

## A HEARTY BREAKFAST WITH A HEALTH TWIST

### CLASSIC KRUNCH OATS R49

Cranberries, almonds & honey with cow's milk / almond / soya (+R8)

### PROTEIN CRUMPETS R85

Wheat free protein crumpets topped with strawberries, banana, dairy/sugar free ice cream & a sprinkle of cinnamon coconut sugar & honey

### GF MUESLI BREAKFAST PARFAIT R75

A medley of seasonal fruits, Greek yoghurt, homemade gluten free granola & honey

### CHIA BOWL R79

Fiber & protein rich chia seeds soaked in Greek yoghurt & topped with a mixture of seasonal fruits & homemade gluten free granola

### PROTEIN PEANUT POWER ACAI BOWL R79

From the beaches of Brazil, a powerful antioxidant combination of acai berries, natural peanut butter, raw cacao, bananas & Greek yoghurt topped with strawberries banana & homemade gluten free granola

### KRUNCH BREAKFAST WRAP NEW R75

Whole wheat wrap, two scrambled eggs, avocado, Danish feta, grilled onion and rocket

### COFFEE & PEANUT BUTTER OVER-NIGHT OATS NEW R59

Rolled oats, espresso, vanilla, natural peanut butter, low fat milk and Greek yoghurt topped with banana, strawberry and chia seeds

## ALL ABOUT THE EGGS

ALL EGGS ARE SERVED WITH TWO PIECES OF TOAST: BROWN / WHOLEWHEAT / RYE / GLUTEN FREE (+R20)

### MORNING EGGS R29

STYLED YOUR WAY WITH A CHOICE OF TOAST & OPTIONAL SIDES

STYLE: poached / scrambled / fried / omelette

SIDES			
	Smoked Salmon	R60	Danish feta R13
	Grilled Tomato	R10	Avocado R25
	Grilled Onion	R15	Macon R35
	Grilled Mushrooms	R20	Savoury Mince R35
	Grilled Halloumi	R25	Beef Sausage R25

### SHAKSHUKA NEW R89

Eggs baked in a spicy homemade napolitana sauce served with your choice of toast & a side portion of hummus  
ADD DANISH FETA R13 / GRILLED MUSHROOM R20

### A HEALTHY TAKE ON EGGS BENEDICT R75

Two poached eggs, grilled tomato, grilled mushrooms & steamed spinach served on toast & topped with an olive oil lemon mayo dressing

## BREAKFAST TOASTIES

### THE SMOKED SALMON & AVO R110

Smoked salmon & avo toastie topped with rocket

### THE SMASHED AVO & FETA R75

An avo & feta smash toastie topped with fresh basil, cherry tomatoes & a balsamic glaze

### SIMPLE AVO R39

Two pieces of toast with avocado & fresh lemon juice

### SPICY AVO R49

An avo lemon smash on toast sprinkled with chilli flakes & sesame seeds

### HUMMUS HEAVEN NEW R79

A hummus toastie topped with grilled mushrooms, grilled tomato, grilled onion, Danish Feta & two poached eggs



## HEALTH SMOOTHIES

### ACAI BERRY BLAST R45 R55

ANTIOXIDANT BOOST  
Acai berry, berries, banana, coconut water & honey

### MANGO MADNESS R45 R55

CLEANSSES & LEAVES YOU FEELING REFRESHED  
Mango, pineapple, orange, coconut water & honey

### STRAWBERRY KRUNCH R39 R49

A QUICK PICK ME UP  
Strawberry, oranges, banana & honey

### IMMUNE BOOSTER R35 R45

FULL OF OMEGAS, IRON, ZINC, VITAMIN C, CALCIUM  
Baby spinach, avocado, apple, ginger & honey

### BERRY NUTTY R39 R49

HIGH IN ANTIOXIDANTS & PROTEIN  
Greek yoghurt, mixed berries, banana, natural peanut & honey

### BERRY BREAKFAST R35 R45

A COMPLETE BREAKFAST IN A CUP  
Greek yoghurt, mixed berries, banana, muesli & honey

### PROTEIN KICK R35 R45

IDEAL FOR THE POST-WORKOUT MUSCLE FEED  
Whey / hemp protein powder, raw cacao, banana, natural peanut butter, honey & fat free milk

### COFFEE BUZZ R35 R45

OUR HEALTHY TAKE ON A FREEZO  
Coffee, tahini, banana, cinnamon, vanilla, honey, chia seeds & fat free milk

## SMOOTHIE BOOSTS

HEMP PROTEIN PROTEIN BOOST R15

WHEY PROTEIN PROTEIN BOOST R15

GOJI BERRIES ANTIOXIDANT BOOST R15

CHIA SEEDS OMEGA BOOST R10

NATURAL PEANUT BUTTER DELICIOUSNESS BOOST R15

## TAKE A SHOT AT HEALTH

### GINGER SHOT R18

Boost your energy, blood circulation & immunity & reduce inflammation

### CALM YOUR BODY R18

Ease any sore stomach, sore throat or horrible coughs

### HEALTH SHOT R18

Neutralise your body



## HOT DRINKS

	S	D
AMERICANO	R23	R28
CAPPUCCINO	R23	R28
FLAT WHITE	R23	R28
ESPRESSO	R21	R23
LATTE	(350ML)	R28
CAFÉ MOCHA	(350ML)	R29
SUGAR FREE HOT CHOCOLATE	(350ML)	R35
CHAI LATTE	(350ML)	R29
LOOSE LEAF TEA	(350ML)	R25
MATCHA LATTE NEW	(350ML)	R39
TURMERIC LATTE NEW	(350ML)	R35
RED VELVET BEETROOT LATTE NEW	(350ML)	R35
RED CAPPUCCINO NEW	(350ML)	R30
FREEZOCHINO NEW	(350ML)	R30
SUBSTITUTE COW'S MILK SOYA / ALMOND MILK	+ R12	



6A SANDOWN VALLEY CRESCENT SANDTON

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## HEALTHY COMFORT FOOD

ALL ITEMS ARE GLUTEN FREE

### BUNLESS BURGER R99

Pure beef burger patty on a bed of quinoa, grilled peppers, jalapeños & grilled aubergine topped with avocado, Asian herbs & homemade hummus.

STILL WANT A BUN? SWOP QUINOA FOR A WHOLE WHEAT ROLL.

### ZUCCHINI NOODLE/QUINOA NAPOLI BOWL R69

A base of quinoa or zucchini noodles topped with peppers, mushrooms, chickpeas, onion and tossed in homemade Napolitana sauce

GRILLED CHICKEN **R29** / GRILLED BEEF **R39** / GRILLED SALMON **R89**

### SWEET POTATO COTTAGE PIE R69

Pure lean savoury beef mince topped with homemade sweet potato mash (creamed with almond milk)

### SMOKED SALMON SWEET POTATO R120

Baked sweet potato, smoked salmon, avocado and spring onion

### NAPOLITANA CHICKEN R99

Two grilled chicken breast topped with homemade Napolitana sauce and Danish feta on a bed of brown rice

### SESAME SALMON NOODLE BOWL R175

Egg noodles, Teriyaki salmon, baby spinach, edamame beans, grated ginger and sesame seeds



## STIR-FRY

### CHOOSE YOUR SAUCE

SOY SAUCE / TERIYAKI / BALSAMIC HONEY MUSTARD / SWEET CHILI

### ASIAN CHICKEN R79

Sautéed stir fry veg, pineapple, raw corn & chicken & Cashews

### ASIAN BEEF R85

Sautéed stir fry veg, raw corn, almonds & beef strips

### ASIAN VEG R75

Sautéed stir fry veg, mushroom, egg noodles, raw corn & cashew nuts

ADD EGG NOODLES OR BROWN RICE FOR **R15**

## THE GRILL: BODY-BUILD YOUR MEAL

### 1 PICK YOUR PROTEIN

Hake **R89**

Grilled chicken breast **Half: R29 Full: R59**

Rump **Half: R49 Full: R99**

Salmon **R180**

Savoury Mince **Half: R34 Full: R64**

### 2 PICK YOUR FLAVOUR

▶ Lemon & olive oil  
▶ Lemon & herb  
▶ Teriyaki

▶ Balsamic honey mustard  
▶ Cajun  
▶ Lemon & herb  
▶ BBQ

▶ blackened  
▶ bbq  
▶ salt & pepper

▶ Plain grilled  
▶ Lemon & olive oil  
▶ Lemon & herb  
▶ Teriyaki

### 3 PICK YOUR SIDE

Greek side salad **R29**

Avocado **R25**

Baked vegetable crisp **R20**

Baked sweet potato **R25**

Grilled halloumi **R25**

Mixed roast veg **R29**

Quinoa **R25**

Brown Rice **R15**

## SALADS & WRAPS

ALL ITEMS AVAILABLE AS SALAD OR WRAP

chicken & beef

### THE CHICKEN KRUNCH R79

Mixed lettuce, English cucumber, grilled peppers, Krunch classic chicken, avocado

SUGGESTED DRESSING : HONEY MUSTARD

### THE THAI CHICKEN R69

Mixed lettuce, red cabbage, carrot, baby tomato, red onion, English cucumber, honey mustard chicken, sesame seeds

SUGGESTED DRESSING : PEANUT BUTTER CHILLI

### THE CHICKEN PESTO R69

Krunch classic chicken, butternut, grilled mixed peppers, homemade basil pesto

CHOICE OF BROWN RICE / WHOLEWHEAT PASTA / COUS COUS

### THE CHICKEN CAESAR R99

Mixed lettuce, Krunch classic chicken, boiled egg, Parmesan, baked croûtons, Macon

SUGGESTED DRESSING : LIME MAYO

### KRUNCHY ASIAN CHICKEN R99

Baby spinach, red cabbage, peas, steamed broccoli, carrot, English cucumber, raw corn, krunch classic chicken, toasted flaked almonds

SUGGESTED DRESSING : TERIYAKI

### THE BEEF BANTING R99

Baby spinach, red onion, avocado, Danish feta, Cajun beef, sunflower seeds

SUGGESTED DRESSING: LIME MAYO

fish

### THE SPICY TUNA R99

Mixed lettuce, steamed broccoli, English cucumber, peppadew, avocado, Danish feta, tuna, spicy chickpeas

SUGGESTED DRESSING : DETOX

### THE SALMON AND AVO R125

Mixed lettuce, English cucumber, red onion, cottage cheese, avocado, smoked salmon, rocket

SUGGESTED DRESSING: BALSAMIC VINAIGRETTE

vegan

### BAKED FALAFEL R69

Cous-cous, homemade baked falafel, grilled aubergine, red cabbage, baby tomato, English cucumber, avocado, mint

SUGGESTED DRESSING : TAHINI VINAIGRETTE

### DETOX SALAD R79

Baby spinach, rocket, English cucumber, carrots, baby tomato, red onion, avocado, toasted pumpkin and sunflower seeds

SUGGESTED DRESSING : DETOX

vegetarian

### THE MEDITERRANEAN R89

Quinoa, grilled mixed roast veg, grilled aubergine, spicy chickpeas, olives, sundried tomato, grilled halloumi

SUGGESTED DRESSING : TAHINI VINAIGRETTE

### THE NEW SUMMER SALAD R69

Baby spinach, lentils, steamed broccoli, raw beetroot, English cucumber, Danish feta, pomegranates, chia seeds and mint

SUGGESTED DRESSING : DETOX

### VEGGIE HEAVEN R69

Mixed lettuce, butternut, sweet potato, grilled peppers, grilled aubergine, Danish feta

SUGGESTED DRESSING : BALSAMIC VINAIGRETTE

### CLASSIC GREEK R65

Mixed lettuce, English cucumber, baby tomato, red onion, kalamata olives, Danish feta

SUGGESTED DRESSING : BALSAMIC VINAIGRETTE

### QUINOA SUPER SALAD R79

Quinoa, raw beetroot, English cucumber, butternut, peas, steamed broccoli, Danish feta, chia seeds, mint, pomegranates

SUGGESTED DRESSING : DETOX

## BOWLS

### THE KRUNCH SALMON POKE BOWL R149

Quinoa, carrots, English cucumber, edamame beans, avocado, nori, seared salmon, spring onion, sesame seeds

SUGGESTED DRESSING : TERIYAKI

### PROTEIN POKE BOWL R89

Black rice, Krunch classic chicken, avocado, spring onion, edamame beans, balsamic onion, red cabbage, raw corn, topped with sesame seeds

SUGGESTED DRESSING : PEANUT BUTTER CHILLI

REPLACE CHICKEN WITH BBQ BEEF **R99**

### BUDDHA BOWL R89

Black rice, hummus, baked falafel, roast sweet potato, herbed butter beans, spicy chickpeas, peas and avocado

SUGGESTED DRESSING : TAHINI VINAIGRETTE



## spreads

Basil Pesto (GF) (SF)

Hummus (VE) (DF) (GF) (SF)

Fresh Chilli (VE) (DF) (GF) (SF)

## dressings

balsamic vinaigrette (VE) (DF) (GF)

apple cider vinegar (VE) (DF) (GF) (SF)

balsamic vinegar (VE) (DF) (GF)

extra virgin olive oil (VE) (DF) (GF) (SF)

fat free Greek (VE) (DF) (GF) (SF)

peanut butter chilli (VE) (DF)

lime mayo (VE) (DF) (GF) (SF)

honey mustard (VE) (DF) (GF) (SF)

tahini vinaigrette (VE) (DF) (GF) (SF)

teriyaki dressing (VE) (DF)

detox dressing (VE) (DF) (GF) (SF)

lemon juice (VE) (DF) (GF) (SF)

## menu key

(VE) Vegan

(V) Vegetarian

(GF) Gluten Free

(DF) Dairy Free

(SF) Sugar Free

