



SPICY SHRIMP SALAD N1500



(350g)
Shrimp, Red Cabbage, Carrot, Lettuce, Cucumbers, Sweet Corn, Kidney Beans, Green Peppers, Red Peppers and Eggs - 260cal

HOUSE SPECIAL SALAD - N2,500



(500g)
Shrimp (or Tuna), Chicken, Avocado, Red Cabbage, Carrot, Lettuce, Cucumbers, Sweet Corn, Kidney Beans, Green Peppers, Red Peppers and Eggs - 400cal

BEEFSTEAK SALAD - N1,400



(350g)
Beef, Red Cabbage, Carrot, Lettuce, Cucumbers, Sweet Corn, Kidney Beans, Green Peppers, Red Peppers and Eggs - 376cal

SPICY SNAIL SALAD - N2,000



(350g)
Snail, Cabbage, Carrot, Lettuce, Cucumbers, Sweet Corn, Kidney Beans, Green Peppers, Red Peppers and Eggs - 255cal

SANDWICHES

AVOCADO SANDWICH - N1,200



(6 inch sub)
Wheat Bread, Avocado, Cucumber, Tomato, Lettuce, Egg, Light Mayo Or Mustard Spread - 436cal

CHICKEN SANDWICH - N1,200



(6 inch sub)
Wheat Bread, Chicken, Cucumber, Tomato, Lettuce, Egg, Light Mayo Or Mustard Spread - 415cal

TUNA SANDWICH - N1,200



(6 inch sub)
Wheat Bread, Tuna, Cucumber, Tomato, Lettuce, Egg, Light Mayo or Mustard Spread - 402cal



BEEFSTEAK SANDWICH - N1,200



(6 inch sub)
Wheat Bread, Beef, Cucumber, Tomato, Lettuce, Egg, Light Mayo or Mustard Spread - 485cal

EXTRAS

OLIVES.....	N100
CHEESE.....	N100
RAISINS.....	N100
AVOCADO.....	N200
ONIONS.....	FREE
TOMATOES.....	FREE
EGG.....	N100
CHICKEN.....	N500
SHRIMP.....	N600
TUNA.....	N600
WHEAT BREAD (SUB).....	N500
BEEF.....	N500

PARFAIT EXTRAS

Raisins.....	N100
Dried Coconut Flakes.....	N100
Granola.....	N200

SALAD DRESSING

English Mayo Dressing
Hawaiian Mustard Dressing
Greek Olive Dressing

ICE TEAS

Green Ice Tea - N900

Green Tea, Cucumber, Lemon, Ginger, Honey - 110cal



Strawberry Ice Tea - N1,100

Strawberry, Tea, Lemon, Honey - 110cal



Apple Mint Ice Tea - N900

Apple, Mint Leaves, Tea, Lemon, Honey - 90cal



ISLAND

Marina & Environs
N400

Ikoyi
N400

Victoria Island
N400

Lekki Phase 1 - Marwa
N400

Ikate - Agungi
N600

Igbo Efon - VGC
N800

Ajah
N1,200

MAINLAND

Yaba N800

Surulere N800

Orile N800

Ijora N800

Apapa N800

Gbagada N800

Anthony N800

Ikeja / Maryland N800

Ajao Estate N800

Airport Road N800

Illupeju N800

Ojota N800

Oregun N800

Magodo N1,200

Ogudu N1,200

Ojodu N1,200

Ogbo N1,200

Omole N1,200

Amuwo-Odofin N1,200

FESTAC N1,200

Satellite Town N1,200

Isolo N1,200

Okota N1,200

Alausa N1,200

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REGULAR BLENDS

Passion Smoothie-N1200
Passion Fruit, Banana, Honey,
Yoghurt - 330cal



Red Velvet Smoothie-N1000
Beetroot, Pineapple, Honey,
Yoghurt - 312cal



Mango Smoothie
Surprise-N1000
Mango, Yoghurt, Banana,
Honey - 350cal



Lemon Orange Citrus
Smoothie-N1000
Orange, Tangerine, Lemon, Banana,
Honey, Yoghurt - 380cal



Apple A La Mode
Smoothie-N1000
Apples, Banana, Honey, Yoghurt,
Cinnamon, Nutmeg - 326cal



Pineapple Smoothie-N1000
Pineapple, Banana, Skimmed Milk,
Honey - 400cal



Sweet Spinach
Smoothie-N1000
Spinach, Pineapple, Grapes,
Banana, Yoghurt, Honey - 316cal



Perfect Green
Smoothie-N1000
Fluted Pumpkin (Ugwu), Pineapple,
Apple, Banana, Yoghurt, Honey - 298cal



Banana and Coconut
Smoothie N1000
Coconut, Banana, Skimmed
Milk, Honey, Cinnamon- 400cal



Mocha Breakfast
Smoothie N1000
Banana, Cocoa Powder, Espresso
Powder, Honey, Yoghurt - 420cal



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Strawberry Smoothie
-N1500
Strawberry, Cucumber, Banana,
Skimmed Milk, Honey - 360cal



Chocolate Strawberry
Smoothie N1500
Cocoa powder, Strawberries, Cucumber,
Banana, Skimmed Milk, Honey - 462cal



Berries Fête Smoothie
-N1500
Blueberry, Strawberry, Grapes,
Honey, Banana - 300cal



Kiwi and Banana
Smoothie N1500
Kiwi, Banana, Pineapple,
Honey, Yoghurt - 308cal



Watermelon Pear
Smoothie-N1000
Watermelon, Pear, Honey, Yoghurt,
Ginger - 320cal



Zobo Fusion
Smoothie - N1000
Dried Roselle (Zobo), Red Grapes,
Banana, Ginger, Honey - 300cal



Soursop Pear
Smoothie - N1500
Soursop, English pear, honey,
low fat yoghurt 323cal



WEIGHT LOSS BLENDS

Slim Mango Smoothie-N1000
Mango, Banana, Low Fat Yoghurt - 159cal



Shredder Lemon Orange
Citrus Smoothie-N1000
Orange, Tangerine, Lemon, Banana,
Low Fat Yoghurt - 112cal



Slim Apple Smoothie-N1000
Apples, Banana, Low Fat Yoghurt,
Cinnamon, Nutmeg- 126cal



Slim Pineapple Smoothie-N1000
Pineapple, Banana, Skimmed Milk - 149cal



Shredder Ginger Carrot
Orange Smoothie.....N1000
Carrot, Orange, Tangerine, Banana,
Low Fat, Yoghurt, Ginger - 130cal



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Shredder Spinach
Smoothie-N1000
Spinach, Pineapple, Grapes, Banana,
Low fat, Yoghurt - 105cal



Slim Watermelon Smoothie
-N1000
Watermelon, Pear, Ginger, Low Fat
Yoghurt - 124cal



Slim Strawberry Smoothie
-N1500
Strawberry, Cucumber, Skimmed Milk, Banana
Milk - 120cal



Slim Berries Fête
Smoothie-N1500
Blueberry, Strawberry, Grapes, Banana - 134cal



Shredder Green
Smoothie - N1000
Fluted Pumpkin (Ugwu), Pineapple,
Apple, Banana, Yoghurt - 198cal



Slim Soursop Pear
Smoothie - N1500
Soursop, English pear, low fat yoghurt
- 196cal



FITNESS BLENDS

Lean Banana and Coconut
Smoothie-N1200
Coconut, Banana, Soy Protein Powder,
Honey, Skimmed Milk, Cinnamon - 350cal



Power Punch Spinach
Smoothie-N1200
Spinach, Pineapple, Banana, Grapes, Honey,
Whey Protein Powder, Low Fat Yoghurt - 217cal



Lean Watermelon Smoothie
-N1200
Watermelon, Pear, Whey Protein Powder,
Low Fat Yoghurt, Ginger, Honey - 193cal



The Hulk Strawberry-N1600
Strawberry, Cucumber, Banana,
Protein Powder, Skimmed Milk, Honey - 207cal



The Activator Chocolate-N1600
Cocoa Powder, Strawberry, Cucumber, Banana,
Protein Powder, Skimmed Milk, Honey - 400cal



smoothie

PARFAITS

Berries Fête Parfait - N1,600
Low fat greek yogurt, Honey, Strawberries,
Blueberries, Grapes - 296cal



Lemon Orange Citrus Parfait
- N1,200
Low fat greek yogurt, Honey, Lemon,
Orange, Tangerine - 330cal



Mocha Breakfast Parfait - N1,200
Low fat greek yogurt, Honey, Banana,
Espresso Powder, Cocoa Powder- 339cal



Banana and Coconut Parfait
- N1,200
Low fat greek yogurt, Honey, Banana,
Coconut, Cinnamon Powder- 389cal



Green Parfait - N1,200
Low fat greek yogurt, Avocado,
Apples - 386cal



Passion Parfait - N1,200
Low fat greek yogurt, Honey, Banana
Passion fruit - 330cal



SALADS

AVOCADO SALAD N1,200



(350g)
Avocado, Red Cabbage,
Carrot, Lettuce,
Cucumbers, Sweet Corn,
Kidney Beans, Green Peppers,
Red Peppers and Eggs
- 320cal

CHICKEN SALAD N1,400



(350g)
Grilled Chicken,
Red Cabbage, Carrot, Lettuce,
Cucumbers, Sweet Corn,
Kidney Beans, Green Peppers,
Red Peppers and Eggs
- 270cal

TUNA SALAD N1,500



(350g)
Tuna, Red Cabbage, Carrot,
Lettuce, Cucumbers,
Sweet Corn, Kidney
Beans, Green Peas,
Green Peppers, Red
Peppers and Eggs
- 220cal