

NUTRIFIX

by Carlton

EAT **LIGHT**
EAT **RIGHT**



SANDWICHES

EGG & PARMESAN CLUB	455 CAL	BD 2.0
CURRIED CHICKPEA FOCACCIA (VG)	500 CAL	BD 2.0
GOUDA CHEESE CLUB	252 CAL	BD 2.0
HALLOUMI TAHINI SANDWICH	393 CAL	BD 2.5
GRILLED VEGGIE FOCACCIA SANDWICH	340 CAL	BD 2.5
ASIAN TUNA CHEESE SANDWICH	412 CAL	BD 2.5
TURKEY CRANBERRY SANDWICH	306 CAL	BD 2.7
TURKEY CHEESE OLIVE SANDWICH	493 CAL	BD 2.7
CHICKEN MANGO SANDWICH	269 CAL	BD 2.8
ROAST BEEF SANDWICH	475 CAL	BD 3.0
SMOKED SALMON CLUB	262 CAL	BD 3.0



VEGAN POKE BOWL (VG)	144 CAL	BD 2.5
ROASTED EGGPLANT FREEKEH SALAD	484 CAL	BD 2.5
VEGAN CHICKPEA SALAD (GF, VG)	156 CAL	BD 2.5
CHICKEN CAESAR SALAD	279 CAL	BD 2.6
RAINBOW ORZO SALAD	244 CAL	BD 2.7
CHIMICHURRI STEAK SALAD	262 CAL	BD 3.3
KALE CARROT BEETROOT SALAD (GF, VG)	212 CAL	BD 3.3
STRAWBERRY BALSAMIC SALAD (GF)	250 CAL	BD 3.9

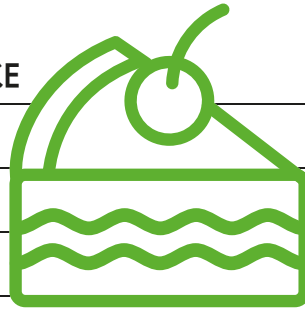
SALADS

- RSF: REFINED SUGAR-FREE
 - GF: GLUTEN-FREE
 - VG: VEGAN
 CALORIES MENTIONED ARE PER PIECE



HEALTHY DESSERT

PINEAPPLE CARROT CAKE	446 CAL	BD 1.5
ORANGE CAKE	378 CAL	BD 1.5
LAZY BITES 7 PIECES	58 CAL	BD 2.0
STRAWBERRY TART	143 CAL	BD 2.0
KETO PECAN PIE (RSF, GF)	520 CAL	BD 2.0
KETO CHOCOLATE MOUSSE (RSF, GF)	384 CAL	BD 2.0
GLUTEN-FREE CHOCOLATE CAKE (GF)	319 CAL	BD 2.0
SNICKERS COOKIES 5 PIECES (RSF)	170 CAL	BD 2.5
CNC ROCHER 5 PIECES	110 CAL	BD 2.5
STRAWBERRY CHEESE CAKE	374 CAL	BD 2.6
KETO BROWNIES 6 PIECES (RSF, GF)	48 CAL	BD 2.7
GREEK YOGHURT WITH GRANOLA & BERRY (RSF)	216 CAL	BD 2.7
COCONUT MANGO CHIA PUDDING (RSF, GF, VG)	259 CAL	BD 2.8
CHOCO-TRUFO 7 PIECES (RSF, GF)	98 CAL	BD 4.4
HAZELNUT DATE BALLS 10 PIECES (RSF)	40 CAL	BD 2.6
SESAME DATE BALLS 10 PIECES (RSF)	34 CAL	BD 2.6
PISTACHIO DATE BALLS 10 PIECES (RSF)	39 CAL	BD 2.6
DARK CHOCOLATE ALMOND DATE 5 PIECES (RSF)	111 CAL	BD 3.9
CHOCO NUT BAR	229 CAL	BD 1.5



ALMOND PARMESAN GRANOLA (RSF)	(90 G) 366 CAL	BD 3.0
SWEET-N-SPICED NUTS (RSF, GF)	(100 G) 525 CAL	BD 3.9



HEALTHY SAVORY SNACK

- RSF: REFINED SUGAR-FREE
 - GF: GLUTEN-FREE
 - VG: VEGAN
 CALORIES MENTIONED ARE PER PIECE

NUT BUTTERS



PEANUT BUTTER 250G	(1 TBSP) 100 CAL	BD 2.1
PEANUT BUTTER 400G	(1 TBSP) 100 CAL	BD 2.6
ALMOND BUTTER 250G	(1 TBSP) 95 CAL	BD 3.3
ALMOND BUTTER 400G	(1 TBSP) 95 CAL	BD 4.4

COLD BEVERAGES

HOT BEVERAGES

AQUA PANNA		BD 0.45
SAN PELLEGRINO		BD 0.55
PERFECTLY PRESSED JUICES (225 ML)		BD 1.5
PERFECTLY PRESSED SHOTS (100ML)		BD 1.5
TECHA ROSE		BD 2.5
TECHA GINGER		BD 2.5
TECHA LIME		BD 2.5

ESPRESSO SINGLE SHOT		BD 1.2
LUNGO		BD 1.4
MACCHIATO LOW-FAT MILK		BD 1.4
MACCHIATO ALMOND MILK		BD 1.5
LATTE LOW-FAT MILK		BD 1.6
LATTE ALMOND MILK		BD 2