

# Winter Fit Menu

Healthy Options

Low Fat

Gluten Free

High Protein

Dairy Free

Low Carb

*Olada*



# Winter Fit Menu

Served all day

## AVOCADO & SMOKED SALMON \$135

On sweet potato 'toast', drizzled with tarragon crème fraiche – served with sea salt, capers and lemon wedges

(High protein, medium fat, low calorie, medium fibre, gluten free)

## STEAK & SWEET POTATO MASH \$170

Flame grilled sirloin steak, sweet potato mash, steamed broccoli, roasted vine tomatoes and pine nuts - Add: 2 eggs any style extra \$20

(High protein, moderate carbs, low fat & fibre, gluten free)

## POACHED SALMON & EGGS \$170

2 eggs, any style, steamed spinach and grilled asparagus

(High protein, moderate fat, fibre, gluten & dairy free)

## EGG WHITE OMELETTE \$105

4 egg white omelette, with up to three fillings: ham, bacon, smoked salmon, asparagus, chicken, mushrooms, bell peppers, tomatoe, onions, swiss, cheddar or brie cheese

(High protein, moderate carbs, low fat & fibre, gluten free, dairy free - if no cheese)

## SPICY BEEF SALAD \$175

Mixed greens, red onion, cucumber and bell peppers, tossed in a lemon oil dressing and topped with marinated grilled beef and avocado 'smash'

(High protein, moderate fat, fibre, low carb, gluten & dairy free)

## PISTE FIT SALAD \$120

Mixed leaves, bell peppers, onions, cucumber, asparagus and roasted pumpkin, with a lemon oil dressing (on the side)

Add: Grilled Chicken Breast \$50, Grilled Beef \$55, Grilled white fish \$50

(High protein, moderate carbs, low fat & fibre, gluten & dairy free)

## GRILLED CHICKEN & EGGS \$135

2 scrambled egg whites, sweet potato mash, half an avocado and steamed spinach

(High protein, moderate carbs, low fat & fibre, gluten free)

## VEG 'N' EGGS \$120

2 eggs, any style, roast mushrooms, vine tomatoes, sweet potato mash and steamed spinach, with walnut pesto and gluten free toast

(Low fat & fibre, moderate carbs & protein, gluten and dairy free)



Oolaa