

Nouriti Breakfast

Smoothies (500ml)

- 59 273 **Bondi Blu Berry**
- 49 171 **Daily Greens**
- 59 559 **Peanut Butter Boost**
- 54 327 **Iced Coffee Date**
- 75 295 **Cake Batter Protein**
- 64 243 **Strawberry Yoghurt**
- 64 378 **Mango Mint Tropical Vit C**

Smoothie Bowls

- 105 506 **ChocNut** peanut, butter, cacao, banana, dark choc chips & yoghurt
- 105 384 **Tropical Summer** mango, pineapple, banana, kiwi, coconut & sesame, nut milk
- 105 550 **Berry Bliss** mixed berries, banana, nut milk, chia seeds, fresh berries & coconut flakes

Overnight Oats

- 85 482 **Berry Swirl** with coconut & chia seeds
- 85 617 **Peanut Butter & Banana** with choc chips & honey drizzle
- 75 442 **Apple & Cinnamon** with granola sprinkle
- 45 348 **Hot Oats** with apple & cinnamon
- 59 455 **Pawpaw & Yoghurt** with almonds, honey & granola

Eggs

- 89 583 **Breakfast Booster** (wrap/bagel/brioche) egg, bacon, cheddar, tomato & avo
- 59 379 **Petit Egg** bacon, toast & rosa tomatoes
- 54 406 **2 Eggs** any way with toast
- 62 356 **3 Egg Omelette Stack** with onion, tomato & toast
Add bacon/halloumi/feta/mushroom +R25
- 89 368 **Shakshuka** 2 eggs, simmered in a spiced tomato gravy with butter beans, topped with feta & coriander served with sourdough toast
- 92 546 **Healthy Hollandaise** eggs, bacon, roast tomatoes & toast
- 50 376 **Egg & Bacon** on brioche
- 110 324 **Salmon & Eggs** 2 poached eggs, creamed cheese, capers & pickled red onion on sourdough

On Toast

- 59 327 **Smashed Avo** on toast with feta, lemon, spring onion & black pepper
- 60 391 **Curried Butter Beans** on sourdough
- 62 274 **Mushrooms & Spinach** baby spinach, creamed cheese & balsamic mushrooms on sourdough
- 99 407 **Salmon & Cream Cheese Bagel**

Toast choices: sourdough/rye/dark granary or brioche +R5

Protein Bowls

- 85 597 **Power Up** scrambled eggs, black beans, roasted sweet potato, avocado, baby spinach & tomato salsa
- 110 600 **Mighty Morning** Quinoa, grilled halloumi, 2 poached eggs, baby spinach, mushrooms & roasted cherry tomatoes



Plant Based | Approx Calories
*Ingredients subject to availability





Nouriti Meals

84 409	Sesame Crusted Falafel (wrap/sandwich/baked potato/salad)	🌱
79 417	Curried Lentils & Avo (wrap/sandwich/baked potato/salad)	🌱
65 356	Curried Butter Beans stuffed baked sweet potato with raita & tomato salsa	🌱
80 558	Chickpea, Sweet Potato & Coconut Curry (sticky rice/brown rice) with baby spinach	🌱
75 447	Nasi Goreng Indonesian fried rice topped with a fried egg	

Beef	
125 508	Beef Fillet (wrap/baked potato/salad/sandwich) caramelized onions, mushrooms & chilli jam. Add cheese/mushrooms +R20
95 482	Lean Beef Burger (brioche bun) add Sweet Potato Fries +R25
94 457	Thai Beef Stir Fry (noodles/brown rice)
135 440	200g Balsamic Fillet & Halloumi with roasted cherry tomatoes & green beans. Add fries +R25
95 432	Pulled Beef Brisket (on brioche)
125 404	Med Beef Kebabs with tzatziki and salsa

Chicken	
89 718	Crispy Chicken Burger (bun/wrap)
89 420	Tikka Chicken (wrap/sandwich/baked potato/salad) tzatziki & peanut slaw
84 406	Soy Ginger Chicken broccoli, avo & brown rice
89 555	Chicken, Bacon, Halloumi & Mustard Mayo (wrap/sandwich/baked potato/salad)
105 520	Ginger Honey Chicken with sticky rice & veg
92 492	Chicken Cashew Stir Fry (noodles/brown rice)
99 602	Indonesian Panko Chicken Stir Fry (noodles/brown rice)
105 698	Nasi Goreng Indonesian fried rice with chicken
95 490	Hot Grilled Chicken Breast with fresh avo on a bed of lettuce
85 461	Mezze (wrap/sandwich/baked potato/salad) Chicken hummus avo feta

Fish	
120 339	Hake & Salmon Fishcakes (rice/noodles/Asian slaw) with potato, mint, coriander & chilli jam drizzle
245 525	160g Teriyaki Salmon (sticky rice/brown rice/egg noodles) stir-fried broccoli, spring onion & sesame
149 503	Salmon Poke Bowl salmon tataki on sticky rice with edamame, avocado, sesame, herbs & pickled cabbage with radish, sushi ginger & soy dressing

Macro Bowls	
85 613	Mediterranean Bowl sweet potato, roasted chickpeas, baby spinach, avocado, cherry tomatoes with tahini drizzle on brown rice. Swap to quinoa (+R20) Add chicken strips (+30) Add Steak strips (+40) Add Falafel (+20)
85 733	Asian Bowl black beans, red cabbage, avocado, sweet potato, salsa drizzled with peanut satay on brown rice. Swap to quinoa (+R20) Add chicken strips (+30) Add Steak strips (+40) Add Falafel (+20)