
ALL DAY BREAKFAST

CLASSIC PROTEIN Pancakes / Waffle	60
Made with gluten-free banana flour. Served with a side of caramelized banana, strawberries, and maple syrup / peanut butter.	
‘THE PODIUM’ STYLE Pancakes / Waffle	75
Smashed Avocado, Bacon, Poached Egg, Spinach, Hollandaise sauce, Gluten-Free banana flour.	
BERAWA BREAKFAST BURRITO (B.B.B.)	75
<i>(Served with a side of cassava chips / boiled sweet potato)</i> Choice of minced beef / grilled chicken, bacon, green pepper, onion, sweet potato, spinach, mozzarella cheese, flour tortilla, comes with sambal salsa.	
SWEET BENNY	70
Sweet potato hashbrown, spinach, bacon, poached eggs, Hollandaise sauce, Sambal salsa.	
‘THE OMG’ OMELETTE	70
3-egg omelette, mixed veggies, sauteed sweet potato / sourdough	
PROTEIN SMOOTHIE BOWL	75
Yogurt, mixed berries, banana, crunchy granola, 1 scoop whey protein + 15K for Vegan Protein Choose 2 toppings: Sunflower seeds / pumpkin seeds / chia seeds / dried cranberries / dried coconut flakes *use plant-based protein +15	
HULK SMASH!	55
Smashed avocado, chopped onion, roasted chopped almonds, tomatoes, feta, served on toast	
THE ‘SHROOM IS SPIN-NING!	55
Sauteed mushrooms , spinach with garlic, poached egg, served on toast	

THE PODIUM SIGNATURE MENU

15 SHADES OF GREEN	55
Mixed lettuce, mixed cabbage, kale, rucicola, avocado (cubes), seeds tri-color peppers, beetroot, radish, onion, cauliflower, broccoli, tomatoes	

Dressings :

Lemon-herb / Balsamic Vinaigrette

NEED EXTRAS ?

<u>Extra 150 gr. Protein</u> (choose one) 40	<u>Add-ons</u> (choose one)	25
- Grilled chicken breast	- Sauteed Mushrooms,	- Boiled /Sauteed Sweet Potato
- Beef patty	- 2 Eggs any Style	- Sw. Potato Chips / Hash Brown
- Mahi-mahi	- Avocado (half)	- Grilled Veggies with Pesto
- Balsamic-marinated tempe.	- Shredded Mozzarella	- Broccoli & Cauliflower
	- Mixed Salad	- Cheddar / Feta / Parmesan

THE PODIUM SIGNATURE 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 brown
Lettuce wrap
Gluten-free pancake bun **+15**

Protein 150 gr

Beef / Chicken Patty
Grilled Chicken Breast
Mahi-Mahi
Balsamic-Marinated Tempeh

Side Dishes

Cassava Chips (original / spicy),
Sweet Potato (boiled / sauteed)
Mixed Salad

Homemade Sauce

Sambal Mayo / Salsa
Sambal
Basil Pesto

THE ESSENTIALS

85

The ultimate source of preprotein you need for peak performance daily.

Choose one of each category below:

Carbs:

Boiled / Sauteed Sweet Potato
Sweet Potato Hashbrown
Red Rice

Veggies:

Mixed Salad
Broccoli & Cauliflower
Grilled Veggies with Pesto
Sauteed Mushrooms

Protein 200 gr

Beef / Chicken Patty
Grilled Chicken Breast
Mahi-Mahi
Balsamic-Marinated Tempeh

Homemade Sauce:

Basil Pesto
Sambal / Sambal Salsa
Sambal Mayo
Thai Chili

GRILLED CHICKEN / FISH TACOS

70

Tortilla, Grilled Chicken Breast / Mahi-Mahi, Red & White Cabbage, Homemade Pesto, Sambal Salsa, a Side of Cassava Chips / mixed salad

QUESADILLA

75

(Chicken / Fish / Mixed Veggies)

Mushrooms, Onion, Garlic, Spinach, Mozzarella Cheese, Sambal Salsa
Served with cassava chips / mixed salad

CHIMICHANGA

75

Onion, red and green pepper, cayenne pepper, tortilla, fried in coconut oil
Served with cassava chips / mixed salad

Choice of Protein:

Chicken / Mahi-Mahi / Mixed Vegetables

HANDY WORK

NEED EXTRAS ?

Extra 150 gr. Protein (choose one) 40

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

Add-ons (choose one)

- Sauteed Mushrooms,
- 2 Eggs any Style
- Avocado (half)
- Shredded Mozzarella
- Mixed Salad

25

- Boiled /Sauteed Sweet Potato
- Sw. Potato Chips / Hash Brown
- Grilled Veggies with Pesto
- Broccoli & Cauliflower
- Cheddar / Feta / Parmesan

THE HEALTHY SINNERS

PROTEIN GELATO MILKSHAKE	60
<i>Choice of Protein Gelato, Yogurt</i>	
<i>*MAKE IT A SUPER PROTEIN MILKSHAKE +20</i>	
GELATO SANDWICH	60
<i>Choice of Protein Gelato</i>	
PROTEIN GELATO (Single / Double)	35 / 55
<i>Choice of Protein Gelato</i>	
COCONUT (Whole)	25
COFFEE (French Press)	20
<i>*ask our staff for fresh milk +5</i>	

PROTEIN SHAKES

Choose one base:

Water / Dairy Milk

Choose your protein:

PLANT-BASED PROTEIN	60
Natural / Chocolate / Vanilla	
Hazelnut Cacao / Salted Caramel	

WHEY	45
Chocolate / Vanilla	

Choose your add-ons:

CINNAMON POWDER	
COLD BREW COFFEE	15
MCT OIL POWDER	20