



- CHICKEN TACOS (197,5KCAL) 95**
Grilled chicken, jalapeños, cherry tomatoes, avo, and a drizzle of yoghurt.
- SPINACH & CREAM CHEESE STUFFED CHICKEN (241KCAL) 95**
Grilled chicken breast stuffed with a creamy spinach and cream cheese filling.
- TUNA CAKES AND AVO SALSA (229KCAL) 95**
Mixture of tuna, spices, and fresh herbs, grilled and served with fresh avo and tomato salsa.
- PEPPER STEAK AND GREEN BEANS (370KCAL) 95**
Grilled steak with a creamy pepper sauce and stir-fried green beans.
- KETO BOWL (431KCAL) 95**
Grated cheese, tomato salsa, cauliflower rice, avocado, grilled chicken, and a spicy yoghurt dressing.
- KETO CHOWMEIN (223KCAL) 95**
Chicken/steak with fresh grilled veggies and zucchini noodles.

KETO

SMOOTHIE

- COOKIE BOMB (490KCAL) 70**
FitDeli cookies-and-cream whey powder, frozen dates and bananas, sugar-free nut butter, cocoa powder, and full-cream yoghurt.
- THE COFFEE BEAN (378KCAL) 70**
Full-cream yoghurt, frozen banana, almond butter, FitDeli chocolate whey, and cocoa powder.
- SALTED CARAMEL (382KCAL) 70**
FitDeli vanilla whey, cinnamon powder, sugar-free peanut butter, frozen banana, and full-cream yoghurt.
- GREEN SMOOTHIE (229KCAL) 70**
A light and creamy smoothie with an almond butter and spinach base including superfood toppings
- PEANUT BUTTER SMOOTHIE (540KCAL) 70**
The all-time favourite combo of peanut butter and banana.
- BLUEBERRY SMOOTHIE (219KCAL)(NEW) 70**
Frozen banana, frozen blueberries, flax seeds, almond milk, almond butter, frozen yoghurt topped with granola and 6 blueberries
- PINEAPPLE SMOOTHIE (219KCAL)(NEW) 70**
Frozen pineapple frozen banana, avocado, spinach, almond milk, drizzle of honey topped with flax seeds

HOT DRINKS

- | | | | |
|---------------|----|-----------------|----|
| ESPRESSO | 25 | FIVE ROSES | 25 |
| AMERICANO | 30 | ROOIBOS | 25 |
| FLAT WHITE | 40 | GREEN TEA | 30 |
| CAPPUCCINO | 35 | GINGER TEA | 30 |
| CAFÉ LATTE | 30 | CINNAMON TEA | 30 |
| CORTADO | 30 | LEMON GRASS TEA | 30 |
| HOT CHOCOLATE | 35 | | |

PREMIX GET IT FROM R80



CONTACT US

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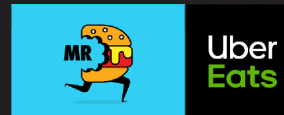
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WHATS ON THE MENU?





BREAKFAST

- CREAM CHEESE AND SALMON TOAST (270KCAL PER SLICE) 80**
2 slices of our in house health bread, topped with a cream cheese spread, smoked salmon, and red onion rings.
- MUSCLE FACTORY (807KCAL) 104**
3 scrambled eggs, smoked salmon, avocado, braised mushrooms, cherry tomatoes, and 2 slices of our in house health bread.
- PROTEIN GRANOLA BREKKY BOWL (545KCAL) 75**
A crunchy and chewy whole-grain breakfast: Almond butter protein granola bowl served with a creamy plain yoghurt.
- SPICY AVO ON TOAST (306KCAL) 69**
2 slices of our in house health bread, topped with a spicy avo spread, mixed seeds, and cherry tomatoes.
- OPEN EGG SANDWICH (428,5KCAL) 64**
Cream cheese and jalapeño spread, sliced avo, and boiled egg. Seasoned with salt and pepper.
- BREAKFAST FOLDOVER (348KCAL)(NEW) 80**
Filled with spicy scrambled egg, mushrooms, cocktail tomatoes and spinach

MAIN MEALS

- MASALA STEAK AND BUTTERNUT (199KCAL) 95**
Grilled steak with a drizzle of masala sauce, served with steamed butternut.
- MOROCCAN CHICKEN & MUSHROOMS (193KCAL) 85**
Grilled chicken fillet drizzled with a Moroccan sauce, served with braised mushrooms.
- LEMON & HERB CHICKEN WITH EDAMAME BEANS AND A GREEK DIP (411KCAL) 90**
Simple light & juicy grilled lemon flavoured chicken breast layered over a bed of Edamame beans and served with a greek yoghurt dip
- THAI GREEN CURRY AND RICE (405KCAL) 75**
Authentic Thai curry: tender chicken simmered in a green curry sauce. Made with green chillies, ginger, lemongrass, and coconut milk, served with basmati rice and a variety of vegetables.
- LEMON HAKE AND CHICKPEAS (181KCAL) 85**
Oven-grilled, lemon-and-herb-flavoured hake served with braised chickpeas.
- CAJUN HAKE AND BUTTERNUT (210KCAL) 85**
Oven-grilled, cajun spice-flavoured hake served with grilled butternut

- GRILLED KINGKLIP AND SPICY RICE (304KCAL)(NEW) 120**
Chillie flavoured kingklip served with a spicy rice
- HEALTHY CAJUN CHICKEN BURGER (529KCAL)(NEW) 85**
Cajun grilled chicken topped with choleslaw in a wholewheat bun.
- VEG BURGER (NEW) 85**
Pure veg patty(Lentils , chickpeas and mixed beans) on a bed of lettuce , sliced tomato red onion in a wholewheat bun



FIT DELI SIGNATURE BURGER (589KCAL) 85

Whole wheat burger bun, slow cooked lean beef patty with added flavor. Served with a portion of grilled sweet potatoes (100g)

- OPEN CHICKEN SANDWICH (352KCAL) 80**
Hummus spread, succulent chicken strips and jelepeno slices, topped with cocktail tomatoes and grilled haloumi
- BEEF CHOWMEIN (343KCAL) 90**
Chicken/Beef strips with julienned veggies, noodles and an Asian twist.
- CHICKEN CHOWMEIN (404KCAL) 110**
Chicken/Beef strips with julienned veggies, noodles and an Asian twist.
- CHICKEN WRAP (561KCAL) (GLUTEN FREE WRAPS AVAILABLE) 80**
Layered with lettuce, cucumbers, peppers, avocado and grilled chicken served with a tangy dressing
- BEEF WRAP (473KCAL) (GLUTEN FREE WRAPS AVAILABLE) 85**
Layered with lettuce, cucumber, peppers, avocado, and grilled steak, served with a tangy dressing.
- CHICKEN AND MAYO SANDWICH (408KCAL) 60**
- TUNA AND MAYO SANDWICH (289KCAL) 60**
- VEGETARIAN SANDWICH (268KCAL) 60**



BUTTER CHICKEN BOWL (520KCAL) 90

A healthy butter chicken with braised mushrooms, julienned carrots, baby spinach, brown rice and quinoa, roasted cashews, and purple cabbage.

- THAI CHICKEN SALAD (295KCAL) 85**
A bowl of julienned veggies with spicy chicken strips, topped with sesame seeds and Asian noodles.
- MESSY MEXICAN SALAD (361 KCAL)(NEW) 95**
Mixed beans, avocado, cocktail tomatoes, corn and crushed nachos all tossed together with Mexican chicken strips

- STEAK BOWL (473KCAL) 95**
Grilled steak, steamed broccoli, and brown rice with quinoa, served with a sprinkle of chilli flakes and a spicy dressing.
- BURRITO BOWL (543 KCAL) 90**
A deconstructed taco with all of your favourite filling ingredients, mince bolognese, cheese, shredded lettuce, corn, chopped avocado, cocktail tomatoes, sliced red onion and crushed nachos.
- GREEK BOWL (380 KCAL)(NEW) 85**
Flavourful and juicy Greek chicken kebabs with hummus, cous cous, tomato chutney and a fresh salad
- BUDDHA BOWL (385 KCAL)(NEW) 135**
Avocado slices, edemame beans , cucumber and salmon ribbons, a super nutritious and well balanced bowl with a soya dressing
- TANDOORI BOWL (385 KCAL)(NEW) 85**
An Indian rice bowl topped with delicious tender tandoori chicken cubes a spicy yoghurt dressing ,basmati rice and a cucumber salad

VEGETARIAN

- WRAP (SOYA) (305KCAL) (GLUTEN FREE WRAPS AVAILABLE) 70**
Layered with Asian-style stir-fried veggies and soya strips.
- HALOUMI WRAP (534KCAL) (GLUTEN FREE WRAPS AVAILABLE) 80**
Layered with lettuce, cucumber, peppers, avocado, grilled haloumi and a tangy dressing
- OPEN BRINJAL SANDWICH (218,5KCAL) 65**
A tomato chutney spread, layered on our health bread along with spinach leaves, chargrilled brinjal, and feta crumbs.
- BUTTERNUT BOWL (304KCAL) 85**
Grilled butternut, cocktail tomatoes, shredded lettuce, red onions, spiced chickpeas, feta cubes, and a salad dressing with assorted seeds.
- VEG CHOW MEIN (385KCAL) 90**
Soya strips with julienned veggies, noodles, and an Asian twist.
- CHICKPEA STIRFRY (195KCAL) 80**
High protein and gluten free stirfried chickpeas with an abundance of veggies, the perfect comforting yet healthy dish
- VEGETARIAN CHILLI BOWL (584KCAL) 80**
Slow cooked hearty bowl of Mixed beans & veggies packed with flavor & comfort , meat & gluten free served with nacho chips
- LENTIL PIE (210KCAL)(NEW) 70**
Tender lentils simmered in a rich savory broth topped with creamy mashed potatoes
- SPINACH AND MUSHROOM PASTA (338KCAL)(NEW) 65**
Spinach and mushroom pasta flavorful vegetarian pasta
- ROASTED VEG WITH HALOUMI AND COUS COUS (185KCAL)(NEW) 75**