

Menu



Customised Eating Plan
Nutritious Menu
Daily Fresh Food Delivery

Eat Well • Feel Good • Look Fabulous!



Healthy Food Cafe • Smoothie Bar
We Deliver

www.eatwise.co.za



031 828 0828/9

eatwise

Snacks

- Freshly Baked Muffins (Preservative Free)** R15.50
Bran, Banana & Nut, Carrot, Blue Berry, Cappuccino
Bran served with margarine and honey
- Protein Bar 80g** R18.50
Chocolate
- Biltong 100g** R20.00
Lean
- Mixed Nuts 100g** R15.50
Raw & Unsalted - ask to have them freshly toasted and salted
- Fruit Salad 500ml** R22.50
Seasonal fruits
- Froyo 350ml** R 22.50
Vanilla Frozen Yogurt served with pineapple and strawberries (seasonable) 350ml cup

Coffee

all coffees available in decaf

- Espresso** Single: R 10.00 Double: R 14.00
 - Americano Coffee** Regular: R12.50 Tall: R 14.50
 - Skinny Cappuccino Regular** R 14.50
 - Skinny Caffè Latte** R 15.50
 - Chai Tea Latte- Skinny** R 15.50
 - Tea Pots (serves two)** R 15.50
- english breakfast, rooibos, green rooibos (ask for today's flavour infusion), green tea apple

Cold Beverages

- Freshly Squeezed Juice** 350ml : R13.50 • 500ml : R16.50
Choose any blend: carrot, apple, pear, pineapple, orange
Add: wheatgrass, ginger
- Juice 100% Blends** 350ml : R10.50 • 500ml : R13.50
Apple, cranberry, granadilla, guava, strawberry
- Water 500ml** R 7.00
Still • Sparkling
- Venga** R 12.00
Vitamin enriched water
- Bos Ice Tea - Organic** R 9.50
Lemon, Peach, Slim (lime&ginger), Energy (cranberry)
- Coke Zero, Sprite Zero** R 8.50
- Ginger ale, Dry Lemon** R 7.00

Smoothies

- FRUITY SMOOTHIES** 350ml : R18.00 • 500ml : R21.00
- Indoberry**
Mixed berries, low fat frozen yogurt, cranberry juice, pineapple
- Flipflop Strawberry**
Strawberries, banana, low fat frozen yogurt, apple juice
- Strawberry and Lemon Swirl**
Strawberries, lemon juice, low fat frozen yogurt, apple juice
- Passion Fruit Explosion**
Pineapple, apple, pear, granadilla juice, low fat frozen yogurt
- Lemint**
Lemon juice, mint leaves, low fat frozen yogurt, apples, pineapple
- PROTEIN SMOOTHIES** 350ml : R21.00 • 500ml : R24.00
- Fruit, Oat & Whey Smoothie**
Pineapple, pear, strawberries, vanilla whey protein, oats, apple juice, low fat frozen yogurt
- Protein Muesli Berry Smoothie**
Mixed berries, apple, wheat free muesli & nuts, vanilla whey protein, cranberry juice
- The Hulk**
Peanut butter, chocolate whey protein, skim milk, low fat frozen yogurt
- SPECIALITY SMOOTHIES** 350ml : R19.00 • 500ml : R22.00
- Rock'n Rooibos**
Red espresso, apple juice, apples, pears, low fat frozen yogurt
- Mango, Banana & Coconut**
Mango, pineapple, banana, apple juice, coconut milk, coconut flakes, low fat frozen yogurt
- Almonds, Banana & Honey**
Almonds, banana, skim milk, honey, low fat frozen yogurt
- Iced Coffee**
Espresso, low fat frozen yogurt, skim milk, ice
- FROYO SHAKES** 350ml : R18.00 • 500ml : R21.00
Low fat soft serve frozen yogurt and any of the following juices:
100% Strawberry, 100% Granadilla, 100% Cranberry, 100% Guava



Breakfast

- Rye Crumpets** ● R 20.50
(6) Served with margarine & honey
- Muesli & Yogurt** ● R 24.50
Wheat Free muesli & nuts. Served with plain fat free yogurt & fresh fruit
- Egg on Rye** ● R 22.50
(2) Boiled, Poached or Scrambled
**Plain*
- *Served with smoked chicken slices* R 27.50
- Oats & Sliced Banana** ● R 20.50
Served with fat free milk, honey & nuts
- French Rye Toast** ● R 18.50
(2) Served with honey
- Toasted Breakfast Wrap** R 32.50
Scrambled eggs, beef rashers, mozzarella cheese, sweet potato, sun dried tomato salsa & sweet chilli sauce

Toasted Sandwiches

RYE BREAD

- Basil Pesto Chicken Mayo** R28.50
With mozzarella cheese
- Sweet Chilli Chicken** R28.50
Smoked Chicken Slices with pepperdews and cottage cheese
- Beef, Mustard and Tomato** R28.50
With mozzarella cheese

Salads

- Asian Vegetable Salad** ●● R 34.50
Roast butternut, lentils, pea snaps, roast tomatoes, salad base, cottage cheese, coriander & roasted flaked almonds. Topped with a coriander, chili lime dressing
- Smoked Salmon Salad** R 40.50
Salad base, carrots, cucumber, pepper dews, rocket, cottage cheese, avo (seasonable), sunflower seeds, rocket. Topped with a sun dried tomato salsa
- Prawn & Avocado Cocktail** R 38.50
Grilled garlic prawns, avo (seasonable), salad base, cottage cheese, cherry tomatoes, coriander & rocket. Topped with an olive chutney & pine nuts
- Brie and Sweet Potato Salad** ● R 35.50
Salad base, tomatoes, peppers, carrots, rocket, roast sweet potato, sliced of brie cheese, Served with a herb dressing
- Smoked Chicken Salad** R 36.50
Salad base, baby tomatoes, olives, green peppers, pepperdews, carrots, cucumber, avo (seasonable), cottage cheese. Served with a honey mustard dressing
- Grilled Chicken Salad** R36.50
Salad base, carrots, baby tomatoes, chives, cucumber, basil pesto mayo chicken strips, mozzarella cheese

Poultry

- Baked Basil Pesto Chicken** R 53.50
Chicken breasts topped with basil pesto and mozzarella cheese, baked in the oven
Served with sweet potato wedges.
- Coconut, Chilli Chicken** ●● R 53.50
Chicken breasts with coconut milk, coriander and a squeeze of lemon. Served with egg fried basmati rice.
- Chicken Teriyaki** R 53.50
Grilled chicken strips in our secret teriyaki sauce with red onion. Served with egg noodles, wheat free rice noodles or egg fried basmati rice.
- Sun Dried Tomato Chicken** R 53.50
Sun dried tomato & chilli pesto chicken breasts topped with mozzarella cheese. Served with garlic and herb baby potatoes.
- Chicken al Forno** R 56.50
Chicken breasts layered with thin slices of brinjal and napoletana, topped with mozzarella cheese and baked in the oven. Topped with an olive chutney. Served with green vegetables.

Meat

- Rosemary Fillet of Beef (200g)** R 62.50
Served with roast butternut & courgettes. Topped with a balsamic reduction sauce.
- Beef Fillet and Mushroom Kebabs (200g)** R 62.50
With a honey lime yogurt marinade. Served with Baby potatoes.
- Chilli Mint Beef Fillet (200g)** R 62.50
Served with roasted vegetables & couscous.
- Asian Beef Fillet (200g)** ●● R 62.50
With a soy sauce and honey marinade. Served with stir-fry vegetables.

Seafood

- Sun Dried Tomato Line Fish** R 60.50
(250g) Topped with cottage cheese and baked in the oven. Served with a salad & fresh blanched asparagus.
- Lime, Chilli and Coconut Line Fish** R 60.50
(250g) Served with wedges of sweet potato & pea snaps.
- Simply Grilled Line Fish** R 60.50
(250g) Grilled with lemon and garlic. Topped with a cucumber tzatziki. Served with potato wedges.
- Spicy Grilled Calamari** ●● R 50.50
(200g) Grilled with garlic, olives, red peppers and a balsamic reduction sauce & our secret spices. Served with wedges of rosemary potato.

Thai Noodles

- Stir-fry veg, noodles, chillies, less sodium soy sauce & our secret spices.**
- CHOICE OF: Egg Noodles OR Wheat Free Rice Noodles*
- Chicken R 38.50 Prawns R 40.50
- Beef Fillet R 40.50 Ostrich Fillet R 45.50
- Vegetarian ●● R 36.50
(Chick Peas, baby marrows & green beans)

Pasta

- CHOICE OF: Whole Wheat Spaghetti, Whole Wheat Penne, Spinach Fettucini or Wheat Free Pasta*
- With garlic, sweet cherry tomatoes, spinach, chillies, olives, mushrooms & napoletana** ●●
- Chicken R 38.50 Vegetarian ●● R 36.50
- Prawns R 40.50
- With home made basil pesto & pine nuts** ●●
- Chicken R 38.50 Vegetarian ●● R 36.50
- Prawns R 40.50

(All pasta served with mozzarella cheese)

Health Wraps

- Whole wheat wrap with tomato, pepper dews, carrot, green salad base, coriander, cottage cheese & avo (seasonable)
- Grilled Chicken** R 35.50 Butternut ● R 34.00
& Roast Peppers
- Beef Fillet R 38.50 Ostrich Fillet R 43.50
- Smoked Salmon R 42.50 Smoked Chicken R 35.50
- ADD EXTRA BUTTERNUT TO ANY WRAP R 5.50
- Choose a dressing:*
Sweet Chilli • English Mustard & Sesame Seeds • Honey Mustard • Basil Pesto Mayo

Vegetarian

- Tomato, Chilli & Lentil Soup** ●● R 30.50
Served with toasted rye herb bruschetta
- Aubergine al forno** ● R 34.50
Baked aubergine with mozzarella cheese in a tomato base, topped with olives, pine nuts & a balsamic reduction. Served with couscous.
- Tofu Stir-fry** ●● R 38.50
CHOICE OF: Egg Noodles OR Wheat Free Rice Noodles
Stirfry vegetables with red peppers, sugar snaps, noodles, tofu, red onion, cabbage, carrots & soy sauce

