

Fresh Fix

MENU

BREAKFAST FIX

		<u>Calories</u>
Fresh Fix	R58	251
2 Eggs, Bacon, Tomato & Toast		
Traditional	R69	272
2 Eggs, Bacon, Beef Sausage, Tomato & Toast		
Complete	R110	573
3 Eggs, Bacon, Burger Patty, Beef Sausage, Mushrooms, Tomato & Toast		
3 Egg Omelette	R55	186
No Toppings. With Toast		
Omelette	R70	367
Add 2 Toppings. Bacon, Cheddar, Feta, Mushroom, Tomato		
Breakfast Wrap	R75	509
Eggs, Bacon, Cheddar		
Oats overnight	R49	348
Oats, Yoghurt, Berries, Honey		

FRESH SALAD

		<u>Calories</u>
Greek Salad	R70	227
Cucumber, Tomato, Feta, Onion, Olives		
Tuna Salad	R90	424
Tuna, Boiled Egg, Lettuce, Cucumber, Tomato, Onion, Mayo Vinaigrette		
Chicken & Halloumi	R100	232
Chicken, Halloumi, Lettuce, Onion, Tomato, Sweet Chilli Sauce		

BOWLS

		<u>Calories</u>
Cobb	R100	414
Chicken, Bacon, Avo, Egg, Lettuce, Cherry Tomato, Spring Onion, Honey Mustard		
Chicken Avo Peri Mayo	R85	372
Chicken Breast, Avo, Tomato, Onion, Peri Mayo		
Beef	R95	498
Beef, Avo, Cucumber, Tomato, Onion, Mayo or Peri Mayo		

TOASTIES (BROWN/WHITE)

		<u>Calories</u>
Cheese	R42	253
Chicken Mayo	R55	230
Bacon, Egg & Cheese	R62	380
Bacon, Egg & Avo	R75	387
Cheese & Tomato	R49	270
Cheese & Bacon	R55	340
Bacon, Cheese & Tomato	R62	358
Chilli, Avo & Egg	R70	266
Mince & Cheese	R69	507

FRESH LUNCH

Cobb Wrap	R105	635
Chicken, Bacon, Avo, Egg, Cherry Tomato, Spring Onion, Honey Mustard		
Chicken, Avo, Peri Mayo Wrap	R95	510
Chicken Breast, Avo, Tomato, Onion, Peri Mayo		
Beef Wrap	R105	602
Beef, Avo, Cucumber, Tomato, Onion, Mayo or Peri Mayo		
Chicken Wrap	R90	617
Chicken, Avo, Cucumber, Tomato, Onion, Mayo or Peri Mayo		
Mince Wrap	R80	485
Mince, Cheese, Tomato, Onion		
Honey Chicken Wrap	R80	500
Honey Mustard & Soya Chicken, Onion, Carrots		
Chicken & Halloumi Wrap	R105	463
Chicken, Halloumi, Cucumber, Onion, Tomato, Sweet Chilli Sauce		
Beef Stirfry	R110	333
Beef, Noodles, Soy Sauce, Sweet Chilli, Peppers, Cabbage, Carrots, Baby Marrow		
Chicken Stirfry	R95	355
Chicken, Noodles, Soy Sauce, Sweet Chilli, Peppers, Cabbage, Carrots, Baby Marrow		
Beef Plate	R100	371
Beef, Rice, Veggies Grilled or Boiled		
Chicken Plate	R85	386
Chicken, Rice, Veggies Grilled or Boiled		
Dagwood	R110	632
Beef Patty, Egg, Sauce, Cheese, Bacon, Tomato, Toast		
Hamburger	R85	506
Burger Patty, Tomato, Lettuce, Onion, Burger Sauce, Roll		
Chicken Burger	R75	447
Chicken Patty, Tomato, Lettuce, Onion, Burger Sauce, Roll		

Fresh Fix

SMOOTHIE FIX

		<u>Calories</u>
Gym Pro	R55	255
Banana, Peanut Butter, DBL Thick yoghurt, Milk, Whey, Ice		
Coffee Delight	R70	256
Banana, Peanut Butter, DBL Thick yoghurt, Milk, Whey, Ice, Single Shot espresso		
Rebel Warrior	R75	373
Oats, Honey, Banana, Whey, Milk, Ice		
Womans Challenge	R75	192
Mixed Berry, Banana, DBL Thick Yoghurt, Almond Milk, Glutamine, Whey, Ice		
Strawberry Sundae	R65	272
Strawberry, Berries, DBL Thick Yoghurt, Whey, Milk, Ice		
Monster Munch	R90	630
3 Scoops Whey, Oats, Peanut Butter, DBL Thick Yoghurt, Honey, Banana, Milk, Ice		
Choc Nut Smoothie	R80	415
Chocolate Protein, Peanut Butter, Crushed Almond, Yoghurt, Milk		
Choc Mint Smoothie	R70	332
Chocolate Protein, Mint, Yoghurt, Milk		
Crea-King Smoothie	R70	282
Vanilla/Chocolate Protein, Yoghurt, Milk, Creatine, Glutamine, Ice		
Dairy Free Gym Pro	R80	345
Vegan Vanilla Protein, Peanut Butter, Banana, Oat milk, Ice		
Green Machine	R65	62
Spinach, Celery, Broccoli, Banana, Pineapple, Mango		

FRUIT SMOOTHIES

		<u>Calories</u>
Berry Passion	R65	159
Raspberry, Blueberry, Banana		
Strawberry Split	R65	157
Banana, Strawberry		
Caribbean Kiss	R65	143
Melon, Strawberry, Mango, Lemon		
Mango Paradise	R65	152
Mango, Passionfruit, Pineapple		
Kiwi Cooler	R65	149
Strawberry, Mango, Pineapple, Kiwi		
Tropi-Colada	R65	192
Banana, Coconut, Pineapple		

SUPER FOOD SMOOTHIES

		<u>Calories</u>
Energy and Endurance	R90	300
Organic Maca, Organic Ashwagandha, Raw mixed nuts(Brazil, Macadamia, Cashew, Almond, Walnut), Goji Berries, Cranberries, Organic Cinnamon, dates, Organic Mixed Seeds (Pumpkin, Sesame, Sunflower and Flaxseed)		
Mood and Mojo	R90	300
Organic Cacao, Raw mixed nuts(Brazil, Macadamia, Cashew, Almond, Walnut), Goji Berries, Cranberries, Organic Cinnamon, dates, Organic Mixed Seeds (Pumpkin, Sesame, Sunflower and Flaxseed)		
Resilience and Recovery	R90	300
Organic Ashwagandha, Organic Mesquite, Organic Acai Berry, Organic CoconutRaw mixed nuts(Brazil, Macadamia, Cashew, Almond, Walnut), Goji Berries, Cranberries, Organic Cinnamon, dates, Organic Mixed Seeds (Pumpkin, Sesame, Sunflower and Flaxseed)		
Collagen and Cacao	R90	300
Collagen Peptides, Organic raw Cacao Powder, Organic Blueberry Powder, Goji Berries, Chia Seeds, Mixed Seeds (Pumpkin, sesame, sunflower, flaxseed, dates.		
Protein and Performance	R90	300
Pea Protein Isolate, Organic Raw Cacao powder and nibs, Organic Maca, Goji Berries, Cranberries, Mixed Seeds(pumpkin, sesame, sunflower and flaxseed), Dates, Cinnamon		

COFFEE

		<u>Calories</u>
Cappuccino	R40	270
Caffe Latte	R40	287
Americano	R32	1
Espresso	R30	1
Double Espresso	R32	2
Chai Latte	R47	132
White Hot Chocolate	R44	116
Hot Chocolate	R40	276
Cafe Mocha	R45	200
Red Espresso	R38	1
Red Cappuccino	R45	1

FREEZO

		<u>Calories</u>
Fresh Fix Freezo	R50	
Fresh Fix Freezo Hazelnut	R58	
Fresh Fix Freezo Caramel	R58	
Coffee Freezo	R55	170
Chocolate Freezo	R55	170
Bar One Freezo	R60	190
Milky Bar Freezo	R60	190

REFRESHMENTS

Still Water 500ml	R12
Sparkling Water 500ml	R17
Still Water 2L	R25

Coke 300ml	R19
Coke Zero 300ml	R19
Energade	R19