



## WELLNESS

### Wellness Bowls

#### Executive Chicken Bowl 18

Basmati rice, Grilled chicken, Roasted broccoli, Avocado, Pumpkin seeds, Goji Berries served with Zesty Tahini Dressing.  
*Balanced energy and protein | Calories: 505 | Protein: 45g | Carbs: 40g*

#### Omega Salmon Bowl 24

Black rice, Grilled salmon, Avocado, Edamame, Cucumber, Furikake served with Ginger Honey Silky Dressing.  
*Rich in protein and omega-3 | Calories: 525 | Protein: 38g | Carbs: 35g*

#### Iron Energy Bowl 21

Ground Beef or Meat Balls, Beetroot, Sweet Potatoes, Avocado, Almonds served with Nutty Verde Dressing.  
*Protein, and natural energy | Calories: 480 | Protein: 44g | Carbs: 25g*

#### Garden Power Bowl 16

Feta, Avocado, Chickpeas, Cherry Tomatoes, Red Cabbage, Black Beans served with Miso Umami Velvet Dressing.  
*Plant protein | Calories: 530 | Protein: 19g | Carbs: 44g*

### Wellness Morning Bowls

#### Savory Breakfast Bowl 16

2 eggs, Cottage Cheese, Sautéed Mushrooms, Avocado, Cherry tomatoes served with Carrot Ginger Velvet.  
*Calories: 464 | Protein: 31g | Carbs: 17g*

#### Morning Energy Bowl 16

Waffles, Greek yogurt, Berries, Caramelized banana, Granola, Almonds, Honey.  
*Calories: 635 | Protein: 26g | Carbs: 90g*

### Wellness Protein Shakes

Crafted for energy, balance, or indulgence – *choose your boost.*

#### Green Energy 7

*Light · Detox · Refresh*

Spinach · Green Apple · Ginger · Avocado · Cucumber  
*27g Protein*

#### Berry Boost 8.5

*Antioxidant · Smooth · Energizing*

Mixed Berries · Banana · Coconut Milk

#### Cocoa Charge 8

*Indulgent · Rich · Satisfying*

Dark Chocolate · Dates · Skimmed Milk

#### Peanut Power 7

*Energy · Strong · Fueling*

Peanut Butter · Banana · Dates · Almond Milk  
*30g Protein*