

ATHLETIC BOWLS

CORE TIDE

Grilled Salmon, Quinoa mix with Kale, Edamame, Carrots, Cucumbers, Orange segments, Pickled onions, Radish, Ponzu drizzle // 21.5

Calories 540Kcal Protein 38g Carbs 38g Fat 27g

THE BUILDER

Grilled Chicken, Cauliflower rice, Carrots, Edamame, Cucumbers, Avocado, Kimchi, Avocado Cream sauce // 18.5

Calories 450Kcal Protein 45g Carbs 20g Fat 22g

IRON BURST

Grilled beef, Quinoa mix with Kale, Edamame, Carrots, Cucumbers, Avocado, Radish, Yogurt Teriyaki sauce // 21.5

Calories 550Kcal Protein 44g Carbs 40g Fat 25g

CLEAN SURF

Grilled Shrimps, Quinoa mix with Kale, Seaweed salad, Avocado, Carrots, Cucumbers, Radish, Light Teriyaki sauce // 19.5

Calories 440Kcal Protein 40g Carbs 43g Fat 14g

WRAPS OF REPS

FLEX ROLL

Rice Paper Roll filled with Grilled Chicken, Kimchi, Mixed leaves and Avocado in a Light citrusy Soy sauce and a drizzle of Sriracha // 15

Calories 400Kcal Protein 40g Carbs 16g Fat 18g

OMEGA FLOW

Rice Paper Roll filled with Grilled Salmon, Cauliflower Rice, Mixed leaves, Pickled onions, Avocado, Cucumber and Avocado cream // 17

Calories 420cal Protein 30g Carbs 20g Fat 32g

ANONYMOUSLY CURATED

SUNNY SET

Scrambled Eggs, Grilled Halloumi, Kimchi, on Sourdough Bread // 12

Calories 600Kcal Protein 38g Carbs 17g Fat 40g

TIME OAT

Rolled Oats, Skimmed Milk, Banana, Rice Protein, Peanut Butter, Monk fruit sweetener, Almonds, Walnuts, Dates, Pumpkin seeds // 8.5

Calories 490Kcal Protein 27g Carbs 56g Fat 18g

SOUL TWIST

Chocolate Avo Mousse made with Avocado, Milk, Rice Protein, Unsweetened Cacao, Sugar-free Dark Chocolate, Monk fruit Sweetener // 6

Calories 330Kcal Protein 15g Carbs 24g Fat 20g

FIX BITES

Protein Bites made with Almond flour, Almond protein, Peanut Butter, Maple Syrup, Dates, Sugar-free Dark Chocolate, Sea Salt Flakes // 7

Calories 370Kcal Protein 13g Carbs 37g Fat 18g

LEAN BEAM

Protein Shake with Semi-skimmed Milk, Rice Protein, Frozen Banana, Peanut butter, Monk Fruit Sweetener, Sugar-free dark Chocolate // 7

Calories 300Kcal Protein 25g Carbs 18g Fat 14g

EARNED IT. SAVOUR IT.