



HEALTH FUEL
W A R U N G

CREATE
YOUR OWN
MENU



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CREATE YOUR OWN MEAL OR CHOOSE A READY-MADE ONE.

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CREATE YOUR PLATE

1 PICK YOUR PROTEIN

	Main	kcal	Pro	Carb	Fat	Price
100 gr	Chicken Breast - Sous Vide	165	31	0	3.6	30k
100 gr	Minced Beef	218	24	0	13	40k
100	Australian Tenderloin	138	20.9	0	6.1	45k
50 gr	Pastrami Ham	74	12	1	2.5	50k
100 gr	Yellow fin tuna fillet	107	26.5	0	0.1	40k
100 gr	Tasmania Salmon Fillet	208	21	0	13.8	90k
100 gr	White omelette/scrambled	52	11	0.7	0.2	30k
1 egg	Poached/Scrambled/Omelette	65	5.5	0.3	4.4	9k
100 gr	Tofu	76	8	1.9	4.8	15k
100 gr	Tempeh	193	19	9	11	15k

2 PICK YOUR VEGETABLE

	Main	kcal	Pro	Carb	Fat	Price
100 gr	Broccoli	34	2.8	7	0.4	15k
100 gr	Roasted Tomato	21	0.9	3.9	0.2	20k
100 gr	Carrot	41	0.9	9.6	0.2	15k
100 gr	Zucchini	21	2.7	3.1	0.4	15k
100 gr	Spinach	23	2.9	3.6	0.4	10k
150 gr	Pumpkin	39	1.5	8	0.1	20k
100 gr	Mushrooms	23	3.1	3.4	0.3	15k
100 gr	Cauliflower	25	1.9	5	0.3	15k
100 gr	Capsicum	27	1	6	0.2	20k

3 PICK YOUR CARBOHYDRATES

	Main	kcal	Pro	Carb	Fat	Price
150 gr	White Rice	175	3.7	39	0.3	10k
150 gr	Sweet Potato Steamed	135	3	31	0.2	15k
150 gr	Baby Potatos	143	3.5	25.5	3	20k
150 gr	Pasta	262	10.3	55.9	0.9	20k
100 gr	Sourdough Italian Bread	225.5	7.8	47	0.7	25k

4 PICK YOUR FAT

	Main	kcal	Pro	Carb	Fat	Price
50 gr	Avocado	78	0.7	3.7	6.7	15k
10 gr	Olive Oil	88	0	0	9.7	10k
10 gr	Coconut Oil	86	0	0	9.6	10k
5 gr	White Truffle Oil	44	0	0	5	10k
20 gr	Mozzarella	60	4.8	1.1	4	15k
50 gr	Ricotta Cheese	110	4	2	9	25k



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5 PICK YOUR SAUCES & EXTRA

	Main	kcal	Pro	Carb	Fat	Price
25 gr	Mayo Light	50	0.3	1.8	5	10k
25 gr	Ketchup	25	0.3	5.8	0	10k
25 gr	Teriyaki	25	1.3	4.7	0	10k
25 gr	Bbq	34	0.3	8	0	10k
25 gr	Cheddar Sauce	41	1.8	1.8	3	10k
20 gr	Peanut Butter	118	5	3.9	10	15k
50 gr	Banana	44	0.5	11.4	0.2	10k
50 gr	Mixed Berry	28	0.1	7	0.1	15k
20 gr	Blueberry Jam	60	0	14	0	10k
20 gr	Maple Syrup	52	0	13.4	0	15k
25 gr	Sambal	35.5	1	4.5	1.5	10k
5 gr	Fried Onion	13	0	1.5	0.7	10k
20 gr	Parmesan	80	6	0	6	15k
20 gr	Cashew Nuts	111	3.2	6.2	8.1	15k
20 gr	Almond	115	4.2	4.4	9.8	20k
10 gr	Mustard	7	0.4	0.5	0.4	20k
NEW! 30 gr	Homemade Pesto Sauce	96	3.3	0.7	9	30k
NEW! 50 gr	Homemade Ragù Sauce	150	10.1	1.2	10.5	30k



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CREATE YOUR PORRIDGE

1 PICK YOUR BASE

Main	kcal	Pro	Carb	Fat	Price
50 gr Oat	188	5	33	4	60k
50 gr Rice Flour	183	3	41	0.4	60k
100 gr Oat	375	10	66	8	75k
100 gr Rice Flour	366	6	82	0.8	75k

2 PICK YOUR MILK

Main	kcal	Pro	Carb	Fat	Price
200 ml Water (no milk)	0	0	0	0	incl.
100 ml Skim milk	30	3.5	5	0	10k
100 ml Whole milk	63	3.3	5	3.3	10k
100 ml Almond milk	14	0.5	0.5	1.1	10k

3 PICK YOUR PROTEIN

Main	kcal	Pro	Carb	Fat	Price
30 gr Protein Vanilla	104	20	4.1	0.9	incl.
30 gr Protein Dark Chocolate	104	20	4.1	0.9	incl.
30 gr Protein Cappuccino	104	20	4.1	0.9	incl.
30 gr Vegan	140	24	3	3	incl.

4 PICK YOUR SWEETNESS

Main	kcal	Pro	Carb	Fat	Price
0 ml No drop	0	0	0	0	incl.
2 ml 35 drop	0	0	0	0	incl.



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5 PICK YOUR TOPPING & EXTRA

	Main	kcal	Pro	Carb	Fat	Price
5 gr	Creatine	20	3	2	0	10k
20 gr	Peanut butter	118	5	3.9	10	15k
30 gr	Ricotta	66	2.4	2.4	5.4	15k
10 gr	Honey	32	0	8	0	10k
50 gr	Banana	44	0.5	11.4	0.2	10k
50 gr	Mixed berry	28	0.3	7	0.2	15k
50 gr	Strawberry	16	0.3	3.8	0.2	15k
50 gr	Apple	26	0.1	6.9	0.8	10k
20 gr	Maple syrup	52	0	13.4	0	15k
20 gr	Blueberry jam	60	0	14	0	15k
10 gr	Lean lab PB / Hazelnut / Chocolate	38	4.6	3	0.8	15k
10 gr	Lotus Biscoff Spread	58	0.3	5.7	3.8	15k
15 gr	Protein Cream Vanilla / Dark choc / Cappuccino	52	10	2	0.5	10k
30 gr	Protein Vanilla/Dark Choc/Cappuccino	104	20	4.1	0.9	20k
10 gr	Cocoa powder	45	2.5	4.5	1.7	15k
10 gr	White Chocolate	53.9	0.6	5.9	3.2	15k
10 gr	Speculoos biscuit	47	0.7	7	2	10k
10 gr	Oreo biscuit	44	0.6	7.1	1.4	10k
10 gr	Marie biscuit	46	0.8	6.6	1.8	10k
10 gr	Peanut	56	2.6	1.6	4.9	10k
10 gr	Granola	35	0.7	7.2	0.4	15k
10 gr	Caramel	30	0	4.5	3.5	15k
10 gr	Choco Crunchy	54	0.6	6.1	3	10k
10 gr	Nutella	54	0.6	5.8	3.2	15k
10 gr	Pistachio Spread	60	1	4	4.5	20k



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CREATE YOUR SHAKE

1 PICK YOUR PROTEIN

	Main	kcal	Pro	Carb	Fat	Price
30 gr	Vanilla	104	20	4.1	0.9	50k
30 gr	Dark Chocolate	104	20	4.1	0.9	50k
30 gr	Cappuccino	104	20	4.1	0.9	50k
30 gr	Vegan Protein	140	24	3	3	50k

2 PICK YOUR MILK

	Main	kcal	Pro	Carb	Fat	Price
100 ml	Water (No Milk)	0	0	0	0	incl.
100 ml	Skim Milk	30	3.5	5	0	incl.
100 ml	Whole Milk	63	3.5	5	3.3	incl.
100 ml	Almond Milk	14	0.5	0.5	1.1	incl.

2 PICK YOUR EXTRA

	Main	kcal	Pro	Carb	Fat	Price
5 gr	Creatine	20	3	2	0	10k
125 gr	Banana	111	1.3	28.5	0.6	15k
125 gr	Mixed Berry	71	0.9	17.5	0.3	20k
125 gr	Apple	65	0.4	17.5	0.3	15k
125 gr	Strawberry	40	0.8	9.6	0.38	20k
125 gr	Sweet Potato	108	1.9	25.1	0	15k
20 gr	Peanut Butter	118	5	3.9	10	15k
20 gr	Blueberry Jam	60	0	15	0	15k
20 gr	Maple Syrup	52	0	13.4	0	15k
10 gr	Cocoa Powder	45	2.5	4.5	1.7	15k
10 gr	Marie Biscuit	44	0.6	7.1	1.4	10k
10 gr	Oreo Biscuit	46	0.8	6.6	1.8	10k
10 gr	Speculoos biscuit	47	0.7	7	2	10k
10 gr	Lean lab PB / Hazelnut / Chocolate	38	4.6	3	0.8	15k
10 gr	Lotus Biscoff Spread	58	0.3	5.7	3.8	15k
15 gr	Protein Cream Vanilla / Dark choc / Cappuccino	52	10	2	0.5	10k
30 gr	Protein Vanilla/Dark Choc/Cappuccino	104	20	4.1	0.9	20k
30 gr	Vegan Protein	140	24	3	3	20k
10 gr	Caramel	30	0	4.5	3.5	15k
10 gr	Choco Crunchy	54	0.6	6.1	3	10k
10 gr	Honey	32	0	8	0	10k
10 gr	Nutella	54	0.6	5.8	3.2	15k





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ORGANIG OATS OVERNIGHT BISCOFFELLA



Lotus
Since 1932
Biscoff
nutella

349 KCAL 20 P 38 C 13 F Price 79K

Overnight oats with vanilla, chocolate protein, and speculoos spice.
Layered with Nutella, Lotus and classic biscuits, and topped with crunchy
Biscoff crumbs for a rich, satisfying treat.

MAC AND CHEESE



449 KCAL 25 P 50 C 17 F Price 119K

Pasta secret Mac and cheese sauce recipe with light cheese
and minced beef

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OUR PLATES



ANABOLIC FISH BURGER

Charcoal Black Bun, Roasted Tomato, Fried Onion, Lemon, Mayo Light

With Tuna 329 Kcal 35 P 27 C 9 F Price 110k

With Salmon 430 Kcal 29.5 P 27 C 22.8 F Price 165k



ANABOLIC BURGER

Charcoal Black Bun, Smashed Pumpkin, Mushrooms, Mozzarella, Truffle Oil, Fried Onion

With Chicken 336 Kcal 35 P 26 C 10 F Price 80k

With Beef Patty 389Kcal 28 P 26 C 19 F Price 95k



ITALIAN CHEESE STEAK

Ciabatta Bread, Mozzarella, Fried Onion,

With Australian Tenderloin 403 Kcal 38 P 32 C 13 F Price 110k



PASTRAMI SANDWICH

Toasted sourdough, mustard, melted mozzarella

With Pastrami Ham 458 Kcal 35 P 51 C 11 F Price 130k



FUEL CHICKEN CIABATTA

Ciabatta Bread with Caramelised Onions, Capsicums, Mozzarella

With Chicken Breast 470 KCAL 36 P 68 C 6 F Price 110k

NEW!

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OUR PLATES



AVOCADO FUEL TOAST

Sourdough, avocado, pepper and lime, salmon, poached egg
318 Kcal 20.3 P 25.7 C 14.9 F **Price 89k**



GYM BRO

White rice, chicken breast, zucchini, broccoli, olive oil
423 Kcal 37.4 P 43.6 C 11 F **Price 79k**



BULK BRUNCH

Sourdough, egg, parmesan, Australian tenderloin, pumpkin, olive oil
550 Kcal 40 P 54.3 C 19.3 F **Price 109k**



PASTA CHICKEN PESTO

Pasta, Homemade pesto, Chicken breast, Parmesan
459 Kcal 36 P 54 C 11 F **Price 119k**



ANABOLIC RAGÙ

Tagliatelle, Homemade Italian Ragù Sauce, Parmesan
511 Kcal 36 P 58 C 15 F **Price 119k**



BEEF FUEL RISOTTO

White Rice, Australian Minced Beef, Sautéed Capsicum, Grated Parmesan
498 Kcal 30 P 63 C 14 F **Price 109k**

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PORRIDGE / CREAM OF RICE



BLUEBERRY CHEESE CAKE

With Oat 490 Kcal 34 P 64 C 11 F Price 90k
With Rice Flour 484 Kcal 31 P 72 C 8 F Price 90k



HONEY STRAWBERRY

With Oat 420 Kcal 27 P 67 C 6 F Price 90k
With Rice Flour 415 Kcal 25 P 75 C 2 F Price 90k



APPLE CRUMBLE

With Oat 388 Kcal 27 P 52 C 8 F Price 90k
With Rice Flour 380 Kcal 25 P 61 C 4 F Price 90k



TIRAMISU

With Oat 369 Kcal 27 P 43 C 8 F Price 90k
With Rice Flour 361 Kcal 26 P 53 C 5 F Price 90k



KINDER BUENO

With Oat 458 Kcal 27 P 63 C 11 F Price 100k
With Rice Flour 450 Kcal 25 P 70 C 8 F Price 100k



SNICKERS

With Oat 400 Kcal 33 P 40 C 12 F Price 90k
With Rice Flour 392 Kcal 30 P 50 C 8 F Price 90k



MARS

With Oat 412 Kcal 30 P 50 C 11 F Price 100k
With Rice Flour 407 Kcal 28 P 58 C 7 F Price 100k



TWIX

With Oat 425 Kcal 30 P 51 C 12 F Price 100k
With Rice Flour 420 Kcal 28 P 59 C 8 F Price 100k



BISCOFF LOVER

With Oat 434 Kcal 27 P 50 C 15 F Price 100k
With Rice Flour 429 Kcal 25 P 58 C 11 F Price 100k

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PORRIDGE / CREAM OF RICE



COOKIES AND CREAM

With Oat 468 KCAL 29 P 54 C 15 F Price 100k
With Rice Flour 463 KCAL 27 P 62 C 11 F Price 100k



ANABOLIC PISTACCHIO

With Oat 461 KCAL 31 P 49 C 16 F Price 110k
With Rice Flour 456 KCAL 30 P 57 C 12 F Price 110k



BLACK BISCOFF

With Oat 473 KCAL 30 P 54 C 16 F Price 100k
With Rice Flour 468 KCAL 28 P 62 C 12 F Price 100k



ROCHER

With Oat 475 Kcal 32 P 77 C 14 F Price 100k
With Rice Flour 470 Kcal 30 P 65 C 10 F Price 100k



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SWEET SNACK



ANABOLIC P&B FRENCH TOAST
268 Kcal 17 P 33 C 7 F **Price 80k**



SALTED CARAMEL FRENCH TOAST
332 Kcal 18 P 37 C 12 F **Price 80k**



PROTEIN COOKIE DOUGH
294 Kcal 21 P 55 C 5 F **Price 65k**



I LOVE PANCAKE (PLAIN)
272 KCAL 27 P 32 C 4 F **Price 70k**

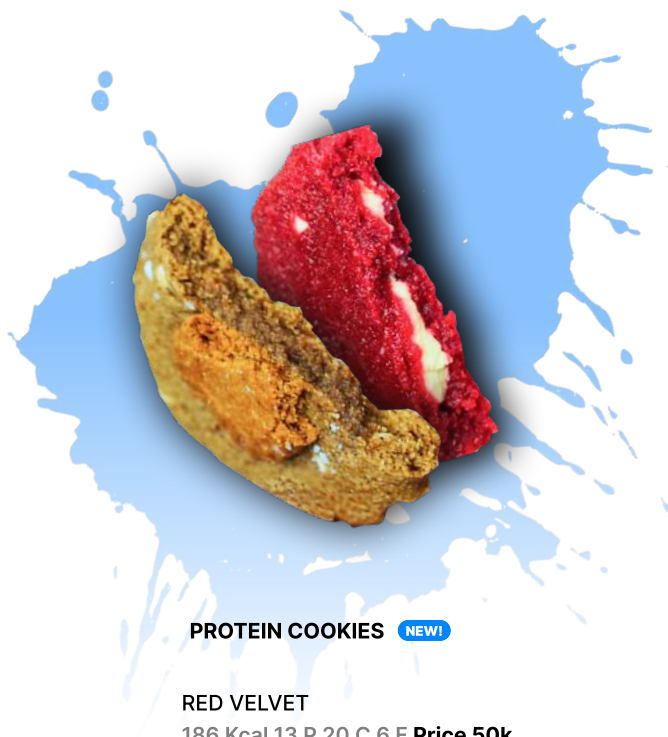
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Choose any from next page - "Pick your Topping & Extra"



ANABOLIC CHEESE CAKE (PLAIN)
289 KCAL 18 P 50 C 13 F **Price 65k**

Base
Marie or Oreo or Speculoos Biscuits

With
Choose any from next page - "Pick your Topping & Extra"



PROTEIN COOKIES **NEW!**

RED VELVET
186 Kcal 13 P 20 C 6 F **Price 50k**

LOTUS
241 Kcal 12 P 28 C 9 F **Price 60k**

All cookies with
Protein cream of your choice on top.
Calories, Macros and price included above.



FUEL BALLS
1x Ball 109 KCAL 5 P 9 C 6 F **Price 15k**
3x Balls 327 KCAL 15 P 27 C 18 F **Price 40k**

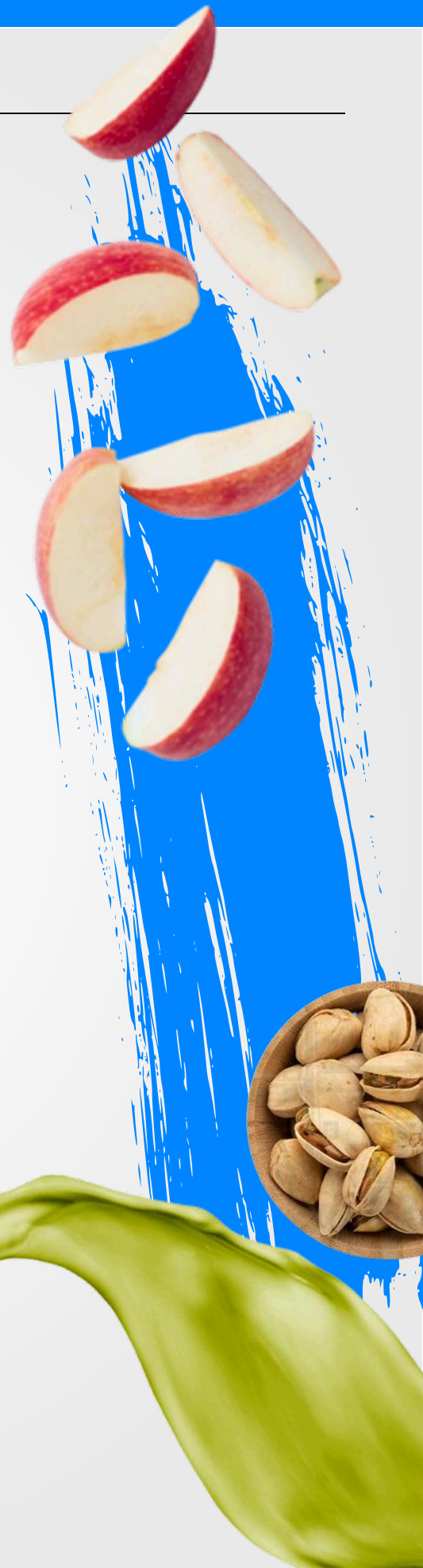
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PICK YOUR TOPPING & EXTRA

	Main	kcal	Pro	Carb	Fat	Price
5 gr	Creatine	20	3	2	0	10k
20 gr	Peanut butter	118	5	3.9	10	15k
30 gr	Ricotta	66	2.4	2.4	5.4	15k
10 gr	Honey	32	0	8	0	10k
50 gr	Banana	44	0.5	11.4	0.2	10k
50 gr	Mixed berry	28	0.3	7	0.2	15k
50 gr	Strawberry	16	0.3	3.8	0.2	15k
50 gr	Apple	26	0.1	6.9	0.8	10k
20 gr	Maple syrup	52	0	13.4	0	15k
20 gr	Blueberry jam	60	0	14	0	15k
10 gr	Lean lab PB / Hazelnut / Chocolate	38	4.6	3	0.8	15k
10 gr	Lotus Biscoff Spread	58	0.3	5.7	3.8	15k
15 gr	Protein Cream Vanilla / Dark choc / Cappuccino	52	10	2	0.5	10k
30 gr	Protein Vanilla/Dark Choc/Cappuccino	104	20	4.1	0.9	20k
10 gr	Cocoa powder	45	2.5	4.5	1.7	15k
10 gr	White Chocolate	53.9	0.6	5.9	3.2	15k
10 gr	Speculoos biscuit	47	0.7	7	2	10k
10 gr	Oreo biscuit	44	0.6	7.1	1.4	10k
10 gr	Marie biscuit	46	0.8	6.6	1.8	10k
10 gr	Peanut	56	2.6	1.6	4.9	10k
10 gr	Granola	35	0.7	7.2	0.4	15k
10 gr	Caramel	30	0	4.5	3.5	15k
10 gr	Choco Crunchy	54	0.6	6.1	3	10k
10 gr	Nutella	54	0.6	5.8	3.2	15k
10 gr	Pistacchio Spread	60	1	4	4.5	20k



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CAFFÈ

Main	Price
Espresso	25k
Double	35k
Americano	35k

DRINKS

Main	Price
Coke Zero	20k
Sprite Zero	20k
Water 600ml/1.5L	15k/20k
Hot Green Tea	20k
Hot Tea Vanilla	20k
Greanade Tea Bottle	20k
Sweetener Bottle 0 Kcal (30ml)	35k
Monster White Ultra	80k

PARTNERS PRODUCTS

Main	Price
Lean Lab 250gr PB / Hazelnut / Chocolate / Matcha Powder	85k

