

# 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

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## CHOC PROTEIN SMOOTHIE BOWL

**INGREDIENTS:** whey protein (sourced from grass-fed cows), cacao, nut butter, frozen yoghurt, avo, milk, 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)	576	1735
Protein (g)	17,0	51,1
Carbohydrate (g)	22	65
of which Total Sugar (g)	7,0	21,0
Total fat (g)	3,3	10,1
of which Saturated fat (g)	1,4	4,1
Dietary fibre (g)	3,0	9,0
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