh mushrooms, sliced almonds, parmesan cheese, sesame vinaigrette dressing **204 cal**

**Feta Rocket Salad** rocket, feta cheese, onions, tomatoes, walnuts, fresh pomegranate, lemon oil dressing **243 cal**

**Halloum Salad** rocket, halloum cheese, cherry tomatoes, cucumbers, pine seeds topped with balsamic vinaigrette dressing **317 cal**

**Quinoa Salad** quinoa grains, red kidney beans, edamame, chickpeas, black beans served on a cushion of fresh lettuce topped with balsamic vinaigrette dressing **300 cal**  
Add Chicken 2,000LBP

half 10,000LBP full 15,000LBP

\*calories based on full portion

**Beach Salad** romaine lettuce, spring mix, feta cheese, blueberries, hemp hearts, avocado, citrus vinaigrette **343 cal**

**Kale Caesar Salad** kale, romaine lettuce, parmesan cheese, tomatoes, croutons, olives, creamy caesar **234 cal**

**Kale Cabbage Salad** kale, beet, carrots, cucumbers, mint, cabbage, chickpeas, avocado, blackbeans topped with balsamic vinaigrette dressing **372 cal**

## QUESADILLA *Fiesta*

full 17,000LBP

\*calories based on full portion

**Santa Fe** black beans, corn, green pepper, red onion, avocado, tomatoes, cheddar cheese **521cal**

**Chicken Fiesta** chicken breast, roasted red pepper, red onion, jalapenos, olives, cheddar cheese, mozzarella cheese **460cal**

## ≡Artisan Toasts≡

full 9,500LBP

\*calories based on full portion

**Avocado Toast** spring mix, avocado, tomato **162cal**

**Portobello Toast** portobello, spinach, feta cheese, red pepper, red onion, balsamic dressing **217cal**

**Hummus Toast** spring mix, hummus, red peppers, red onion **178 cal**



# Pure & Super Smoothies

## Pure Smoothies

med 8,000LBP    lg 10,000LBP

\*calories based on medium size

**Caribbean Splash** passion-orange-guava juice, mango sorbet, mangos, strawberries **308 cal**

**Pomegranate Punch** pomegranate-blueberry juice, non-fat frozen yogurt, blueberries, strawberries **360 cal**

**Mango Mania** passion-orange-guava juice, mango sorbet, non-fat frozen yogurt, mangos, bananas **285 cal**

**Kiwi Quencher** kiwi juice, mango sorbet, strawberries **336 cal**

**Pineapple Paradise** pineapple juice, non-fat frozen yogurt, pineapple, strawberries, coconut cream **398 cal**

**Tropical Peach** peach juice, mango sorbet, peaches, pineapple **276 cal**

**True Blue** pomegranate-blueberry juice, non-fat frozen yogurt, blueberries, bananas **308 cal**

**Raspberry Blast** cranberry juice, raspberry sorbet, raspberries **301 cal**

**Strawberry Banana Supreme** passion-orange-guava juice, raspberry sorbet, strawberries, bananas **320 cal**

**Protein Power\*** vanilla soy milk, non-fat frozen yogurt, strawberries, bananas, double shot of protein fortifier **290 cal**

**Chunky Monkey\*** chocolate soy milk, non-fat frozen yogurt, bananas, peanut butter **460 cal**

**Iced Cappuccino\*** vanilla soy milk, non-fat frozen yogurt, cappuccino **524 cal**

Ask for your **pure smoothie** as a **lite blend** with up to 1/3 less calories.

\*Not available as lite blends.



Kale Pineapple, Raspberry Blast, Tropical peach



**Kids Combo** \*12yrs & under  
10,000LBP

Any half size wrap, panini, salad, or grilled cheese or peanut butter & jelly with any small drink.

## Super Smoothies

med 9,000LBP    lg 12,000LBP

\*calories based on medium size

**Pitaya Passion Smoothie** almond milk, mango sorbet, pitaya, pineapple **166cal**

**Kale Pineapple** pineapple juice, kale, pineapple, mangos, bananas **194 cal**

**Avocados & Cream** vanilla soy milk, non-fat frozen yogurt, avocado, bananas, coconut cream, agave nectar **402 cal**

**Acai Mega Berry** pomegranate-blueberry juice, organic acai, strawberries, blueberries, raspberries **427 cal**

**Pumpkin Spice** chai tea, pumpkin spice, cinnamon, nutmeg, vanilla soy milk, non-fat frozen yogurt **338 cal**

**Jolly Green Kiwi** kiwi juice, raspberry sorbet, pineapple, spinach **224 cal**  
+ **Wheatgrass shot** 7000LBP

**Banana Date** banana, medjool dates, almond milk, cinnamon **341 cal**

**Tropical Beets** beets, peaches, pineapple, apple juice **126 cal**

**Blushing Kale** strawberry, pineapple, spinach, kale, apple juice **216 cal**

**“Our smoothies are 100% pure and delicious!”**

*All of our smoothies are made with fresh fruits, without added sugars, artificial flavors or preservatives”*



Acai Mega Berry



Blushing Kale, Tropical Beets, Banana Date

Squeezes & 100% Pure Juices

Fresh Squeezes

med 8,000LBP lg 10,000LBP \*calories based on medium size

- Beet Punch beets, ginger, lemon, apples, carrots 156 cal
- Body Purifier beets, carrots, cucumbers 146 cal
- Cold Terminator oranges, carrots, ginger 190 cal
- Digestive cucumbers, apples, spinach, celery, parsley, lemons 105 cal
- Digestive Cleanser spinach, carrots 184 cal
- Easy Greens romaine lettuce, green apples, ginger 240 cal
- Energy Blast parsley, carrots, apples 180 cal
- Fresh Tonic oranges, cucumber, lemons 135 cal
- Green Lemonade spinach, cucumbers, apples, lemons 180 cal
- Kale Juice pineapples, kale, cucumbers, celery 174 cal
- Metabooster apples, oranges, carrots, beet, ginger 210 cal
- Morning Burst kale, oranges, parsley, cucumber, ginger 180 cal
- Real V-8 carrot, beets, apples, celery, tomatoes, ginger, lemons, parsley, cayenne pepper/black pepper, sea salt 160 cal
- Stress Reliever apples, banana, cucumber, lemon, spinach 240 cal
- Sunrise oranges, apples, carrots 217 cal
- Super Detox carrots, celery, spinach, apples 226 cal
- The Vampire cucumbers, carrots, beets, apples, lemons, ginger OR cucumbers, carrots, beets, apples 185 cal
- Tummy Rub apples, lemons, ginger 233 cal

Create Your Own Any mixture of acai, apples, beets, carrots, celery, cranberry, cucumbers, ginger, kale, kiwi, minted lemonade, oranges, passion-orange-guava, peach, pineapple, pomegranate blueberry, spinach 165-288 cal

“Natural squeezes & 100% pure fruit juices. We start with fresh fruits and vegetables and use cold pressure to maintain 100% of their vitamins, enzymes and nutrients in every squeeze.”



Crepes & Espresso Bar

Sweet Crepes 8,000LBP Organic Fair Trade Coffee & Hot Tea

- Classic bananas, nutella 531 cal
- Strawberry Delight strawberries, dark chocolate 432 cal
- Very Fruity bananas, strawberries, blueberries 345 cal
- Peanut Butter Cup bananas, peanut butter, dark chocolate 613 cal
- Apple Caramel apples, caramel, walnuts 542 cal

Vegetarian Crepes 8,000LBP

- Mister Popeye spinach, tomatoes, feta cheese 430 cal
- Florence egg, mozzarella cheese, spinach, mushrooms 480 cal
- Veggie Fest romaine lettuce, green pepper, cucumbers, red onions, tomatoes, mozzarella cheese, balsamic vinaigrette 581 cal

- Americano 6,500
- Latte 6,500
- Mocha 6,500
- Cappuccino 6,500
- Espresso single 3,000 double 5,000
- Turkish Coffee 3,000
- Chai Latte 252 cal 4,500
- Organic Tea 4,500
- Fresh Brewed 4,000
- Flavour Shots 2,000
- Caramel, Hazelnut, Almond, Vanilla, Chocolate, Agave



Fresh Brewed Coffee



## Grab & Go!

Mineral water	2000LBP
Perrier water	3000LBP
Sparkling juice	4000LBP
Veggies cup	3000LBP
Edamame cup	3000LBP
Pomegranate cup	3000LBP
Corn on cob cup	3000LBP
Veggie chips	7,500LBP
Healthy snacks	
Chocolate bars, Home-made cookies, Air popped chips	



## Wheatgrass Energy Shot <sup>20cal</sup> 7,000LBP

2 oz of wheatgrass is nutritionnaly equivalent to 2kg of leafy vegetables.  
Wheatgrass cleanses, purifies and protects your body's immune system.  
It contains 103 vitamins and minerals that boost energy, detoxify and free radicals.

*Give yourself a shot of health today!*



### *Did you know?*

Wheatgrass juice is an effective healer, because it contains Chlorophyll, all Minerals known to men, Vitamins A, B-complex, C, E and K.  
Wheatgrass is extremely rich in protein and contains 17 amino acids, the building blocks of protein.

## Ginger Lemon Shot ginger, lemon, cayenne pepper 7,000LBP

The Ginger Shot is specially tailored for anyone looking for an extra immunity boost. This nutrient-dense power shot is packed with Vitamin C and anti-inflammatory properties!

*Boost your immunity!*



Ginger Lemon Shot



Detox Juices

## FRESH Healthy Cafe Detox

With the help of our dietitian, take back your health starting now!

Our detox program is a combination of detoxifying drinks and meals including breakfast, lunch, dinner and nutrient-rich snacks.

The program:

- Is low in saturated fats, trans fats, salt and sugar
- Is suitable for vegetarians, vegans, diabetics and high cholesterol-triglycerides individuals
- Promotes weight loss
- Enhances energy and focus
- Reduces cravings

Our “clean” eating focuses on vegetables, fruits, whole grains, and lean protein-whole foods without a lot of processing.

***Benefit from our detox plans to jumpstart a healthy routine for results that last!***





