

item	kcal	celery	cereals	crustaceans	eggs	fish	milk	molluscs	mustard	nuts	peanuts	sesame	soya
acai bowl	510	x	x	x	x	x	x	x	x	x	x	x	x
matcha protein bowl	440	x	x	x							x		
vanilla protein bowl	410	x	x	x				x	x			x	x
steak rice bowl	655	x	x	x	x	x	x	x	x	x	x	x	x
chicken rice bowl	615	x	x	x				x					
prawn rice bowl	655	x	x	x	x	x	x	x	x	x	x	x	x
sweet potato rice bowl	545	x	x	x	x	x	x	x	x		x	x	x
salmon rice bowl	655	x	x	x		x	x	x	x	x	x	x	x
chicken sandwiches	620	x	x	x	x	x		x	x	x	x	x	x
steak sandwiches	767	x	x	x		x	x	x	x		x	x	x
spicy tuna sandwiches	698	x	x	x	x	x		x	x		x	x	x
chicken wrap	620	x	x	x		x		x	x				
steak wrap	767	x	x	x		x	x	x	x		x	x	x
spicy tuna wrap	700	x	x	x	x	x	x	x	x	x	x	x	x
biscoff protein ball	87	x	x	x			x	x	x	x	x	x	x
oreo protein ball	72	x	x	x				x	x	x	x	x	x
snickers protein ball	85	x	x	x		x		x	x		x	x	x
anti-inflammatory	122				x	x					x		
glass skin juice	136	x			x		x	x	x	x	x	x	x
retinol	143	x	x	x		x	x	x	x	x	x	x	x
beet iron	192	x	x	x	x			x	x				
pineapple flush juice	114	x	x	x			x	x	x	x		x	x
turmeric hot shot	4	x			x			x	x				x
ginger hot shot	4												