



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



55

Hollandaise sauce

P 2.65 | F 0.00 | C 0.9 | KCAL 264.50

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

45

29

19

05

10

05

14

08

05

17

10

05

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



62

FRUIT SALAD

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

P 2.57 | F 11.22 | C 76.58 | KCAL 298.07



49

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



42

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



39

ADD A SCOOP OF CORE WHEY PROTEIN

P 7.45 | F 9.14 | C 65.44 | KCAL 396.83

12

CLASSIC PANCAKE

P 14.14 | F 2.2 | C 69.74 | KCAL 421.88



45

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

EGG ROYAL





WHOLE WHEAT
EGG CROISSANT



EGG YOUR
WAY



EGG
FLORENTINE

BEVERAGE MENU



GRANOLA
BOWL

FRESH JUICES

100% FRESHLY SQUEEZED

ORANGE JUICE

P 3 | F 0 | C 27 | KCAL 115.5

THE HULK

Fennel, celery, pear and green apple.

P 3.8 | F 7 | C 31 | KCAL 159

ENERGY CHARGE

Beetroot, fresh ginger root, green apple, pear and carrot.

P 5.5 | F 23 | C 64 | KCAL 312

GO GREEN

Green apple, cucumber, kale, fresh baby spinach and lemon.

P 2 | F 15 | C 40 | KCAL 191

SUNRISE CALL

Fresh pineapple, strawberries and strawberry booba.

P 1 | F 12 | C 60 | KCAL 261

DETOXFIRE

Fennel, celery, cucumber, ginger and fresh mint leaves.

P 13 | F 7 | C 19 | KCAL 139

MINT LEMONADE

P 000 | F 0 | C 21 | KCAL 99

SMOOTHIES

STRAWBERRY BANANA SMOOTHIE

Strawberries, banana, almond milk and honey.

P 2.39 | F 2.9 | C 52.96 | KCAL 231.70



29

MANGO SMOOTHIE

Mango, skimmed milk, honey and orange blossom water.

P 6.47 | F 0.03 | C 22 | KCAL 112.20



22

POWER SMOOTHIE

Banana, dates, almond milk, crushed almonds and cinnamon.

P 2.09 | F 1.2 | C 21.05 | KCAL 128.90



24

AVOCADO SMOOTHIE

Avocado, banana, skimmed milk and honey.

P 3.25 | F 2.2 | C 41.33 | KCAL 336.60

26

BLACK OUT SMOOTHIE

Espresso shot, almond butter, dates, almond milk, cardamon.

P 11.97 | F 6 | C 30.12 | KCAL 405.30



30

SEASONED
OATMEAL



ACAI TROPICANA



CLASSIC
PANCAKE



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

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

IGNITE

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

P 28.98 | F 3.1 | C 31.93 | KCAL 254.25

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

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

MATCHA SHAKE

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

P 28 | F 0.2 | C 13 | KCAL 226

EXTRA PROTEIN (25G)

CORE WHEY

P 18.5 | F 1.6 | C 1.6 | KCAL 94.75

WHEY ISO

P 20.16 | F 0.81 | C 2.42 | KCAL 96.77

DYMATIZE

P 20.83 | F 00 | C 0.83 | KCAL 91.67

VEGAN PROTEIN

P 16.67 | F 1.39 | C 2.78 | KCAL 90.82

35

40

38

41

39

37

35

39

39

39

12

41

14

37

16

16

ACAI
TROPICANA





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

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