

REJUVENLICIOUS PALEO BOWL



Good food that loves you back. Wholesome paleo bowls of lean protein, fresh vegetables and clean, unprocessed goodness - made to nourish, energise and revive.

ALL DAY / DAILY



**POWER UP
YOUR BOWL**
FOR JUST **\$3.90**

(Mon–Fri, until 3 PM)

1 EGG + 1 DRINK

Choice of 1 Egg:
Ramen Egg /
Sous Vide Egg

Choice of 1 Drink:
Hot / Iced Black Coffee
House Brewed Ginger Ale
House Brewed Salted Lemon
Coffee / Chocolate + \$2.9
Kombucha / Matcha / House Creation + \$3.9

Prices are subject to service charge
and prevailing government taxes.

Nutrition Facts

1 servings per container

SERVING SIZE 1 (745G)
(Without Egg)

Amount per serving

Calories 688

		% Daily Value*
Total Fat (g)	30.4	39%
Saturated Fat (g)	5.8	29%
Trans Fat (g)	0	
Cholesterol (mg)	188	63%
Sodium (mg)	1852	81%
Total Carbohydrate (g)	57.8	21%
Dietary Fiber (g)	13.6	49%
Total Sugars (g)	18.2	
Added Sugars (g)	4	8%
Protein (g)	49.8	100%
Vitamin D (µg)	0.2	1%
Calcium (mg)	126	10%
Iron (mg)	4.5	25%
Potassium (mg)	1987	42%

(*) The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

P1. SATAY CHICKEN SKEWER WITH CAPSICUM & ONION

Served with tomato and cucumber salsa, roasted sweet potatoes and avocado.

14 / 16 (With Egg)

ADD-ON SIDES

Quinoa	5
Couscous & Lentils	5
Cauliflower Rice	4
Kale	4
Avocado 1/2	4
Ramen Egg	4
Sous Vide Egg	3

Nutrition Facts

1 servings per container

SERVING SIZE 1 (463G)
(Without Egg)

Amount per serving

Calories 408

		% Daily Value*
Total Fat (g)	20.1	26%
Saturated Fat (g)	4.7	23%
Trans Fat (g)	0	
Cholesterol (mg)	157	52%
Sodium (mg)	1192	52%
Total Carbohydrate (g)	21.7	8%
Dietary Fiber (g)	9.4	34%
Total Sugars (g)	6.8	
Added Sugars (g)	0	0%
Protein (g)	38.5	77%
Vitamin D (µg)	0.2	1%
Calcium (mg)	153	12%
Iron (mg)	4.7	26%
Potassium (mg)	1349	29%

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P2. TANDOORI CHICKEN THIGH

Served with yoghurt cauliflower, iceberg lettuce with sliced onion and lemon wedges, and avocado.

15 / 17 (With Egg)

ADD-ON SIDES

Quinoa	5
Couscous & Lentils	5
Cauliflower Rice	4
Kale	4
Avocado 1/2	4
Ramen Egg	4
Sous Vide Egg	3

Nutrition Facts

1 servings per container

SERVING SIZE 1 (647G)
(Without Egg)

Amount per serving

Calories 848

		% Daily Value*
Total Fat (g)	22.9	29%
Saturated Fat (g)	6.5	33%
Trans Fat (g)	0.1	
Cholesterol (mg)	119	40%
Sodium (mg)	1653	72%
Total Carbohydrate (g)	103.7	38%
Dietary Fiber (g)	16.7	60%
Total Sugars (g)	21.6	
Added Sugars (g)	14	28%
Protein (g)	56.2	112%
Vitamin D (µg)	0.5	3%
Calcium (mg)	152	12%
Iron (mg)	7.2	40%
Potassium (mg)	2144	46%

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P3. PORK TENDERLOIN GRAIN BOWL

Marinated pork tenderloin, couscous & lentils, pickled cauliflower, broccoli and avocado.

18 / 20 (With Egg)

ADD-ON SIDES

Quinoa	5
Couscous & Lentils	5
Cauliflower Rice	4
Kale	4
Avocado 1/2	4
Ramen Egg	4
Sous Vide Egg	3

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P4. BAKED CITRUS SALMON

Served with sauteed red cabbage with vinegar, tomato and cucumber salsa, and avocado.

22 / 24 (With Egg)

Nutrition Facts

1 servings per container
SERVING SIZE 1 (646G)
(Without Egg)

Amount per serving
Calories 573

		% Daily Value*
Total Fat (g)	33.1	42%
Saturated Fat (g)	6.8	34%
Trans Fat (g)	0	
Cholesterol (mg)	94	31%
Sodium (mg)	1333	58%
Total Carbohydrate (g)	30.8	11%
Dietary Fiber (g)	10	36%
Total Sugars (g)	15	
Added Sugars (g)	5	10%
Protein (g)	39.8	80%
Vitamin D (µg)	18.7	94%
Calcium (mg)	111	9%
Iron (mg)	2.9	16%
Potassium (mg)	1740	37%

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ADD-ON SIDES

Quinoa	5
Couscous & Lentils	5
Cauliflower Rice	4
Kale	4
Avocado 1/2	4
Ramen Egg	4
Sous Vide Egg	3

Nutrition Facts

1 servings per container

SERVING SIZE
(Without Egg)

1 (575G)

Amount per serving

Calories

441

% Daily Value*

Total Fat (g)	18.9	24%
Saturated Fat (g)	2.9	15%
Trans Fat (g)	0	
Cholesterol (mg)	290	97%
Sodium (mg)	669	29%
Total Carbohydrate (g)	33.4	12%
Dietary Fiber (g)	13.6	49%
Total Sugars (g)	17.2	
Added Sugars (g)	0	0%
Protein (g)	41.8	84%
Vitamin D (µg)	0	0%
Calcium (mg)	333	26%
Iron (mg)	3.6	20%
Potassium (mg)	1536	33%

(*) The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

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P5. CAJUN PRAWNS

Served with Cajun capsicum, kale with chopped apple, and avocado.

22 / 24 (With Egg)

ADD-ON SIDES

Quinoa	5
Couscous & Lentils	5
Cauliflower Rice	4
Kale	4
Avocado 1/2	4
Ramen Egg	4
Sous Vide Egg	3

Nutrition Facts

1 servings per container

SERVING SIZE
(Without Egg)

1 (548G)

Amount per serving

Calories

792

% Daily Value*

Total Fat (g)	28.1	36%
Saturated Fat (g)	11.6	58%
Trans Fat (g)	1.1	
Cholesterol (mg)	112	38%
Sodium (mg)	2092	91%
Total Carbohydrate (g)	89.2	32%
Dietary Fiber (g)	15.3	55%
Total Sugars (g)	10.3	
Added Sugars (g)	0	0%
Protein (g)	51.9	104%
Vitamin D (µg)	0.2	1%
Calcium (mg)	146	11%
Iron (mg)	8.7	48%
Potassium (mg)	1836	39%

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P6. SLOW ROASTED BEEF STRIPLOIN

Sliced roasted beef striploin, cous-cous & lentils, roasted cherry tomato and broccoli.

22 / 24 (With Egg)

ADD-ON SIDES

Quinoa	5
Couscous & Lentils	5
Cauliflower Rice	4
Kale	4
Avocado 1/2	4
Ramen Egg	4
Sous Vide Egg	3

