



THEO'S
Point

MAINS

Nutritional Value

HIGH PROTEIN VEGGIE BURGER



Our signature high protein burger with pomegranate coleslaw and peanut turmeric kick sauce served in a toasted brioche bun

PROTEIN 35g
FAT 4g
CARBS 49g

GRASS FED BEEF BURGER

Prime grass fed beef burger topped with caramelized red onions, sliced tomatoes and homemade turmeric kick sauce served in a toasted brioche bun

PROTEIN 33g
FAT 25g
CARBS 42g

OVEN BAKED FALAFEL WRAP



Our homemade falafel with tomatoes, cucumbers, caramelized onions, parsley and turmeric tahini sauce in a baked tortilla wrap

PROTEIN 19g
FAT 8g
CARBS 56g

HIGH PROTEIN SHAWARMA WRAP



Our delicious shawarma served with cucumbers, tomatoes, pomegranate, onions, parsley and aromatic ginger tahini sauce in an oven baked tortilla wrap

PROTEIN 33g
FAT 3g
CARBS 46g

GRASS-FED BEEF STEAK SANDWICH

Tender marinated grass fed beef served with red onion chutney, peanut turmeric sauce on a homemade toasted herb ciabatta roll

PROTEIN 27g
FAT 12g
CARBS 54g

FREE RANGE CHICKEN SANDWICH

With fresh tomatoes, cucumbers, peanut turmeric sauce on a homemade toasted herb ciabatta roll

PROTEIN 31g
FAT 6.3g
CARBS 61g

PORTOBELLO MUSHROOM BAGUETTE



Grilled portobello mushrooms served with goat cheese, caramelized onions and high protein ginger garlic sauce, on a toasted baguette and drizzled with truffle oil

PROTEIN 18g
FAT 7g
CARBS 76g

BREADED CHICKEN TENDERS

Tender pieces of free range chicken with a seasoned breaded crust served with homemade tomato ketchup

PROTEIN 37g
FAT 6.5g
CARBS 14g

SIDES

ROASTED POTATO WEDGES

Homemade potato wedges served with an aromatic ginger tahini sauce

TORTILLA CHIPS WITH BEETROOT DIP

Lightly seasoned tortilla chips served with our homemade beetroot dip

TORTILLA CHIPS WITH HUMMUS DIP

Lightly seasoned tortilla chips served with our homemade hummus dip

SALADS

QUINOA SUPERFOOD SALAD

Quinoa with mango, orange, pomegranate, feta cheese and parsley served with our homemade vinaigrette

SPINACH, PECAN & STRAWBERRY SALAD

Tender spinach leaves served with candied pecans, strawberries and feta cheese topped with a raspberry dressing

DRINKS

FRESHLY SQUEEZED

POMEGRANATE JUICE WITH GINGER

Freshly squeezed pomegranate juice with a twist of ginger

FRESHLY SQUEEZED

ORANGE JUICE WITH GINGER

Freshly squeezed orange juice with a slight twist of ginger

FIRECRACKER SHOT

Turmeric, ginger and lemon - immune boosting and revitalizing

DESSERTS

HOMEMADE CHOCO-HAZELNUT WRAP

Warm wrap filled with our homemade naturally sweetened chocolate and hazelnut filling

CHOCOLATE BROWNIES

Homemade naturally sweetened chocolate brownies

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#LIVETHEBALANCE

#IFNOTNOWWHEN