

WANDERLUST FITNESS CAFE FOOD

BREAKFAST

OAT & NUT PORRIDGE (V/GF).....95,-
Almond milk, oat, nuts, mango, strawberry, mint, coconut

GRANOLA BOWL (V/GF).....85,-
Cashew & coconut granola, fruits, almond milk, coconut, mint

FRUITS & YOGHURT (V).....85,-
Freshly cut fruits in season, yoghurt foam, house granola, mint, lime

BREAKFAST WRAP.....95,-
Tortilla, scrambled egg (3pcs), streaky bacon (1pcs), onion, swiss cheese, rucola & side of harissa sauce

THE "DRISK".....95,-
Egg your style, seared bacon, avocado, marinated feta & your choice of toast
• Regular | 95,-
• Large | 125,-

TOKYO HUMMUS & EGGS (V).....90,-
Edamame hummus with olive oil, olive oil, spiced nut seed, poached egg (2 pcs), herbs salad, grilled tomato, your choice of toast

MANGO SMOOTHIE BOWL (V).....85,-
Mango, banana, chia seed and vanilla smoothie, coconut, tropical fruits in season, mix nut & seed
• Add whey protein +25

BURGERS, WRAPS & SALADS

SMASH BEEF BURGER.....110,-
House brioche bun, brisket patty, cheddar, grilled onion, mustard mayonnaise, shredded lettuce served with sweet potato fries
Extra beef patty +50
Extra fried egg 1pc +15
Extra bacon 2 pcs +25
Extra cheddar 2 pcs +25

CHILI CHICKEN BURGER.....100,-
Toasted brioche bun, seared chili marinated chicken fillet, shredded vegetable salad, harissa yoghurt served with sweet potato fries

"PERIPERI" CHICKEN WRAP.....95,-
Tortilla wrap filled with grilled peri peri spiced chicken breast [100 gr], avocado, lettuce, onion, cheddar, mozzarella, house mayonnaise served with sweet potato fries

KOFTA WRAP.....150,-
Beef and lamb kofta, smashed and grilled into a large tortilla, topped with mint yoghurt, lettuce, tomato, onion, mint salad

THAI MEAT BALL SALAD.....125,-
Thai inspired meat ball salad, with lettuce cucumber, cabbage, onion, coriander, mint, cashew, chili lime vinaigrette, toasted shallot

(VE) Vegan (V) Vegetarian (GF) Gluten Free

ACAI SMOOTHIE BOWL (V).....95,-
Acai, mix berry, banana & coconut smoothie, topped with mixed fruit, chia seed, granola, maple syrup
Add whey protein +25

AVOCADO TOAST (V).....95,-
Sourdough topped with crushed avocado, poached egg (2pcs), feta cheese, pickled onion, tomato, rucola, olive oil, lemon

PROTEIN PANCAKE (V/GF).....95,-
Almond flour + egg + whey protein batter, caramelized banana, fruits, berry compote, maple, mint
• Regular | 80,-
• Large | 120,-

CREAM CHEESE & SALMON TOAST.....140,-
Toasted sourdough, topped with cream cheese, diced onion, dill, smoked salmon, poached egg

WANDERLUST OMELETTE (V).....95,-
Egg omelette (3pcs) with your choice of toast:
• Smoked salmon and feta | 130,-
• Ham and cheese | 95,-
• Chicken and cheese | 85,-
• Spinach and feta (V) | 75,-

STEAK & EGGS (GF).....185,-
Grilled rib eye (150 gr), egg your style (2pcs), chimichurri hollandaise

FALAFEL & VEGETABLE WRAP (V).....90,-
Toasted tortilla, edamame falafel, carrot, rad cabbage, cucumber, chimichurri, edamame hummus, coconut harissa sauce

FALAFEL BURGER (V).....75,-
Falafel patty, tomato slice, onion pickle, chick pea hummus, served with sweet potato fries

PROTEIN BURRITO.....150,-
Spiced beef mince, scramble egg, roasted potato, with grilled cheese crust and spicy mayonnaise

ZUCCHINI NOODLE BOWL (VE).....85,-
Zucchini, avocado, edamame, tomato cherry, burnt corn, coriander dressing

SOBA POKE BOWL.....85,-
Shredded carrot, beetroot, red cabbage, white cabbage, cucumber, avocado, edamame, shiitake, rucola, soba noodle, seaweed seasoning, soy vinaigrette
• Tofu (V/VE) | 85,-
• Sesame crusted salmon | 130,-

WANDERLUST CHICKEN SALAD (GF).....125,-
Chef's cut salad with roasted chicken (120gr), feta (30gr), avocado, broccoli, beetroot, tomato, pickled onion, herbs, tomato basil vinaigrette
• Regular | 110,-
• Large | 140,-

SNACKS

CHICKEN TACOS.....95,-
3 pcs tacos with grilled spiced chicken, corn salsa, avocado, cabbage slaw jalapeno, coriander

CHICKEN QUESADILLA.....85,-
Toasted tortilla with shredded spiced chicken, mozzarella, smashed avocado, tomato salsa

RICE PAPER ROLL (VE/GF).....75,-
Rice paper with vegetables, tofu, rice noodles & herbs filling, chili lime dressing

MAINS

WANDERLUST VEGAN BOWL (VE).....85,-
Lettuce, edamame falafel, charred corn, edamame hummus, avocado, tomato, onion, harissa coconut sauce, herbs

BEEF & BROCCOLI STIR FRY.....160,-
Marinated beef [120 gr], broccoli, garlic, onion, chili, black pepper sauce served with choice of rice (white or red)

CHICKEN CASHW STIR FRY.....120,-
Thai style chicken [150gr] & cashew stir fry, basil, onion, paprika, lemon grass served with choice of rice (white or red)

BUDDHA TOFU STIR FRY (VE).....85,-
Marinated fried tofu, chili jam, asian vegetables, mushroom, garlic, oyster mushroom sauce, served with choice of rice (white or red)

TANDOORI CHICKEN SKEWERS (GF).....120,-
Grilled tandoori spiced chicken skewers served with cucumber herbs salad, pickled onion, mint yoghurt

SINGAPOREAN CHICKEN NOODLE.....110,-
Egg noodle, marinated chicken, carrot, bak choy, onion, paprika, Singapore sauce, crackers, pickles

FRIED RICE.....85,-
Chinese style fried rice, Asian vegetable, crackers, pickles, coriander, fried egg
• Tofu (V/VE) | 85,-
• Chicken | 95,-
• Bacon (P) | 95,-

CHICKEN SATAY.....90,-
Grilled spiced chicken skewers, served with trio dipping sauce

CAULIFLOWER POPCORN (VE).....80,-
Oats & seeds coated cauliflower tossed with house chili sauce, garlic

KOREAN CHICKEN POPCORN.....85,-
Crispy marinated chicken bites [120 gr] tossed with fermented chili sauce, herbs

SEARED SALMON (GF).....195,-
Salmon fillet [150 gr], sauteed asparagus, pea purée, dill yoghurt sauce

CHICKEN BREAST POWER MEAL.....160,-
Chicken breast (200gr) served with sauteed vegetables, smashed sweet potato, onion, chimichurri sauce

FISH & CHIPS.....155,-
Barramundi fillet [150 gr] grilled or battered served with french fries, garden salad, mushy pea, pickles yoghurt sauce

CARNIVORE PLATE.....195,-
Grilled ribeye [100 gr], tandoori chicken skewers [80 gr], grilled sausage [1pc], seared bacon [2pcs], egg your way [2pcs], grilled cheese

KETO CHICKEN PARMIGIANA.....170,-
Shallow fried chicken fillet (150gr), crusted in nut & seed, topped with Napoli sauce, mozzarella, avocado, mix salad

VIETNAMESE LEMONGRASS CHICKEN.....150,-
Grilled lemon grass chicken (200gr), on a bed of aromatic herbs, lettuce, rice vermicelli, shallot, lemon lime dressing



BUILD YOUR OWN PLATE / BOWL / SALAD

CARBOHYDRATES

White rice (100gr).....15,-
Red rice (100gr).....15,-
Smashed sweet potato (100gr).....30,-
Sweet potato fries (120gr).....30,-
French fries (120gr).....30,-
Rice vermicelli (80gr).....15,-
Sourdough bread (1pc).....10,-
Multigrain toast (1pc).....10,-
Tortilla (1pc).....10,-
Gluten free toast (2pc).....30,-

PROTEINS

Mexican spiced beef mince (100gr).....65,-
Mexican spiced chicken mince (100gr).....45,-
Teriyaki salmon (100gr).....80,-
Smoked salmon (50gr).....80,-
Tandoori spiced chicken (100gr).....45,-
Lemon grass chicken (100gr).....45,-
Falafel (90gr).....45,-
Grilled barramundi (150gr).....90,-
Edamame and tempeh (100gr).....45,-
Beef and lamb kofta (90gr).....65,-
Pork sausage (1pc).....25,-
Thai beef meat ball (120gr).....80,-
Smash Beef patty (1pc).....50,-
Beef rib eye (150gr).....160,-
Bacon (2pc).....25,-
Egg (1pc).....15,-

VEGETABLES (80gr)

Spiced corn ribs.....30,-
Sauteed broccoli.....35,-
Sauteed mixed vegetables.....35,-
Roast pumpkin.....30,-
Roasted potato.....30,-
Grilled tomato.....30,-
Roasted zucchini.....30,-
Sauteed mushrooms.....30,-

FRESH TOPPINGS

Diced onion.....8,-
Chopped lettuce.....8,-
Diced tomato.....8,-
Diced cucumber.....8,-
Pickled coriander / mint.....8,-
Diced avocado.....25,-

DRESSINGS, SAUCES (80gr)

Mint yoghurt.....15,-
Tomato salsa (pico de gallo).....15,-
Edamame hummus.....20,-
Harissa dressing.....15,-
Mustard mayonnaise.....15,-
Lemon olive oil.....8,-

DAIRY (25gr)

Feta cheese.....25,-
Mozzarella.....20,-
Cheddar cheese.....20,-
Emmental cheese.....30,-

ENERGY & PROTEIN BARS

VEGAN SALTED CARAMEL CHOCOLATE.....35,- per/p
Protein, cocoa, oat flour, peanut butter milk and maple syrup

BALONAIRE WANDER CHUNK.....35,- per/p
Peanuts, almonds, coconut, 85% cocoa chocolate, whey protein, cocoa butter, coconut oil, maple syrup, Himalayan salt

OAT BAR.....35,- per/p
Rolled oats, almond, coconut flour, maple syrup, honey, coconut oil, vanilla, sunflower seeds, raisins

PAELO NUT BAR.....35,- per/p
Almonds, pistachio, walnut, cashew, pumpkin seeds, sunflower seeds, white sesame seeds, dates, maple syrup, lime, pinch of salt

COCONUT PROTEIN BAR.....35,- per/p
Coconut flakes, protein, milk and chocolate

K 305 C B P 12 F 25

K 227 C B P 8 F 20

K B9 C 14 P 9 F 18

K 146 C B P 3 F 18

K 227 C B P 14 F 18

WANDERLUST FITNESS CAFE DRINKS

COFFEE

Sub with almond, coconut, soy milk or oat milk +15,-
Extra shots coffee +15,-

ESPRESSO	25,-
DOUBLE ESPRESSO	30,-
LONG BLACK	30,-
CAPPUCCINO	35,-
LATTE	35,-
FLAT WHITE	35,-
MOCHACCINO	40,-
BULLET PROOF	55,-

Long Black, MCT Oil, Grass Fed Butter

TEA

GREEN TEA	38,-
ENGLISH BREAKFAST	38,-
EARL GREY	38,-

SOFT DRINKS

COKE/ COKE ZERO/ SPRITE/ SODA WATER/ TONIC WATER 330 ML	28,-
UC1000 ORANGE/LEMON WATER	25,-

OTHER

ICE WATER W/ LEMON+LIME JUICE	15,-
ICE WATER	10,-
ICE	5,-

SMOOTHIES

add protein +35,- / vegan +40,-

ESPRESSIVE	58,-
Espresso shot, banana, dates, coconut milk K 702 C 80 P 7 F 52	
TROPICAL SMASH	58,-
Dragon fruit, mango, banana, coconut milk K 575 C 40 P 4 F 52	
BERRY NECESSARY	58,-
Mixed berries, banana, vanilla extract, coconut milk K 485 C 45 P 5 F 52	
THE PEANUT BUTTER ONE	58,-
Banana, peanut butter, cinnamon, coconut milk K 905 C 70 P 29 F 66	

JUICE

PINK IS MY FAVOURITE COLOUR	58,-
Beetroot, apple celery, lemon, ginger	
GREEN N' LEAN	58,-
Spinach, apple, cucumber, lemon, ginger	
ORANGATTACK	58,-
Carrot, orange, ginger	
RED OR DEAD	58,-
Watermelon, lime, mint	

SIMPLE PROTEIN

(vanilla / chocolate/ cookies & cream)

WHEY & ICE WATER	43,-
VEGAN WHEY & ICE WATER	48,-
mix with: • almond, coconut, soy milk, oat milk or coconut water +15,-	

SUPPLEMENTS

Can be added to any drink

COLLAGEN	28,-
CREATINE	28,-
M.C.T. OIL	28,-
PRE WORKOUT, WATER & ICE	33,-
BCAA, WATER & ICE	33,-
NATURAL HONEY SHOT	15,-

COOLERS

LEMONADE COOLER	48,-
Lemon, honey, sparkling water	
THE CLASSIC COOLER	48,-
Ginger, lemongrass, lime, mint, honey, sparkling water	
CASABLANCA COOLER	48,-
Green tea, mint tea, honey, fresh mint, sparkling water	

CLEAR LIQUID

AQUA MINERAL WATER 1.1LTR	20,-
COCONUT WHOLE	30,-

KOMBUCHA

MANGO	40,-
PASSION FRUIT & TAMARILLO	40,-



• TURMERIC DAILY • COCONUT HYDRATION • WATERMELON HYDRATION



LATTE



COOLERS



ICE CAPPUCCINO

PROTEIN SHAKES

OREO CREAMCICLE	98,-
Whey protein vanilla, oreo, banana, fresh milk, top with whipped cream	

K 654 C 50 P 35 F 32

GREEN MACHINE	98,-
Whey protein, avocado, fresh milk, spirulina, banana, raspberry, cucumber, top with granola, dark chocolate and almond	

K 499 C 35 P 34 F 23

TROPICAL PARADISE	98,-
Whey protein, collagen, pineapple, mango, passion fruit, cucumber, dates, fresh milk, top with granola, chia seed, cashew	

K 353 C 39 P 32 F 8

ROCKIN' RASPBERRY	98,-
Whey protein vanilla, raspberries, mango, dragon fruit, peanut butter, top with granola, cashews, grated Vcoconut	

K 521 C 64 P 34 F 15



PROTEIN SHAKES
OREO CREAMCICLE



PROTEIN SHAKES
GREEN MACHINE



PROTEIN SHAKES
ROCKIN' RASPBERRY



PROTEIN SHAKES
TROPICAL PARADISE