

WRAPS/ SALADS/ SANDWICHES

WRAP: low in carbohydrates, sugar & dairy free (less than 10g carb per wrap) • gluten free wrap substitute: R14

• BREAD: whole wheat or 70% rye • GREENS: iceberg lettuce, baby spinach & cucumber •  : vegetarian • chicken is free range

original deluxe

mozzarella, fresh avo, peppadews, rosa tomatoes, carrots, greens & homemade low fat yoghurt mayo dressing

wrap R60 salad R62 sandwich R60

chunky chicken

chicken breast strips, mozzarella, toasted sunflower seeds, peppadews, rosa tomatoes, carrots, greens & homemade low fat yoghurt mayo dressing

wrap R80 salad R82 sandwich R80

sticky plum chicken

chicken breast strips, danish feta, fresh avo, rosa tomatoes, carrots, greens & homemade fat free sticky sauce

wrap R80 salad R82 sandwich R80

roasted butternut & danish feta

roasted butternut, danish feta, fresh avo, rosa tomatoes, carrots, greens & tangy dressing

wrap R66 salad R68 sandwich R66

warm butternut chick

chicken breast strips, roasted butternut, danish feta, fresh avo, rosa tomatoes, carrots, greens & tangy dressing

add: a touch of indian spice R6

wrap R90 salad R92 sandwich R90

popeye salad

chicken breast strips, steamed broccoli, raw baby spinach, toasted sunflower seeds, danish feta, fresh avo, sundried tomatoes, sweet soy & olive oil dressing

salad R90

bbq rump

rump strips, danish feta, fresh avo, toasted sesame seeds, rosa tomatoes, carrots, greens & fat free bbq dressing

wrap R90 salad R92 sandwich R90

powerhouse salad

minted quinoa, chickpeas, tuna, danish feta, raw baby spinach, celery, fresh avo & tangy dressing

salad R100

quinoa chick salad

quinoa, chicken breast strips, mozzarella, fresh avo, toasted sunflower seeds, rosa tomatoes, carrots, greens & homemade low fat yoghurt mayo dressing

salad R105

warm bbq chicken

chicken breast strips, roasted vegetables, danish feta, toasted sesame seeds, rosa tomatoes, carrots, greens & fat free bbq dressing

wrap R86 salad R88 sandwich R86

the gypsy

lean gypsy ham, mozzarella, fresh avo, rosa tomatoes, carrots, greens & tangy dressing

wrap R80 salad R82 sandwich R80

3-6-9

smoked norwegian salmon, low fat cottage cheese, fresh avo, toasted sesame seeds, rosa tomatoes, carrots, greens & tangy dressing

wrap R125 salad R127 sandwich R125

tuna king

tuna, fresh corn, danish feta, rosa tomatoes, carrots, sundried tomatoes, greens & homemade low fat yoghurt mayo dressing

wrap R80 salad R82 sandwich R80

country sandwich

low fat cottage cheese, fresh avo, fresh apple, toasted sunflower seeds, chia seeds & chutney

sandwich R70

fajita wrap

indian spiced chicken breast strips/ butternut, kidney beans, creamed cottage cheese, fresh avo, rosa tomatoes, carrots, greens & salsa

chicken R100 butternut R95

green quinoa salad

quinoa, spirulina, steamed broccoli, raw baby spinach, celery, fresh avo, peppadews, danish feta, sweet soy & olive oil dressing

salad R98

sunflower power

chickpeas, danish feta, fresh avo, sundried tomato, toasted sunflower seeds, rosa tomatoes, carrots, greens, sweet soy & olive oil dressing

wrap R68 salad R70 sandwich R68

red root salad

chickpeas, raw beetroot, danish feta, toasted sunflower seeds, sundried tomatoes, raw baby spinach, fresh avo & olive oil

salad R75

scandalous salad

chickpeas, fresh corn, mozzarella, chopped raw baby spinach, fresh avo, toasted sesame seeds, chopped rosa tomatoes, chopped cucumber, grated carrots & salsa

salad R75

crispy bacon & feta

crispy bacon bits, danish feta, fresh avo, rosa tomatoes, carrots, greens & homemade low fat yoghurt mayo dressing

add: chicken breast strips R26

wrap R86 salad R88 sandwich R86