

MENU

BEEF

MISU STEAK

100G CUBED RUMP STEAK, 100G JASMINE RICE, 40G STEAMED BROCCOLI **R90.00**

CARBS: 82.7 PROTEIN: 30.7 FATS: 4.5 CALORIES: 497

200G CUBED RUMP STEAK, 150G JASMINE RICE, 60G STEAMED BROCCOLI **R110.00**

CARBS: 125.9 PROTEIN: 58 FATS: 9.2 CALORIES: 822

CUBED RUMP WITH MUSHROOMS

100G CUBED RUMP STEAK, 100G JASMINE RICE, 60G MUSHROOM & ONION **R90.00**

CARBS: 81 PROTEIN: 29.8 FATS: 4.4 CALORIES: 490

200G CUBED RUMP STEAK, 150G JASMINE RICE, 100G MUSHROOM & ONION **R110.00**

CARBS: 122 PROTEIN: 56.2 FATS: 8.6 CALORIES: 800

CUBED RUMP WITH PEPPERS

100G CUBED RUMP STEAK, 100G JASMINE RICE, 60G PEPPERS & ONION **R90.00**

CARBS: 82.9 PROTEIN: 29.5 FATS: 9.5 CALORIES: 542

200G CUBED RUMP STEAK, 150G JASMINE RICE, 100G PEPPERS & ONION **R110.00**

CARBS: 127.7 PROTEIN: 55.5 FATS: 15.6 CALORIES: 878

BALSAMIC RUMP

100G CUBED RUMP STEAK, 100G ROASTED VEG, 100G COUSCOUS R90.00

CARBS: 31.5 PROTEIN: 26.9 FATS: 14.6 CALORIES: 368

200G CUBED RUMP STEAK, 150G ROASTED VEG, 150G COUSCOUS R110.00

CARBS: 45.8 PROTEIN: 51.7 FATS: 22.6 CALORIES: 595

MEXICAN BEEF MINCE

100G LEAN BEEF MINCE, 100G CORN, PEPPERS & BLACK BEANS,
100G JASMINE RICE R90.00

CARBS: 92.4 PROTEIN: 30.7 FATS: 16.2 CALORIES: 643

150G LEAN BEEF MINCE, 150G CORN, PEPPERS & BLACK BEANS,
150G JASMINE RICE R110.00

CARBS: 140.1 PROTEIN: 46.9 FATS: 23 CALORIES: 964

BURGER PATTIES

100G LEAN BURGER PATTIE, 100G JASMINE RICE, 60G PEPPER RELISH R90.00

CARBS: 85.7 PROTEIN: 27.9 FATS: 18.1 CALORIES: 619

200G LEAN BURGER PATTIES, 150G JASMINE RICE, 100G PEPPER RELISH R110.00

CARBS: 129.7 PROTEIN: 52.1 FATS: 33.4 CALORIES: 1030

STEAK AND ONIONS

100G CUBED RUMP STEAK, 100G JASMINE RICE, 60G CARAMELIZED ONIONS **R90.00**

CARBS: 78.7 PROTEIN: 33.1 FATS: 13.4 CALORIES: 567

200G CUBED RUMP STEAK, 200G JASMINE RICE, 100G CARAMELIZED ONIONS **R110.00**

CARBS: 157.4 PROTEIN: 66.2 FATS: 19.8 CALORIES: 1074

CHICKEN

CHICKEN COUSCOUS

100G CUBED CHICKEN BREAST, 100G COUSCOUS, 100G BUTTERNUT, 30G FETA,
10G PUMPKIN SEEDS **R85.00**

CARBS: 44.4 PROTEIN: 44.2 FATS: 15.2 CALORIES: 456

200G CUBED CHICKEN BREAST, 150G COUSCOUS, 150G BUTTERNUT, 30G FETA,
10G PUMPKIN SEEDS **R100.00**

CARBS: 61.8 PROTEIN: 77.6 FATS: 26.4 CALORIES: 729

BALSAMIC CHICKEN

100G CUBED CHICKEN BREAST, 100G COUSCOUS, 100G BALSAMIC ROASTED VEG **R85.00**

CARBS: 31.5 PROTEIN: 35.9 FATS: 14.6 CALORIES: 374

200G CUBED CHICKEN BREAST, 150G COUSCOUS, 150G BALSAMIC ROASTED VEG **R100.00**

CARBS: 45.8 PROTEIN: 69.7 FATS: 22.6 CALORIES: 607

HARISSA CHICKEN

**100G CHICKEN BREAST, HARSSA SPICE, 50G ROASTED TOMATOES, 30G FETA CHEESE,
100G JASMINE RICE** **R85.00**

CARBS: 81.8 PROTEIN: 44 FATS: 13.8 CALORIES: 627

**200G CHICKEN BREAST, HARISSA SPICE, 100G ROASTED TOMATOES,30G FETA CHEESE,
150G JASMINE RICE** **R100.00**

CARBS: 163.6 PROTEIN: 88 FATS: 27.6 CALORIES: 1254

CAJUN CHICKEN

**100G CUBED CHICKEN BREAST, 40G CORN, 40G PEPPERS,
100G JASMINE RICE** **R85.00**

CARBS: 88.1 PROTEIN: 39.5 FATS: 9.9 CALORIES: 575

**200G CUBED CHICKEN BREAST, 60G CORN, 60G PEPPERS,
150G JASMINE RICE.** **R100.00**

CARBS: 132.3 PROTEIN: 74.9 FATS: 16.9 CALORIES: 927

MEXICAN CHICKEN

100G CUBED CHICKEN BREAST, 60G PEPPERS, AUBERGINE & ONION, 100G JASMINE RICE **R85.00**

CARBS: 81.4 PROTEIN: 38.8 FATS: 4.4 CALORIES: 498

200G CUBED CHICKEN BREAST, 100G PEPPERS, AUBERGINE & ONION, 150G JASMINE RICE **R100.00**

CARBS: 122 PROTEIN: 74.2 FATS: 8.6 CALORIES: 812

CHICKEN BREAST WITH PEPPERS & ONIONS

100G CUBED CHICKEN BREAST, 60G PEPPERS & ONION, 100G JASMINE RICE **R85.00**

CARBS: 83.3 PROTEIN: 38.5 FATS: 9.5 CALORIES: 550

200G CUBED CHICKEN BREAST, 80G PEPPERS & ONION, 150G JASMINE RICE **R100.00**

CARBS: 124 PROTEIN: 73.2 FATS: 8.6 CALORIES: 814

CHICKEN LIVERS

100G PERI PERI CHICKEN LIVERS , 100G SAUTÉ POTATOES, 50G BUTTERNUT **R90.00**

CARBS: 78.7 PROTEIN: 38.1 FATS: 11.4 CALORIES: 547

150G PERI PERI CHICKEN LIVERS, 150G SAUTÉ POTATOES, 60g butternut **R100.00**

CARBS: 157.4 PROTEIN: 76.2 FATS: 15.8 CALORIES: 1029

FISH

MISU SALMON

200G SALMON BAKED WITH PONZU AND MISU, 60G BROCCOLI

150G JASMINE RICE

R250.00

CARBS:125

PROTEIN: 58.6

FATS: 30.8

CALORIES: 1039

SALMON TERIYAKI

200G SALMON, 60 G BROCCOLI, 150G JASMINE RICE

R250.00

CARBS: 124.3

PROTEIN: 58.8

FATS: 30.6

CALORIES: 1039

BUILD YOUR MEAL

CHICKEN

100g - R35.00

150g - R40.00

200g - R45.00

250g - R55.00

RUMP

100g -	R50.00
150g -	R70.00
200g -	R90.00
250g -	R110.00

MINCE

100g -	R30.00
150g -	R45.00
200g -	R60.00
250g -	R75.00

JASMINE RICE

100G -	R15.00
150G -	R22.00
200G -	R30.00
250G -	R37.00
300G -	R44.00

BASMATI RICE

R20.00
R30.00
R40.00
R50.00
R60.00

PASTA OR COUSCOUS

100G -	R20.00
150G -	R30.00
200G -	R40.00
250G -	R50.00
300G -	R60.00

ROAST BUTTERNUT OR ROAST PUMPKIN

50G -	R8.00
100G -	R16.00
150G -	R24.00
200G -	R32.00

STEAMED BROCCOLI OR ROASTED CAULIFLOWER

50G -	R20.00
100G -	R40.00
150G -	R60.00

MUSHROOM SAUTÉ

50G - R25.00

100G - R50.00

150G - R75.00

ROAST TOMATO OR ROAST PEPPERS

50G - R15

100G - R30.00

150G - R45.00

