

Snacks

Smoked chicken strips (Sodium Free)	R12.00
marinated in sundried tomato pesto/basil pesto	
Freshly baked Muffins:	
Bran, Bannana and nut, carrot and cream cheese, blue berry	
Served with lite margerine, jam, honey	R16.00
Organic Protein Powder (300ml)	R 15.00
One neutral flavour with low fat milk	
Organic Protein Bar (60g)	R25.00
Caramel Vanilla or Chocolate Mint	
Biltong (100g)	R 18.00
Mixed Nuts (80g)	R 15.00
Seed Mix (80g)	R 12.00
Crackers	R12.00
with Mozzarella cheese or smoked chicken	

Smoothies

Smoothies 500ml	R18.00
Indoberry	
Mixed berries, low fat frozen yogurt, cranberry juice, honey	
Flipflop Strawberry	
Strawberries, bannana, low fat frozen yogurt, apple juice	
Rock'n Rooibos	
Red espresso, apple juice and apples, ice	
Lemint	
Lemon juice, mint leaves, low fat frozen yogurt, apples, lime cells	
Frozen Yogurt shakes fat free 500ML	R18.00
Strawberry, Granadilla, Mango	



Menu

Eat Well • Feel Good • Look Fabulous!

Eat Well • Feel Good • Look Fabulous!

59 Tunbridge Drive • Cowies Hill
Westville • Durban • 3629

082 494 3320
candice@eatwise.co.za
www.eatwise.co.za



www.eatwise.co.za

eatwise



Breakfast

Oat and Egg White Crumpets Served with cinnamon, brown sugar/xylitol	● R13.00
Toasted Rye Sandwich Chicken and basil pesto mayo	● R22.00
Yogurt & Muesli Served with fresh fruit	● R22.00
Egg on Rye Boiled, Poached or Baked	● R12.00
Oats Served with fat free milk and raw honey	● R15.00
Fruit & Oat Smoothie	● R17.00
Muesli Berry Smoothie	R 17.00
Egg Muffin: Vegetarian	● R 12.00
Lean Bacon	R 15.00
French toast with raw honey	● R 12.00
Omelette: Vegetarian	● R 12.00
Ham	R 13.00
Smoked Chicken	R 15.00
Breakfast wrap	R 00.00

scrambled egg, beef, tomatoe,
sweet potato fritter, tamato salsa

Seafood

Oriental Line Fish Served with fresh blanched asparagus	R 45.00
Feta and Sundried Tomato Line Fish Served with a salad	R 45.00
Lime and Coconut Line Fish Served with wedges of sweet potato	R 45.00
Spicy Fish Frittata Served on a bed of rocket	R 32.00
Prawn Creole	R 42.00
Grilled Calamari	R 42.00



Orders must be placed
24 hours in advance:
candice@eatwise.co.za

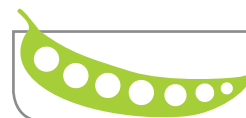
www.eatwise.co.za

Poultry

Baked Basil Chicken Served with sweet potato wedges	R 39.00
Coconut Chicken Served with egg fried brown basmati rice	R 41.00
Chicken Stir-fry Served on a bed of egg noodles	R 33.00
Spanish Rubbed Chicken Served with garlic and herb baby potatoes	R 39.00
<h2>Meat</h2>	
Rosemary Fillet of Beef (200g) Served with roast butternut and couscous	R 52.00
Beef Fillet and Mushroom Kebabs With a honey lime yogurt marinade Served with Baby Potatoes	R 52.00
Chili Mint Pork Fillet Served with mixed vegetables	R 45.00
Ostrich fillet served with stirfry veg and brown rice	R 00.00

Vegetarian

Tomato & Lentil Soup	●● R 18.00
Roasted Stuffed Brinjal	●● R 25.00
Tofu Stir-fry with red peppers and sugar snaps	●● R 25.00
Baked Artichokes with Feta	● R 25.00



● VEGETARIAN ● VEGAN

Dishes

Thai Noodles

Egg noodles, stirfry veg (only the freshest), sodium free soy sauce & our secret spices plus:

Chicken	R25	Prawns	R28
Beef fillet	R28	Ostrich fillet	R32

Wholewheat pasta

Wholewheat spaghetti/fettucini with sweet cherry tomatoes, baby spinach, chillis, olives, mushrooms and coconut oil

Chicken	R25	Prawns	R28
---------	-----	--------	-----

OR

Wholewheat spaghetti/fettucini with home made basil pesto and pine nuts

Chicken	R25	Prawns	R28
---------	-----	--------	-----

Toasted health wraps

Tomato, coriander, lettuce, rocket, red cabbage, sprouts

Chicken	R22	Prawns	R25
Beef fillet	R25	Ostrich fillet	R26
Smoked Salmon	R25		

Choose a dressing: Chilli lime, sweet chilli, English mustard and sesame seeds, basil pesto or honey mustard

Salads

Asian Vegetable Salad Served with a chili lime dressing	●● R 29.00
Tangy Broccoli Salad Served with a honey mustard vinaigrette	●● R 29.00
Smoked Salmon Salad	R 32.00
Prawn Cocktail	R 35.00
Seared Tuna and Fennel Salad	R 37.00
Marinara Salad Served with a sesame orange dressing	R 37.00
Green Bean Salad Served with a coriander lime dressing	●● R 29.00
Bacon and Sweet Potato Salad Served with a honey mustard yogurt dressing	R 32.00
Creamy Chicken Salad	R 32.00
Fat Free Yogurt (175ml)	R 7.00