



M'AVO

BY ACOUSTIC

Good Morning



HEALTHY HIGH-PROTEIN BREAKFAST



ACAI POWER BOWL

4g Protein | 250 kcal
32 SR



GREEK GRANOLA PARFAIT

10g Protein | 320 kcal
29 SR



AVOCADO PROTEIN TOAST

8g Protein | 300 kcal
27 SR

EGG & COTTAGE MUFFIN SCRAMBLE

18g Protein | 280 kcal
22 SR



SIMIT HALLOUMI SANDWICH

16g Protein | 400 kcal
26 SR

SIMIT BURRATA PESTO SANDWICH

14g Protein | 420 kcal
29 SR



Good Morning



WHOLESOME TREATS

(ENJOY IN MODERATION, MADE WITH PREMIUM INGREDIENTS)

FRENCH TOAST



CLASSIC FRENCH TOAST

9g Protein | 350 kcal

32 SR

CORNFLAKE CRUNCH FRENCH TOAST

10g Protein | 380 kcal

32 SR



HOT CHOCOLATE FRENCH TOAST

10g Protein | 420 kcal

34 SR

PANCAKES



MEDITERRANEAN PANCAKE

11g Protein | 400 kcal

34 SR

CLASSIC PANCAKE

8g Protein | 370 kcal

32 SR



GRANOLA PANCAKE

17g Protein | 220 kcal

35 SR





EAT CLEAN. FEEL STRONG.

THE BOWLS



SHAWARMA GLOW BOWL

649 Kcal | 42.29g Protein
49 SR



ZEN SALMON BOWL

557 Kcal | 42.2g Protein
55 SR



CHICKEN SATAY BOWL

492 Kcal | 52.1g Protein
49 SR

BEEF SHAWARMA WITH SPICY POTATOES BOWL

486 Kcal | 49.1g Protein
52 SR



CHICKEN PESTO BOWL

626 Kcal | 35.5g Protein
49 SR



THE SALADS

TABOULEH FALAFEL SALAD

570 Kcal | 16g Protein
39 SR



GRILL & CAESAR

481 Kcal | 36.3g Protein
39 SR

THE EARTH POWER

229 Kcal | 11.9g Protein
39 SR



BEETROOT FETA SALAD

188 Kcal | 7.4g Protein
38 SR



FOCACCIA SANDWICHES

(BAKED WITH CARE & LOVE)



ITALIAN BOY

794 Kcal | 41.9g Protein
38 SR



HALLOUMI BLISS

682 Kcal | 30.2g Protein
36 SR



TUNA M'AVO

627 Kcal | 51.9g Protein
36 SR



SHAWARMA FOCCACCIA

710 Kcal | 39.4g Protein
39 SR



PHILLY STEAK

555 Kcal | 42.2g Protein
42 SR



GUILTY SMASH BURGER

653 Kcal | 25.5g Protein
49 SR

**PESTO BURRATA
SUNDRIED TOMATO**

520 Kcal | 21.5g Protein
38 SR



DESSERTS

LEMON CAKE

220 Kcal
25 SR

MARBLE CAKE

290 Kcal
25 SR

CARROT CAKE

267 Kcal
25 SR



CAKE SLICES

LEMON CAKE

19 SR

MARBLE CAKE

19 SR

BANANA CAKE

19 SR





ENERGY AND PROTEIN DRINKS



GREEN REVIVE ENERGY DRINK

22 SR

GINGER ZINGER ENERGY DRINK

22 SR



BERRY BLAST ENERGY DRINK

22 SR

ALMOND VANILLA BLAST SHAKE

27 SR



MOCHA ALMOND SHAKE

27 SR

EXPLORE OUR FRESHLY BAKED HOMEMADE TREATS,
SIGNATURE DESSERTS, COLD BREW COFFEE, LATTES,
MATCHA & A VARIETY OF REFRESHING JUICES.

BECAUSE BALANCE IS EVERYTHING