

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"
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 1pcs +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)
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)
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
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)
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
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 WANDERLUST 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 B 9 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 POOL

CRAFT COCKTAIL

SPICY PINK MARGARITA	128,-
Jalapeno infused tequila, triple sec, lemon juice, cranberry juice	
PASSION JITO	128,-
Passion fruit infused rum, with passion puree, house syrup, lemon juice, mint leaves and splash soda water	
RISING STAR	128,-
Vanilla infused vodka, lemon juice, vanilla, passion fruit, pineapple juice, egg white	
WATERMELON COOLER	128,-
Citrus infused vodka, triple sec, lime, mint, watermelon, splash soda water	
WANDERLUST SPRITZ	128,-
It's an extra gin based with aperol, orange, sparkling wine and splash soda water	
WANDERLUST COLADA	128,-
White rum, coconut liqueur, coconut cream, lime, pineapple juice	

ALCOHOL SPIRITS

VODKA	
SMIRNOFF.....	90,-
GREY GOOSE.....	110,-
GIN	
LARIOS.....	90,-
GORDON.....	90,-
BOMBAY SAPPHIRE.....	110,-
RUM	
CAPTAIN MORGAN WHITE RUM.....	90,-
CAPTAIN MORGAN SPICE RUM.....	90,-
MAYERS DARK RUM.....	105,-
TEQUILA	
JOSE CUERVO.....	90,-
EL JIMADOR.....	100,-
WHISKEY AND BOURBON	
JIM BEAM WHITE BOURBON.....	90,-
JHONNY WALKER RED LABEL.....	
SCOTCH WHISKEY.....	100,-

• Mixer is Included

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,-

BEER SELECTION

BINTANG CAN 320ml.....	35,-
SAN MIGUEL LIGHT 330ml.....	40,-
CRAFT KURA KURA EASY ALE 300ml.....	60,-
CRAFT KURA KURA LAGER 330ml.....	70,-

SOFT DRINKS

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

INTERNATIONAL COCKTAIL

CLASSIC MOJITO	125,-
COSMOPOLITAN	125,-
CAIPIRINHA	125,-
LYCHEE MARTINI	125,-
ESPRESSO MARTINI	125,-
FROZEN MANGO DAIQUIRI	125,-
WHISKEY SOUR	125,-
TEQUILA SUNRISE	125,-

MOCKTAIL

NOJITO	68,-
Fresh lime, mint leaves, lemon juice, top with soda water	
PASSIONRISE	68,-
Orange, pineapple juice, passion fruit puree, passion fruit pulp	
CUCUMBER COOLER	68,-
Fresh cucumber, lemon juice elder flower syrup, mint leaves, top with soda water	
DAILY BOOST	20,-
Hot or ice water, lemon juice	

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,-

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,-

BLUE LAGOON	125,-
CLASSIC MARGARITA	128,-
SEX ON THE BEACH	128,-
MAITAI	128,-
BAHAMA MAMA	128,-
APEROL SPRITZ	128,-
NEGRONI	128,-

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 375 C 40 P 4 F 52	
BERRY NECESSARY	58,-
Mixed berries, banana, vanilla extract, coconut milk	
K 487 C 45 P 5 F 52	
THE PEANUT BUTTER ONE	58,-
Banana, peanut butter, cinnamon, coconut milk	
K 903 C 70 P 29 F 66	

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,-

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	

OTHER

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

PROTEIN SHAKES

OREO CREAMCICLE	98,-	GREEN MACHINE	98,-	TROPICAL PARADISE	98,-	ROCKIN' RASPBERRY	98,-
Whey protein vanilla, oreo, banana, fresh milk, top with whipped cream		Whey protein, avocado, fresh milk, spirulina, banana, raspberry, cucumber, top with granola, dark chocolate and almond		Whey protein, collagen, pineapple, mango, passion fruit, cucumber, dates, fresh milk, top with granola, chia seed, cashew		Whey protein vanilla, raspberries, mango, dragon fruit, peanut butter, top with granola, cashews, grated Vcoconut	

K 654 C 50 P 35 F 32

K 459 C 35 P 34 F 23

K 353 C 39 P 32 F 8

K 521 C 64 P 34 F 15