

# 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

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## 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), roma 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

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## EGG HOT POT

**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 100 g	Per serving
Energy (kJ)	513	862
Protein (g)	6,3	10,6
Carbohydrate (g)	3	4
of which Total Sugar (g)	1,3	2,2
Total fat (g)	9,6	16,0
of which Saturated fat (g)	3,9	6,5
Dietary fibre (g)	1,6	2,8
Total Sodium (mg)	346	582

## PROTEIN EGG HOT POT

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

## 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

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## BERRY DAIRY SMOOTHIE BOWL

**INGREDIENTS:** strawberries, blueberries, raspberries, banana, apple, milk, gluten-free nut crumble (macadamia nuts, almonds, gluten-free oats, desiccated coconut, honey, salt, cinnamon), mint, honey

### HEALTHY FACT

Like your favourite smoothie this bowl packs an antioxidant punch with antioxidant rich blueberries and strawberries.



	Per 100 g	Per serving
Energy (kJ)	412	2018
Protein (g)	2,0	9,7
Carbohydrate (g)	16	78
of which Total Sugar (g)	11,0	53,7
Total fat (g)	3,8	18,7
of which Saturated fat (g)	1,2	6,1
Dietary fibre (g)	2,4	11,9
Total Sodium (mg)	19	91

## TROPICAL YOGHURT CRUNCH

**INGREDIENTS:** yoghurt, dragon fruit, banana, chia seeds, gluten-free nut crumble, (macadamia nuts, almonds, gluten-free oats, desiccated coconut, honey, salt, cinnamon) mint, hemp seeds, honey

### HEALTHY FACT

Dragon fruit is very nutrient dense which means it has a very high micronutrient content (like vitamin C) for the amount of kilojoules in a serving.



	Per 100 g	Per serving
Energy (kJ)	620	1885
Protein (g)	3,8	11,7
Carbohydrate (g)	16	49
of which Total Sugar (g)	9,1	27,8
Total fat (g)	8,5	25,8
of which Saturated fat (g)	3,9	11,9
Dietary fibre (g)	1,7	5,1
Total Sodium (mg)	45	137

## 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

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## 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

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## BALANCED BREAKFAST

**INGREDIENTS:** free range poached / scrambled eggs, sautéed free range beef sausage & mushrooms, butter, rosa 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

## SMOKED TROUT SCRAMBLED EGGS

**INGREDIENTS:** free range scrambled eggs, butter, franschhoek smoked trout, cream cheese, toasted artisan bread

**HEALTHY  
FACT**

Smoked trout is a rich source of omega 3 fatty acids, which is beneficial for heart, brain and digestive health.



	ON LOW GI TOAST		ON RYE TOAST	
	Per 100 g	Per serving	Per 100 g	Per serving
Energy (kJ)	757	2890	628	2708
Protein (g)	11,8	45,2	9,2	39,8
Carbohydrate (g)	11	42	11	47
of which Total Sugar (g)	1,4	5,2	1,8	7,7
Total fat (g)	9,3	35,5	7,2	31
of which Saturated fat (g)	3,2	12,2	2,8	12
Dietary fibre (g)	2,1	7,9	2,2	9,5
Total Sodium (mg)	269	1024	397	1711