

BREAKFASTS

POWER OATS

INGREDIENTS: rolled oats, toasted almonds, banana, chia seeds, goji berries, milk, honey

HEALTHY FACT

Oats are high in fiber, which can help lower bad cholesterol as well as keep the digestive system happy!



	Per 100 g	Per serving
Energy (kJ)	409	1913
Protein (g)	3,4	15,9
Carbohydrate (g)	14	64
of which Total Sugar (g)	5,1	24,1
Total fat (g)	3,8	17,6
of which Saturated fat (g)	0,9	4,3
Dietary fibre (g)	1,5	7
Total Sodium (mg)	30	141

SMASHED AVO & TOAST

INGREDIENTS: avo, lemon, toasted artisan bread

HEALTHY FACT

Avocado is not only rich in healthy fat but fiber too! This fiber feeds the friendly bacteria in your tummy, which are very important for the optimal function of the digestive and immune system.



	ON LOW GI TOAST		ON RYE TOAST	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	791	1257	634	1166
Protein (g)	5,5	8,7	3,3	6
Carbohydrate (g)	17	27	16	30
of which Total Sugar (g)	1	1,5	1,5	2,8
Total fat (g)	11,4	18,1	8,6	15,8
of which Saturated fat (g)	1,6	2,5	1,3	2,4
Dietary fibre (g)	6,5	10,4	6,1	11,2
Total Sodium (mg)	129	205	298	548

SCRAMBLED EGGS & TOAST

INGREDIENTS: free range eggs, toasted artisan bread, butter

HEALTHY FACT

Our toast is low GI meaning it is digested more slowly, giving a sustained release of sugar into the bloodstream, this helps avoid blood sugar lows, keeping you fuller for longer.



	ON LOW GI TOAST		ON RYE TOAST	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	872	2856	708	2674
Protein (g)	10	32,8	7,3	27,5
Carbohydrate (g)	12	41	12	46
of which Total Sugar (g)	1,3	4,3	1,8	6,9
Total fat (g)	12,5	40,8	9,6	36,3
of which Saturated fat (g)	4,7	15,3	4	15,1
Dietary fibre (g)	2,2	7,3	2,4	8,9
Total Sodium (mg)	237	778	388	1464

*Nutritional information for the products as ready-to-eat

BREAKFASTS

POACHED EGGS & TOAST

INGREDIENTS: free range eggs, toasted artisan bread

HEALTHY FACT

Our toast is low GI meaning it is digested more slowly, giving a sustained release of sugar into the bloodstream, this helps avoid blood sugar lows, keeping you fuller for longer.



	ON LOW GI TOAST		ON RYE TOAST	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	933	1725	778	1634
Protein (g)	11,1	20,6	8,5	17,9
Carbohydrate (g)	11	20	11	22
of which Total Sugar (g)	0,7	1,2	1,2	2,5
Total fat (g)	14,5	26,8	11,7	24,5
of which Saturated fat (g)	6,5	12	5,7	11,9
Dietary fibre (g)	2	3,7	2,1	4,5
Total Sodium (mg)	339	627	462	971

PESTO MUSHROOM TOAST

INGREDIENTS: sautéed mushrooms, pesto (contains nuts), rosa tomatoes, feta, cream cheese, butter, toasted artisan bread

HEALTHY FACT

This veggie packed breakfast is also high in healthy monounsaturated fats from the pesto!



	ON LOW GI TOAST		ON RYE TOAST	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	650	1416	649	1772
Protein (g)	5,3	11,6	7	19
Carbohydrate (g)	10	21	8	21
of which Total Sugar (g)	1,7	3,8	2	4
Total fat (g)	10,1	22,0	10	28
of which Saturated fat (g)	4,6	10,0	4	12
Dietary fibre (g)	3,0	6,6	2	7
Total Sodium (mg)	395	861	340	929

SMASHED AVO, POACHED EGGS & TOAST

INGREDIENTS: free range poached eggs, avo, rocket, toasted artisan bread

HEALTHY FACT

Avo and egg are a great combination on toast as they provide a balance of protein and healthy fats.



	ON LOW GI TOAST		ON RYE TOAST	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	698	1920	610	1829
Protein (g)	8,2	22,6	6,6	19,9
Carbohydrate (g)	10	28	10	31
of which Total Sugar (g)	0,7	2	1,1	3,3
Total fat (g)	10,4	28,5	8,7	26,2
of which Saturated fat (g)	2,1	5,9	1,9	5,8
Dietary fibre (g)	3,8	10,4	3,7	11,2
Total Sodium (mg)	335	920	421	1264

BREAKFASTS

PESTO EGG POT / BOWL

INGREDIENTS: free range poached egg, sautéed mushrooms, rosa tomatoes, kale, pesto (contains nuts), feta, parmesan, butter

HEALTHY FACT

This low carb breakfast packs in extra plant power with kale! Kale is high in fibre, vitamin C, A and K.



	Per 100g	Per Pot	Per Bowl
Energy (kJ)	513	862	1528
Protein (g)	6,3	10,6	62,4
Carbohydrate (g)	3	4	7
of which Total Sugar (g)	1,3	2,2	3,9
Total fat (g)	9,6	16,0	28,6
of which Saturated fat (g)	3,9	6,5	11,4
Dietary fibre (g)	1,6	2,8	2,1
Total Sodium (mg)	346	582	843

PROTEIN EGG POT / BOWL

INGREDIENTS: free range poached egg, sautéed free range beef sausage, red pepper, rosa tomatoes, kale, feta, chipotle chili, spring onion

HEALTHY FACT

This low carb pot is packed with good-for-you ingredients including vitamin C rich kale and red pepper.



	Per 100g	Per Pot	Per Bowl
Energy (kJ)	464	919	1900
Protein (g)	8,0	15,7	46,5
Carbohydrate (g)	3	6	8
of which Total Sugar (g)	1,7	3,4	4,4
Total fat (g)	7,4	14,6	33,2
of which Saturated fat (g)	3,0	5,9	15,5
Dietary fibre (g)	1,6	3,2	4,3
Total Sodium (mg)	425	841	1334

MEXI EGG POT / BOWL

INGREDIENTS: free range egg, mexi beans (garlic, red onion, tomato puree, olive oil & sunflower blend, smoked paprika, chipotle chilli, ground cumin, black beans) baby spinach, rosa tomatoes, spring onion, feta

HEALTHY FACT

Black beans are rich in heart-healthy fiber as well as brain-boosting antioxidants.



	Per 100g	Per Pot	Per Bowl
Energy (kJ)	477	859	1444
Protein (g)	13,9	25,1	40,0
Carbohydrate (g)	10	19	27
of which Total Sugar (g)	1,7	3,1	4,5
Total fat (g)	4,9	8,8	16,0
of which Saturated fat (g)	1,8	3,2	5,6
Dietary fibre (g)	3,9	7,0	10,3
Total Sodium (mg)	379	682	1049

*Nutritional information for the products as ready-to-eat

BREAKFASTS

CHOC PROTEIN SMOOTHIE BOWL

INGREDIENTS: whey protein (sourced from grass-fed cows), cacao, nut butter, frozen yoghurt, avo, milk, dates, topped with banana, coconut shavings, cacao nibs, almonds, hemp seeds

HEALTHY FACT

This smoothie bowl contains GMO-free whey protein that is sourced from grass-fed cows, this high quality protein is easily absorbed and can assist in muscle recovery after exercise.



	Per 100 g	Per serving
Energy (kJ)	695	2740
Protein (g)	8,2	32,4
Carbohydrate (g)	21	82
of which Total Sugar (g)	10,4	40,9
Total fat (g)	8	31,6
of which Saturated fat (g)	3,1	12,2
Dietary fibre (g)	5,5	21,7
Total Sodium (mg)	56	219

BREAKFAST BOWL

INGREDIENTS: full-cream yoghurt, pineapple, strawberries, banana, toasted almonds, honey, chia seeds

HEALTHY FACT

Chia seeds are a source of omega 3 fatty acids and are full of fiber, making them helpful for digestive function.



	Per 100 g	Per serving
Energy (kJ)	536	1366
Protein (g)	3,8	9,8
Carbohydrate (g)	14	35
of which Total Sugar (g)	9,1	23,2
Total fat (g)	7,3	18,6
of which Saturated fat (g)	3,2	8,1
Dietary fibre (g)	1,2	3,1
Total Sodium (mg)	57	146

ALMOND PORRIDGE POT

INGREDIENTS: rolled oats, almond macadamia nut butter, dates, yoghurt, milk, honey, cinnamon

HEALTHY FACT

Oats are high in fiber, which can help lower bad cholesterol as well as keep the digestive system happy!



	Per 100 g	Per serving
Energy (kJ)	558	1678
Protein (g)	3,9	11,8
Carbohydrate (g)	22	65
of which Total Sugar (g)	7,0	21
Total fat (g)	3,3	10,1
of which Saturated fat (g)	1,4	4,1
Dietary fibre (g)	3,0	9
Total Sodium (mg)	47	142

BREAKFASTS

SUNRISE UNWRAPPED

INGREDIENTS: free range scrambled eggs, butter, salsa (red onion, tomato, chili flakes, coriander, lemon juice, sweet chili sauce, salt, black pepper) white cheddar, sautéed rosa tomato, baby spinach

HEALTHY FACT This delicious meal sneaks in extra servings of veggies with salsa, rosa tomatoes and baby spinach – making it a very well balanced breakfast!



	Per 100 g	Per serving
Energy (kJ)	564	1932
Protein (g)	8,8	30,2
Carbohydrate (g)	2	8
of which Total Sugar (g)	1,8	6,1
Total fat (g)	9,9	34
of which Saturated fat (g)	4,6	15,6
Dietary fibre (g)	0,4	1,5
Total Sodium (mg)	164	560

SUNRISE WRAPPED

INGREDIENTS: free range scrambled eggs, butter, salsa (red onion, tomato, chili flakes, coriander, lemon juice, sweet chili sauce, salt, black pepper) white cheddar, sautéed rosa tomato, baby spinach

HEALTHY FACT This delicious meal sneaks in extra servings of veggies with salsa, rosa tomatoes and baby spinach – making it a very well balanced breakfast!



	Per 100 g	Per serving
Energy (kJ)	680	2839
Protein (g)	8,7	36,2
Carbohydrate (g)	10	43
of which Total Sugar (g)	1,8	7,5
Total fat (g)	9,8	40,8
of which Saturated fat (g)	4,5	18,7
Dietary fibre (g)	1,6	6,8
Total Sodium (mg)	173	724

PROTEIN BREAKFAST WRAP

INGREDIENTS: free range scrambled eggs, butter, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomato

HEALTHY FACT A great post workout choice, packed full of protein from free range eggs and free range sausage!



	Per 100 g	Per serving
Energy (kJ)	656	2901
Protein (g)	8,2	36,2
Carbohydrate (g)	11	47
of which Total Sugar (g)	1,5	6,8
Total fat (g)	9,1	40,2
of which Saturated fat (g)	3,8	16,7
Dietary fibre (g)	2,1	9,3
Total Sodium (mg)	194	860

*Nutritional information for the products as ready-to-eat

BREAKFASTS

BALANCED BREAKFAST

INGREDIENTS: free range poached / scrambled eggs, sautéed free range beef sausage & mushrooms, butter, roma tomatoes, toast

**HEALTHY
FACT**

A great post-workout choice, packed full of protein from free range eggs and free range sausage.



	ON RYE TOAST		ON LOW GI TOAST	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	661	2739	661	2739
Protein (g)	9	39	9,4	38,8
Carbohydrate (g)	5	22	5	22
of which Total Sugar (g)	1	5	1,3	5,4
Total fat (g)	10	43	10,5	43,5
of which Saturated fat (g)	4	18	4,4	18,4
Dietary fibre (g)	2	6	1,5	6,4
Total Sodium (mg)	381	1580	381	1580