



Good food. **Feel-good choices.**

Explore what’s inside our Fresh collection — from the ingredients to the goodness behind every dish.

breakfast



sunshine **bowl**

Eggs, bacon/macon, avocado, mushrooms and baby spinach, with hash potato and quinoa, dressed with lemon vinaigrette and finished with hollandaise & paprika.

- calories: ± 700
- proteins: ± 28g
- carbs: ± 40g
- fats: ± 47g

why you'll love it

- Protein-rich**
two eggs plus quinoa and bacon/macon make this a satisfying start to the day

Veggie-rich
baby spinach and mushrooms add a fresh vegetable element

Good fats
avocado provides naturally occurring unsaturated fats

Keeps you going
a combination of protein, carbohydrates and fats makes this a substantial, satisfying meal



tropical glow **açaí bowl**

Açaí topped with crunchy granola, kiwi, strawberries, blueberries and cashews, finished with chia seeds, honey & fresh mint.

- calories: ± 550
- proteins: ± 8g
- carbs: ± 85g
- fats: ± 20g

why you'll love it

- Fruit-forward**
loaded with fresh kiwi, strawberries and blueberries

Antioxidant-rich
açai and berries provide naturally occurring antioxidants

Good fats
cashews and chia seeds add satisfying fats and texture

Natural energy
fruit, granola and honey provide carbohydrates for a naturally energising meal



biscoff bliss **açaí bowl**

Açaí and Biscoff cream, topped with granola, banana, almonds and berry compote, finished with a drizzle of honey & mint.

- calories: ± 750
- proteins: ± 9g
- carbs: ± 105g
- fats: ± 30g

why you'll love it

- Fruit-forward**
banana and berry compote bring natural fruit flavour and colour

Antioxidant-rich
açai and berries provide naturally occurring antioxidants

Nut-powered
almonds add crunch and satisfying fats

Energy-boosting
a carbohydrate-rich combination that's great for a breakfast or pre/post-workout option

main meals



roasted **harvest bowl**

Quinoa with baby spinach, edamame beans, roasted cherry tomatoes, mushrooms, grilled halloumi and radish. Tossed in sesame orange dressing and finished with pumpkin seeds. Served with a side of basil pesto.

- calories: ± 700
- proteins: ± 24g
- carbs: ± 55g
- fats: ± 43g

why you'll love it

- Veggie-rich**
packed with spinach, mushrooms, radish and tomatoes

Plant-powered
quinoa and edamame add plant-based protein and fibre

Wholesome energy
quinoa and halloumi provide a satisfying meal

Satisfying & flavourful
grilled halloumi, basil pesto and sesame-orange dressing bring richness & Mediterranean flavour



green **goddess bowl**

Grilled chicken, roasted sweet potato and red pepper, wild rocket, radish, char-grilled broccoli, kalamata olives and jalapeño. Dressed in a lemon vinaigrette, tossed in green goddess dressing and topped with roasted pine nuts.

- calories: ± 600
- proteins: ± 40g
- carbs: ± 45g
- fats: ± 27g

why you'll love it

- Veggie-rich**
packed with broccoli, rocket, roasted peppers, radish and fresh herbs

Protein-packed
grilled chicken makes this a satisfying, protein-rich meal

Wholesome energy
roasted sweet potato provides a naturally nourishing source of carbohydrates

Fresh & flavourful
fresh herbs, lemon, jalapeño and crunchy pine nuts bring plenty of flavour



citrus **salmon bowl**

Seared salmon with kimchi, black rice, baby spinach, avocado, edamame beans, char-grilled broccoli, pickled ginger and spring onion, in a sesame-orange dressing. Served with a side of wasabi dressing and topped with coriander & sesame seeds.

- calories: ± 780
- proteins: ± 31g
- carbs: ± 65g
- fats: ± 43g

why you'll love it

- Veggie-rich**
broccoli, spinach and kimchi add colour, texture and variety

Protein-packed
salmon plus edamame beans provide a satisfying protein boost

Omega-3 rich
salmon is naturally a source of omega-3 fatty acids

Wholesome & satisfying
black rice adds a hearty, nutritious carbohydrate base



chicken **liver bowl**

Chicken livers with quinoa, baby spinach, char-grilled broccoli, edamame beans, radish, pickled ginger, sesame seeds and spring onion. Finished with sesame-orange dressing & crispy capers.

- calories: ± 800
- proteins: ± 38g
- carbs: ± 55g
- fats: ± 42g

why you'll love it

- Veggie-rich**
spinach, broccoli, radish, red onion and fresh herbs add plenty of colour and variety

Protein-packed
chicken livers and edamame beans provide a satisfying protein boost

Wholesome energy
quinoa gives the bowl a nutritious, filling carbohydrate base

Nutrient-rich
chicken livers are naturally rich in iron and vitamin B12



med **steak bowl**

Sliced, grilled rump with roasted sweet potato & butternut, rocket, halloumi, avocado, zucchini and marinated artichokes. Finished with a lemon vinaigrette, toasted pumpkin & sesame seeds.

- calories: ± 950-1050
- proteins: ± 48-52g
- carbs: ± 50-55g
- fats: ± 65-72g

why you'll love it

- Veggie-rich**
packed with rocket, zucchini, artichokes and roasted vegetablesw

Protein-packed
grilled rump provides a substantial protein boost

Wholesome energy
roasted sweet potato and butternut provide satisfying carbohydrates

Nutrient-rich
avocado and pumpkin seeds add flavour and beneficial fats