



# HUNGRY WOLVES

BREAKFAST

# BREAKFAST MENU



AVO TOAST

## HUNGRY TOAST

### AVO-TOAST

Crushed avocado served on toasted multi grain sourdough bread with two poached eggs and mixed green salad.

P 18.51 | F 3.09 | C 43.89 | KCAL 449.25



39

### HUNGRY WOLVES PROTEIN TARTINE

Toasted multi-grain bread topped with crushed avocado, smoked salmon, two poached eggs, pesto sauce and mixed greens.

P 27.73 | F 2.83 | C 36.98 | KCAL 487.04



52

## EGGS CORNER

### STEAK AND EGGS

Grass-fed striploin steak slices, three scrambled eggs. Served with sautéed mushrooms, spinach, roasted tomato and toasted multi-grain sourdough bread.

P 29.99 | F 1.98 | C 38.93 | KCAL 372.69



69

### EGG WHITE OMELETTE

Four egg white omelette stuffed with feta cheese and spinach. Served with mixed green salad and toasted multi-grain sourdough bread.

P 25.93 | F 1.93 | C 34.99 | KCAL 282.90



42

### EGG YOUR WAY

Three eggs (your choice of poached, sunny side-up, scrambled, omelette or boiled). Served with toasted multi-grain sourdough, sautéed mushrooms, grilled tomato and sautéed spinach.

P 19.19 | F 3.53 | C 40.93 | KCAL 372.69



39

### EGGS BENEDICT

Two poached eggs served with veal bacon on a toasted English muffin with classic Hollandaise sauce and mixed green salad.

P 27.32 | F 1.75 | C 28.78 | KCAL 466.73

Hollandaise sauce

P 2.65 | F 0.00 | C 0.9 | KCAL 264.50

47

### EGGS ROYAL

Two poached eggs served on a toasted English muffin with confit lemon cream cheese, smoked salmon and Hollandaise sauce served with mixed green salad.

P 25.74 | F 2.19 | C 30.35 | KCAL 368.01



Hollandaise sauce

P 2.65 | F 0.00 | C 0.9 | KCAL 264.50

55

### EGGS FLORENTINE

Two poached eggs served on a toasted English muffin with sautéed spinach and Hollandaise sauce served with mixed green salad.

P 19.33 | F 2.54 | C 31.76 | KCAL 310.88

Hollandaise sauce

P 2.65 | F 0.00 | C 0.9 | KCAL 264.50

47

### WHOLE WHEAT EGG CROISSANT

Whole wheat croissant filled with two scrambled eggs, turkey, tomato and Swiss cheese. Served with a mixed green salad.

P 25.40 | F 7.65 | C 31.22 | KCAL 476.98



49



EGG WHITE OMELETTE

## MEDITERRANEAN

### HUNGRY WOLVES SHAKSHUKA

Delicious spiced tomato sauce served with three eggs, capsicum and braised white onion.

P 17.92 | F 6.75 | C 45.69 | KCAL 418.34

### ZAATAR & CHEESE ROLL

Oven baked tortilla bread roll with mozzarella cheese, zaatar, wild rocket leaves and sumac powder.

P 23.61 | F 3.99 | C 31.56 | KCAL 428.49

## ADD ON

### SMOKED SALMON

P 7.31 | F 0 | C 0 | KCAL 46.80

### EGG

P 6.25 | F 0 | C 0.35 | KCAL 71.50

### SWISS CHEESE

P 10.00 | F 0 | C 1.70 | KCAL 156.40

### SPINACH

P 1.14 | F 0.33 | C 1.56 | KCAL 13.85

### VEAL BACON

P 13.33 | F 0 | C 0 | KCAL 240

### MUSHROOM

P 1.09 | F 0.56 | C 1.66 | KCAL 9.72

### FETA CHEESE

P 2.17 | F 0 | C 0.80 | KCAL 27.60

### TURKEY BACON

P 11.80 | F 0 | C 1.70 | KCAL 147.20

### AVOCADO

P 0.80 | F 0.72 | C 1.28 | KCAL 82

### MULTIGRAIN SOURDOUGH

P 8.68 | F 4.81 | C 28.17 | KCAL 172.25

## SWEET BITES

### ACAI TROPICANA

Acai berry topped with strawberry, raspberry, mango, chia seeds, blackberry, banana and granola.

P 7 | F 13.53 | C 32 | KCAL 285

### FRUIT SALAD

Mix of orange, kiwi, grape, strawberry, blueberry and blackberry.

P 2.57 | F 11.22 | C 76.58 | KCAL 298.07

### GRANOLA BOWL

Homemade granola served with mixed berries, berry compote, cinnamon, chia seeds and Greek yogurt.

P 12.33 | F 7.82 | C 40.86 | KCAL 329.43

### SEASONED OATMEAL

Your choice of hot or cold.

Steel-cut oats soaked in almond milk, cinnamon, apple, pecan nuts, blackberry. Served with maple syrup.

P 12.33 | F 7.82 | C 40.86 | KCAL 329.43

### ADD A SCOOP OF CORE WHEY PROTEIN

P 7.45 | F 9.14 | C 65.44 | KCAL 396.83

### CLASSIC PANCAKE

P 14.14 | F 2.2 | C 69.74 | KCAL 421.88

### CLASSIC PANCAKE SERVED WITH YOUR CHOICE OF

### ORGANIC MAPLE SYRUP

P 0.02 | F 0 | C 33.52 | KCAL 130

### CHOCOLATE GANACHE

P 1.12 | F 0 | C 27.65 | KCAL 122.40

### MIX BERRY COMPOTE WITH LEMON FROSTING

P 4.33 | F 1.17 | C 13.38 | KCAL 163.48

62

49

42

39

12

45



WHOLE WHEAT EGG CROISSANT



EGG YOUR WAY



EGG FLORENTINE

EGG ROYAL



# BEVERAGE MENU



GRANOLA BOWL



SEASONED OATMEAL



ACAI TROPICANA



CLASSIC PANCAKE



## FRESH JUICES

100% FRESHLY SQUEEZED

**ORANGE JUICE** 22  
P 3 | F 0 | C 27 | KCAL 115.5

**THE HULK** 22  
Fennel, celery, pear and green apple.  
P 3.8 | F 7 | C 31 | KCAL 159

**ENERGY CHARGE** 24  
Beetroot, fresh ginger root, green apple, pear and carrot.  
P 5.5 | F 23 | C 64 | KCAL 312

**GO GREEN** 24  
Green apple, cucumber, kale, fresh baby spinach and lemon.  
P 2 | F 15 | C 40 | KCAL 191

**SUNRISE CALL** 25  
Fresh pineapple, strawberries and strawberry booba.  
P 1 | F 12 | C 60 | KCAL 261

**DETOXFIRE** 25  
Fennel, celery, cucumber, ginger and fresh mint leaves.  
P 13 | F 7 | C 19 | KCAL 139

**MINT LEMONADE** 20  
P 000 | F 0 | C 21 | KCAL 99

## SMOOTHIES

**STRAWBERRY BANANA SMOOTHIE** 29  
Strawberries, banana, almond milk and honey.  
P 2.39 | F 2.9 | C 52.96 | KCAL 231.70

**MANGO SMOOTHIE** 22  
Mango, skimmed milk, honey and orange blossom water.  
P 6.47 | F 0.03 | C 22 | KCAL 112.20

**POWER SMOOTHIE** 24  
Banana, dates, almond milk, crushed almonds and cinnamon.  
P 2.09 | F 1.2 | C 21.05 | KCAL 128.90

**AVOCADO SMOOTHIE** 26  
Avocado, banana, skimmed milk and honey.  
P 3.25 | F 2.2 | C 41.33 | KCAL 336.60

**BLACK OUT SMOOTHIE** 30  
Espresso shot, almond butter, dates, almond milk, cardamon.  
P 11.97 | F 6 | C 30.12 | KCAL 405.30

# WHEYWOLVES

## 100% WHEY PROTEIN DRINKS

OPTIONS: DYMATIZE +8.00 | 100% WHEY (ISO) +5.00 | VEGAN +8.00

### PERFORM

Coconut water, vanilla whey, almond butter, cinnamon, banana, spinach and dates.

P 34.77 | F 8 | C 40.9 | KCAL 554.71

### FORTIFY

Kale, avocado, spirulina, almond milk, and vanilla whey protein. Topped with shaved almonds and goji berries.

P 28.57 | F 20.67 | C 12.81 | KCAL 350.56

### ALMOND SHAKE

Almond butter, coconut oil, coconut milk and chocolate whey protein. Topped with flax seeds and chocolate chips.

P 34.07 | F 5 | C 21.92 | KCAL 573.19

### COOL-ADA

Pineapple, coconut milk, vanilla whey protein, baby spinach, and coconut flakes. Topped with roasted coconut and pineapple.

P 23.24 | F 4.8 | C 16.01 | KCAL 199.48

### COOKIES & CREAM BLAST

Oats, chocolate chips, vanilla whey protein, almond milk and maccha powder.

P 37.37 | F 0.24 | C 12.87 | KCAL 186.11

### THE BOMB

Avocado, peanut butter, wheat grass, almond milk, and vanilla whey protein. Topped with pumpkin seeds.

P 40.31 | F 5 | C 21.28 | KCAL 638.81

### CASHEW SHAKE

Cashew butter, almond milk, banana, dates, sea salt and chocolate whey protein.

P 32.73 | F 2 | C 47.35 | KCAL 543.145

40

41

37

39

39

41

37

### PB SHAKE

Peanut butter, banana, vanilla whey protein, almond milk, sea salt, honey and granola.

P 37.22 | F 4.5 | C 46.53 | KCAL 597.00

35

### IGNITE

Mixed berries, skimmed milk, vanilla whey protein, honey and yoghurt.

P 28.98 | F 3.1 | C 31.93 | KCAL 254.25

38

### ACAI SHAKE

Frozen acai, mixed berries, fresh orange fresh, banana and vanilla whey protein.

P 23.49 | F 2.3 | C 37 | KCAL 264.6

39

### APPLE SHAKE

Red apple, skimmed milk, vanilla whey protein, roasted flax seeds and cinnamon powder.

P 27.5 | F 2.5 | C 21.75 | KCAL 211.8

35

### MATCHA SHAKE

Mango pulp, ginger, lemon, cashew nuts, matcha, coconut milk and vanilla whey protein.

P 28 | F 0.2 | C 13 | KCAL 226

39

## EXTRA PROTEIN (25G)

### CORE WHEY

P 18.5 | F 1.6 | C 1.6 | KCAL 94.75

12

### WHEY ISO

P 20.16 | F 0.81 | C 2.42 | KCAL 96.77

14

### DYMATIZE

P 20.83 | F 00 | C 0.83 | KCAL 91.67

16

### VEGAN PROTEIN

P 16.67 | F 1.39 | C 2.78 | KCAL 90.82

16



SEASONED OATMEAL

## HOT & COLD BEVERAGES

### 100% ARABICA

#### SINGLE ESPRESSO

P 0.4 | F 0.5 | C 0.5 | KCAL 2.7

15

#### DOUBLE ESPRESSO

P .07 | F .11 | C 1 | KCAL 5.4

19

#### AMERICANO (HOT OR ICED)

P 0.07 | F 0.11 | C 1 | KCAL 5.4

19

#### CAPPUCCINO (HOT OR ICED)

P 3.07 | F 0 | C 1 | KCAL 62.40

20

#### CAFE LATTE (HOT OR ICED)

P 3.04 | F 0 | C 0.5 | KCAL 59.7

20

#### FLAT WHITE

P 3.07 | F 0 | C 1 | KCAL 62.40

20

#### MACCHIATO

P 0.94 | F 0 | C 0.5 | KCAL 19.8

19

#### CORTADO

P 5.4 | F 0 | C 5.13 | KCAL 120

19

#### PICCOLO

P 1.84 | F 0 | C 0.5 | KCAL 36.9

20

#### SPANISH LATTE (HOT OR ICED)

P 5.45 | F 0 | C 17.32 | KCAL 158.7

22

#### TURMERIC LATTE (HOT OR ICED)

P 1.80 | F 0 | C 15.55 | KCAL 146.34

22

### MATCHA LATTE (HOT OR ICED)

P 13.0 | F 0 | C 10.0 | KCAL 107.0

22

### HOT CHOCOLATE

P 11.87 | F 14 | C 31.04 | KCAL 151.91

22

### WOLVES SPECIAL TEA (HOT OR ICED)

P 2.09 | F 1.01 | C 62.17 | KCAL 257.20

22

## TEA SELECTION

### YOUR FAVORITE TEA

16

## SOFT DRINKS

### ANY SOFT DRINK

12

## WATER

500 ML 1 LTR

### LOCAL WATER

5

### MONVISO NATURAL MINERAL WATER

9 18

### MONVISO NATURAL MINERAL WATER SPARKLING


9 18

### ACTI PH ALKALINE IONISED STILL WATER

600 ML 15



ACAI TROPICANA

 [hungrywolvesme](#)