



COFFEE

MACROS

ADD ON

DIRTY MATCHA WITH DAIRY MILK	Prot. - 3.8 Carb. - 7 Fats - 2.5 Kcal. - 73
COCONUT ESPRESSO	Prot. - 1.1 Carb. - 11 Fats - 0 Kcal. - 48
COLD BREW	Prot. - 0 Carb. - 0 Fats - 0 Kcal. - 0
ICED LATTE WITH DAIRY MILK	Prot. - 5.1 Carb. - 9 Fats - 3.8 Kcal. - 97
ESPRESSO	Prot. - 0 Carb. - 0 Fats - 0 Kcal. - 0
HOT LATTE WITH DAIRY MILK	Prot. - 5 Carb. - 9 Fats - 3.8 Kcal. - 96
SUB. OAT MILK	Prot. - 0.8 Carb. - 10.8 Fats - 4.2 Kcal. - 87
SUB. COCONUT MILK	Prot. - 0 Carb. - 8.3 Fats - 4.5 Kcal. - 75

DRINKS

MACROS

ADD ON

MATCHA LATTE	Prot. - 5.3 Carb. - 11 Fats - 3.8 Kcal. - 105
COCONUT MATCHA	Prot. - 1.3 Carb. - 13 Fats - 0 Kcal. - 56
PRE-WORKOUT ICED TEA	Prot. - 7 Carb. - 0 Fats - 0 Kcal. - 27
CUCUMBER CALAMANSI JUICE	Prot. - 1.2 Carb. - 9 Fats - 0.2 Kcal. - 36
CHARCOAL LATTE	Prot. - 5 Carb. - 9 Fats - 3.8 Kcal. - 96
TUMERIC GINGER SHOT	Prot. - 0.5 Carb. - 10.2 Fat - 0.02 Kcal - 41
COCONUT	Prot. - 4 Carb. - 23 Fats - 0 Kcal. - 95

SMOOTHIE BAR



MACROS

SMOOTHIES

PINK DRAGON	Prot. - 5.2 Carb. - 54 Fats - 23.9 Kcal. - 411
COCONUT MANGO	Prot. - 4.7 Carb. - 59.5 Fats - 25 Kcal. - 432
SALTED CHOCOLATE	Prot. - 6.8 Carb. - 74 Fats - 18.2 Kcal. - 435
TROPICAL SUNSHINE	Prot. - 4.7 Carb. - 56 Fats - 25 Kcal. - 434

SMOOTHIE BOWLS

MIXED BERRY	Prot. - 5.6 Carb. - 74.6 Fats - 19.9 Kcal. - 465
PEANUT CACAO	Prot. - 26.5 Carb. - 117.3 Fats - 51.5 Kcal. - 935
RED GOJI	Prot. - 7.1 Carb. - 102.2 Fats - 20.5 Kcal. - 572

BUILD YOUR OWN PLATE

MACROS

BAKERY

SESAME SEED BAGEL	Prot. - 9 Carb. - 55 Fats - 4 Kcal. - 235
CARROT MUFFIN	Prot. - 4 Carb. - 30.6 Fats - 8.4 Kcal. - 216
BANANA BREAD	Prot. - 7.2 Carb. - 71 Fat - 14.8 Kcal - 405
WAFFLES	Prot. - 8 Carb. - 31 Fats - 13 Kcal. - 285

PROTEIN

BACCON	Prot. - 15 Carb. - 1 Fats - 20 Kcal. - 270
HUNGARIAN SAUSAGE	Prot. - 20 Carb. - 3 Fats - 35 Kcal. - 400
2 SCRAMBLED EGGS	Prot. - 0.6 Carb. - 11.5 Fats - 0.2 Kcal. - 45
2 BOILED EGGS	Prot. - 0.6 Carb. - 11.5 Fats - 0.2 Kcal. - 45
2 SUNNY SIDE UP EGGS	Prot. - 0.6 Carb. - 11.5 Fats - 0.2 Kcal. - 45

DAIRY

NATURAL YOGURT	Prot. - 0.4 Carb. - 13 Fats - 0.2 Kcal. - 60
GREEK YOGURT	Prot. - 0.3 Carb. - 6.6 Fats - 0.04 Kcal. - 25
COCONUT YOGURT	Prot. - 0.6 Carb. - 11.5 Fats - 0.2 Kcal. - 45
GREEK COCONUT YOGURT	Prot. - 0.6 Carb. - 11.5 Fats - 0.2 Kcal. - 45

SWEETS

HIBISCUS PRESERVE	Prot. - 0.4 Carb. - 49 Fat - 0.05 Kcal - 174
PROTEIN BALL	Prot. - 7.2 Carb. - 11.1 Fat - 6.9 Kcal - 121
PEANUT TABLEA BAR	Prot. - 12.7 Carb. - 24.5 Fat. - 25.9 Kcal. - 371
GRANOLA	Prot. - 11.2 Carb. - 42.5 Fats - 17.4 Kcal. - 354

BUILD YOUR OWN DRINK



MACROS

FRUITS

MANGO 50gr	Prot. - 0.4 Carb. - 13 Fats - 0.2 Kcal. - 60
PINEAPPLE 50gr	Prot. - 0.3 Carb. - 6.6 Fats - 0.04 Kcal. - 25
BANANA 50gr	Prot. - 0.6 Carb. - 11.5 Fats - 0.2 Kcal. - 45
RASPBERRY 50gr	Prot. - 0.6 Carb. - 5.7 Fats - 0.3 Kcal. - 25
BLUEBERRY 50gr	Prot. - 0.3 Carb. - 7.3 Fats - 0.2 Kcal. - 29
STRAWBERRY 50gr	Prot. - 0.5 Carb. - 3.9 Fats - 0.1 Kcal. - 16
MIXED BERRIES 50gr	Prot. - 0.5 Carb. - 5.5 Fats - 0.2 Kcal. - 25
DRAGON FRUIT 50gr	Prot. - 0.5 Carb. - 6.5 Fats - 0.1 Kcal. - 25

BASE

OAT MILK 120ml	Prot. - 0.7 g Carb. - 9.7 g Fats - 3.8 g Kcal. - 78
COCONUT MILK 120ml	Prot. - 0.0 Carb. - 6.0 Fats - 3.2 Kcal. - 30
COCONUT CREAM 120ml	Prot. - 2.4 Carb. - 7.2 Fats - 40.8 Kcal. - 396
DAIRY MILK 120ml	Prot. - 3.8 Carb. - 6.0 Fats - 4.3 Kcal. - 73
ORIGINAL YOGURT 60ml	Prot. - 2.1 Carb. - 2.8 Fats - 2.0 Kcal. - 37
GREEK YOGURT 60ml	Prot. - 6.0 Carb. - 2.2 Fats - 2.0 Kcal. - 58
COCONUT YOGURT 60ml	Prot. - 0.9 Carb. - 1.7 Fats - 7.2 Kcal. - 72
COCONUT GREEK YOGURT 60ml	Prot. - 1.8 Carb. - 1.8 Fats - 7.2 Kcal. - 80
COCONUT WATER 120ml	Prot. - 0.2 Carb. - 4.4 Fats - 0.0 Kcal. - 23

ADD ON

HONEY 20gr	Prot. - 0.1 Carb. - 16.4 Fats - 0.0 Kcal. - 61
VANILLA 5ml	Prot. - 0.0 Carb. - 0.7 Fats - 0.0 Kcal. - 14
MAPLE SYRUP 15ml	Prot. - 0.0 Carb. - 10.0 Fats - 0.0 Kcal. - 39
CINNAMON 5gr	Prot. - 0.2 Carb. - 4.1 Fats - 0.1 Kcal. - 12
OATS 20gr	Prot. - 2.6 Carb. - 13.6 Fats - 1.3 Kcal. - 76
FLAXSEEDS 15gr	Prot. - 2.7 Carb. - 4.4 Fats - 6.3 Kcal. - 80
DATES 20gr	Prot. - 0.4 Carb. - 15.0 Fats - 0.0 Kcal. - 55
PEANUT BUTTER 15gr	Prot. - 3.8 Carb. - 3.0 Fats - 7.5 Kcal. - 88
GOJI BERRIES 20gr	Prot. - 3.8 Carb. - 3.0 Fats - 7.5 Kcal. - 88
COCOA POWDER 20gr	Prot. - 2.8 Carb. - 15.4 Fats - 0.1 Kcal. - 70
SPIRULINA 15gr	Prot. - 8.6 Carb. - 3.6 Fats - 1.2 Kcal. - 44

BUILD YOUR OWN DRINK



MACROS

ADD ON

CHARCOAL 5gr	Prot. - 0.0 Carb. - 0.0 Fats - 0.0 Kcal. - 0
TUMERIC 15gr	Prot. - 1.5 Carb. - 9.8 Fats - 0.5 Kcal. - 47
GRANOLA 20gr	Prot. - 2.0 Carb. - 11.0 Fats - 4.0 Kcal. - 94
CHIA SEEDS 15gr	Prot. - 2.5 Carb. - 6.3 Fats - 4.7 Kcal. - 73
SLICED ALMONDS 20gr	Prot. - 4.2 Carb. - 4.3 Fats - 10.0 Kcal. - 116
DICED CASHEW 20gr	Prot. - 3.6 Carb. - 6.0 Fats - 8.8 Kcal. - 111
PISTACHIO 20gr	Prot. - 4.0 Carb. - 5.4 Fats - 9.1 Kcal. - 112
SHREDDED COCONUT 20gr	Prot. - 1.4 Carb. - 4.8 Fats - 13.0 Kcal. - 132
COCONUT CHIPS 20gr	Prot. - 1.4 Carb. - 4.8 Fats - 13.0 Kcal. - 132
CACAO NIBS 20gr	Prot. - 2.6 Carb. - 5.8 Fats - 8.8 Kcal. - 104
COCONUT WHIP 20gr	Prot. - 0.2 Carb. - 1.2 Fats - 7.0 Kcal. - 72
ESPRESSO 30gr	Prot. - 0.0 Carb. - 0.0 Fats - 0.0 Kcal. - 0
WALNUTS 20gr	Prot. - 3 Carb. - 2.8 Fats - 13 Kcal. - 131
PUMPKIN SEEDS 20gr	Prot. - 6 Carb. - 2 Fats - 9 Kcal. - 114

PROTEIN

WHEY PROTEIN DOUBLE BERRY 23gr	Prot. - 23 Carb. - 2 Fats. - 1 Kcal. - 112
WHEY PROTEIN BROWN BOBA 15gr	Prot. - 15 Carb. - 2.0 Fats - 1.0 Kcal. - 80
ISOLATE WHEY PROTEIN VANILLA 25gr	Prot. - 25 Carb. - 0 Fats - 0 Kcal. - 100
WHEY PROTEIN UNFLAVOURED 23gr	Prot. - 23 Carb. - 2 Fats - 1 Kcal. - 112
VEGAN PEA PROTEIN UNFLAVOURED 20gr	Prot. - 20 Carb. - 2 Fats - 1 Kcal. - 95

SUPPLEMENT

COLLAGEN 10,000mg	Prot. - 0 Carb. - 7 Fats - 0 Kcal. - 38
CREATINE MONOHYDRATE 5gr	Prot. - 0 Carb. - 0 Fats - 0 Kcal. - 0
PRE-WORKOUT ICED TEA 5gr	Prot. - 0 Carb. - 3.5 Fats - 0 Kcal. - 12