

## Protein Treats

Homemade, macro-counted protein desserts for those who want to indulge in something sweet without sacrificing their fitness goals.



### PUMPKIN BROWNIE

Pea protein isolate, pumpkin, almond flour, raw cacao, coconut oil, walnuts, maple syrup, sea salt, stevia.

**P: 8 F: 32 C: 30 Cal: 409**

46 K

### FBF BANG PROTEIN BAR

Pea protein, rice cereal, peanut butter, monk fruit, dark chocolate, coconut oil.

**P: 13 F: 22 C: 20 Cal: 337**

46 K

### MACA AND CRANBERRY BAR

Pea protein, almonds, cashews, chia seeds, coconut flake, cranberries, maca, dates, Himalayan salt.

**P: 6 F: 10 C: 22 Cal: 188**

41 K

### LOW CARB PEANUT BUTTER CUP

Pea protein isolate, cacao butter, raw cacao, coconut oil, honey, peanut butter, Himalayan salt.

**P: 4 F: 20 C: 6 Cal: 218**

36 K

### LEMON PROTEIN COOKIE

Pea protein isolate, unsalted butter, cassava flour, coconut flakes, white chocolate, lemon zest, stevia.

**P: 11 F: 8 C: 32 Cal: 172**

36 K

### MACADAMIA COOKIE

Pea protein isolate, white chocolate, unsalted butter, rice flour, cassava flour, macadamia nuts, coconut oil, Himalayan salt.

**P: 11 F: 10 C: 27 Cal: 195**

36 K

### SUPERFOOD WHEY PROTEIN BAR

Whey protein isolate, raspberries, coconut flakes, coconut oil, chia seeds, peanut butter, dates, almonds, raw cacao, cashews.

**P: 22 F: 33 C: 49 Cal: 516**

65 K

### PISTACHIO CRUSH PROTEIN BAR

Pea protein isolate, pistachios, raw cacao, oat and coconut flour, peanut butter, coconut oil, dates.

**P: 20 F: 29 C: 33 Cal: 431**

65 K

### PROTEIN CARROT MUFFIN

Pea Protein Isolate, almond flour, oats, carrots, banana, apple sauce, walnuts.

**P: 11 F: 16 C: 35 Cal: 353**

47 K

### BROWNIE

Raw cacao, almonds, unsalted butter, coconut oil, cassava flour, dates, Himalayan salt.

**P: 4 F: 29 C: 29 Cal: 381**

51 K

### FERRERO ROCHER PROTEIN BALL

Pea protein isolate, raw cacao, coconut milk, hazelnuts, maple syrup, vanilla.

**P: 6 F: 22 C: 20 Cal: 256**

41 K

### BLUEBERRY PROTEIN CHEESECAKE

Greek yoghurt, cream cheese, egg, vanilla whey protein, blueberries, monk fruit.

**P: 10 F: 8 C: 13 Cal: 134**

56 K

### DARK CHOCOLATE TRUFFLE

Almond flour, cocoa powder, dates, coconut oil, vanilla extract, Himalayan salt.

**P: 3 F: 6 C: 7 Cal: 82**

47 K

## Fruit & Smoothie Bowls

105 K

### ACAI BOWL ★

100% acai blended with homemade unsweetened coconut milk, blueberries, banana, peanut butter, topped with turmeric granola, goji berries.

P: 8 F: 19 C: 59 Cal: 415

### BERRYLICIOUS

Raspberries, strawberries, bananas, steel-cut oats, homemade unsweetened cashew milk, topped with cashews and spirulina granola.

P: 8 F: 12 C: 61 Cal: 365

### PITAYA BOWL

Dragon fruit, pineapple, coconut milk, topped with natural granola, banana & almonds.

P: 4 F: 7 C: 45 Cal: 343

### TROPICAL

Pineapple, mango, banana, coconut yoghurt, homemade coconut milk topped with strawberries & natural granola.

P: 5 F: 11 C: 60 Cal: 415

### GENIUS ★

Banana, maca, cacao, almond and cashew butter, a pinch of Himalayan salt with homemade coconut milk, and Chaga mushroom topped with spirulina granola, cacao nibs, and raw almonds.

P: 5 F: 11 C: 46 Cal: 284

## Fitness fuels

Made fresh in-house daily, macro-counted with no added sugar or preservatives.

### PROTEIN APPLE PIE ★ OVERNIGHT OATS

Vanilla whey protein, greek yoghurt, homemade oat flour, ghee, apple, cinnamon, maple syrup.

P: 17 F: 10 C: 30 Cal: 249

### BODYBUILDER PROTEIN MUESLI

Greek yoghurt, steel-cut overnight oats, goji berries, coconut flakes, pumpkin seeds, apple, maple syrup, cinnamon.

P: 19 F: 9 C: 70 Cal: 400

### TIRAMISU OVERNIGHT ★ PROTEIN OATS

Vanilla whey protein, steel-cut oats, raw cacao, half espresso shot, unsweetened homemade almond milk, greek yoghurt.

P: 25 F: 6 C: 31 Cal: 310

### HIGH PROTEIN YOGHURT WITH GRANOLA & RASPBERRY

Vanilla whey protein, plain yoghurt, raspberry, walnuts, sunflower seeds, pumpkin seeds, coconut flakes, sesame seeds, chia seeds.

P: 19 F: 6 C: 25 Cal: 252

67 K

54 K

67 K

54 K

