



ALL-DAY BREAKFAST

CLASSIC PROTEIN Pancakes / Waffle **60**

Made with gluten-free banana flour with added protein.
A side of banana and maple syrup

'THE PODIUM' STYLE Pancakes / Waffle **75**

Smashed Avocado, Bacon, Poached Egg,
Spinach, Hollandaise sauce, Gluten-Free Protein Flour.

'THE' BREAKFAST BURRITO **75**

(Served with a side of cassava chips / boiled sweet potato)
Minced beef / grilled chicken, green pepper, onion, sweet potato,
spinach, mozzarella cheese, flour tortilla, comes with sambal salsa.

SWEET BENNY **70**

Sweet potato hash browns, spinach, bacon,
poached eggs, Hollandaise sauce, Sambal salsa.

'THE OMG' OMELETTE **70**

3-egg omelette, sweet potato hashbrowns, tomato, bacon.

GRANOLA BOWL **70**

Coconut yogurt, mixed berries, banana, crunchy granola.
(Choose 2 toppings)
Chia seeds, pumpkin seeds, sunflower seeds, dried cranberries,
dried coconut flakes.

Highly Recommended ! **Athletes' Favorite.**

Extra 150 gr. Protein (choose one) 30	Add-ons (choose one) 20	Extra Toppings (choose one) 20
<ul style="list-style-type: none"> - Grilled chicken breast - Beef patty - Mahi-mahi - Balsamic-marinated tempe. 	<ul style="list-style-type: none"> - Sauteed Mushrooms, - Boiled / Scrambled / Poached Egg - Boiled / Sauteed Sweet Potato - Shredded Mozzarella - Cheddar / Feta / Parmesan 	<ul style="list-style-type: none"> - Avocado (half) - Sweet Potato Chips / Hash Browns - Grilled Veggies with Pesto - Broccoli & Cauliflower - Mixed Salad - Chia seeds - Sunflower seeds, - Dried coconut flakes, - Walnuts, - Cashews.
		<ul style="list-style-type: none"> - Pumpkin seeds - Dried cranberries - Goji Berries - Almonds

'THE PODIUM' MENU

'THE PODIUM' BURGER **75**

Open-faced burger, comes with lettuce, tomato,
caramelized onion, and Cheddar cheese.
(Choose one of each category below)

- Carbs:**
- Sweet potato hash browns
 - Lettuce wrap
 - Gluten-free bun **+15**

- Protein (150 gr):**
- Beef Patty,
 - Grilled Chicken Breast,
 - Balsamic-Marinated Tempe

- Side Dishes:**
- Cassava Chips (original / spicy),
 - Sweet Potato (boiled / sauteed)

- Sauce:**
- Sambal Mayo / Salsa
 - Sambal
 - Basil Pesto.

VEGETABLE GARDEN **80**

Comes with green peppers, onion, tomatoes, cauliflower, mushrooms.
(Choose one of each category below)

- Base:**
- Red & white cabbage,
 - Mixed lettuce,
 - Mixed (cabbage & lettuce)

- Protein (150 gr):**
- Beef Patty,
 - Grilled Chicken Breast,
 - Grilled Mahi-Mahi
 - Balsamic-Marinated Tempe

- Homemade Dressings:**
- Lemon-herb,
 - Basil Pesto,
 - Thai Chili,
 - Balsamic Vinaigrette.

- Vegetable Toppings:**
- Avocado (half),
 - Grilled Veggies with Pesto,
 - Sweet Potato (boiled / sauteed)



Feelin' Mexican?



GRILLED CHICKEN / FISH TACOS **70**
 Flour Tortilla, Grilled Chicken Breast / Mahi, Red & White Cabbage,
 Homemade Pesto, Sambal Salsa, a Side of Cassava Chips

QUESADILLA **75**
(Chicken / Fish / Mixed Veggies)
 Mushrooms, Onion, Garlic, Spinach,
 Mozzarella Cheese, Sambal Salsa

THE ESSENTIALS



85

*The ultimate source of protein and vegetables
 you need for peak performance on a daily basis.*

Carbs:

- Boiled Sweet Potato
- Sauteed Sweet Potato
- Sweet Potato Hash Browns

Protein (200 gr):

- Beef Patty,
- Grilled Chicken Breast,
- Mahi - Mahi
- Balsamic-Marinated Tempe

Veggies:

- Mixed Salad
- Broccoli & Cauliflower
- Grilled Veggies with Pesto
- Sauteed Mushrooms

Homemade Sauce:

- Sambal Mayo / Salsa,
- Sambal,
- Basil Pesto,
- Thai Chili



Highly Recommended !



Athletes' Favorite.

'THE HEALTHY SINNERS'

PROTEIN MILKSHAKE  **60**

Vanilla Almond / Chocolate Peanut Butter / *Flava' of the day*

PROTEIN GELATO (Single / Double) **35 / 55**

Vanilla Almond / Chocolate Peanut Butter / *Flava' of the day*

GELATO SANDWICH  **55**

Vanilla Almond / Chocolate Peanut Butter / *Flava' of the day*

PROTEIN COOKIE (30 gr each)  **10**

CHOCOLATE COCONUT SNOWBALLS (10 gr) **5**

THE PRODIUM TRAIL MIX **50**

COCONUT (Whole) **25**

COFFEE (French Press) **20**

**ask our staff for milk / sugar*

Extra 150 gr. Protein (choose one)

- Grilled chicken breast
- Beef patty
- Mahi-mahi
- Balsamic-marinated tempe.

30

Add-ons (choose one)

- Sauteed Mushrooms,
- Boiled / Scrambled / Poached Egg
- Boiled / Sauteed Sweet Potato
- Shredded Mozzarella
- Cheddar / Feta / Parmesan
- Avocado (half)
- Sweet Potato Chips / Hash Browns
- Grilled Veggies with Pesto
- Broccoli & Cauliflower
- Mixed Salad

20

Extra Toppings (choose one)

- Chia seeds
- Sunflower seeds,
- Dried coconut flakes,
- Walnuts,
- Cashews.
- Pumpkin seeds
- Dried cranberries
- Goji Berries
- Almonds

20