



eatwise™

wholesome lifestyle • social people

Eat Well • Feel Good • Look Fabulous!

084 786 1533

www.eatwise.co.za

eatwise foods



Smoothies

FRUITY SMOOTHIES 350ml 500ml
R 34.90 R 44.90

INDOBERRY

Mixed berries, low fat frozen yogurt,

FLIPFLOP STRAWBERRY

Strawberries, low fat frozen yogurt

STRAWBERRY AND LEMON SWIRL

Strawberries, lemon juice, low fat frozen yogurt

PASSION FRUIT EXPLOSION

Pineapple, granadilla juice, low fat frozen yogurt

LEMINT

Lemon juice, mint leaves, low fat frozen yogurt,

MANGO BLAST

Mango, apple juice, low fat frozen yogurt

PROTEIN SMOOTHIES 350ml 500ml
R 49.90 R 59.90

FRUIT, OAT & WHEY

Pineapple, whey protein, oats, low fat frozen yogurt

PROTEIN MUESLI BERRY

Strawberries, apple, wheat free muesli & nuts, whey protein,

THE HULK

100% Peanut butter, whey protein, low fat frozen yogurt

SPECIALITY SMOOTHIES 350ml 500ml
R 39.90 R 49.90

ROCK'N ROOIBOS

Red espresso, apples, low fat frozen yogurt

MANGO, BANANA & COCONUT

Mango, pineapple, apple juice, coconut milk, low fat frozen yogurt

ALMONDS, BANANA & HONEY

Almonds, banana, honey, low fat frozen yogurt

ICED COFFEE

Espresso, low fat frozen yogurt, ice

PEANUT BUTTER RAZZMATAZZ

100% Peanut butter, low fat frozen yogurt, skim milk

EAT WISE SPECIALITY SHAKE 350ml 500ml
R 44.90 R 54.90

FROYO SHAKES

Low fat soft serve frozen yogurt and any of the following:

100% Strawberry, 100% Granadilla, 100% Mango,

Berries of the Forest

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ORDER ONLINE

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Coffee

all coffees available in decaf / skinny

	Regular	Tall
Espresso	R14.90	R19.90
Tea	R18.90	R22.90
Americano Coffee	R19.90	R24.90
Cappuccino	R24.90	R29.90
Caffè Latte	R24.90	R29.90
Red Cappuccino	R24.90	R29.90
Chai Tea Latte	R24.90	R29.90
ADD EXTRA ESPRESSO SHOT		R 9.90

Cold Beverages

	350ml	500ml
Freshly Squeezed Juice	R39.90	R49.90
Choice of any 3 blends: carrot, apple, pear, pineapple, orange, banana		
Add: Ginger	R 9.90	R14.90
Juice 100% Blends	R24.90	R34.90
Apple, cranberry, granadilla, mango		
strawberry		
Water		R 9.90
Still • Sparkling		
Freshly Made Iced Tea	R29.90	R39.90
Lemon, Peach, Berry		



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Salads

CHOICE OF HONEY MUSTARD OR BALSAMIC DRESSING ON SIDE

- Asian Vegetable Salad**   **R59.50**
Roast butternut, lentils, pea snaps, roasted cherry tomatoes, salad base, pepper dews, cucumber, carrots, cottage cheese & roasted flaked almonds. Topped with a coriander chilli lime dressing
- Smoked Salmon Salad** **R79.50**
Salad base, carrots, cucumber, pepper dews, cherry tomatoes, rocket (seasonal), cottage cheese, avo (seasonal), toasted sunflower seeds. Topped with a sun dried tomato salsa & sweet chilli sauce
- Prawn & Avocado Cocktail** **R79.50**
Grilled garlic prawns, avo (seasonal), salad base, cucumber, cottage cheese, cherry tomatoes, carrots, pepper dews, coriander & rocket. Topped with an olive chutney & pine nuts. Drizzled with honey mustard sauce
- Smoked Chicken Salad** **R69.50**
Salad base, cherry tomatoes, olives, green peppers, pepper dews, carrots, cucumber, smoked chicken slices, avo (seasonal), cottage cheese. Topped with honey mustard sauce
- Grilled Chicken Salad** **R69.50**
Salad base, carrots, cherry tomatoes, pepper dews, chives, cucumber, basil pesto mayo grilled chicken strips, mozzarella cheese. Topped with rocket
- Middle Eastern** served with a pita
- Hummus,**  **R59.50**
ADD Extra pita **R10.00**

Toasted Sandwiches

Rye Bread or Toasted Wrap
ADD Avo Slices - R 9.50



- Basil Pesto Chicken Mayo** **R49.50**
Grilled chicken strips, basil pesto mayo & mozzarella cheese
- Sweet Chilli Chicken** **R49.50**
Smoked Chicken Slices with pepper dews and cottage cheese
- Beef, Mustard and Tomato** **R49.50**
Cherry tomatoes, sliced beef cold meat, mozzarella cheese, english mustard & a drizzle of honey mustard sauce
- Cheese, Tomato & Avo**  **R49.50**
Cherry tomatoes, onion, mozzarella cheese, honey mustard sauce & fresh sliced avo

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Poultry

- Baked Basil Pesto Chicken** **R79.50**
Chicken breasts topped with basil pesto & mozzarella cheese, baked in the oven. Served with sweet potato wedges
- Coconut, Chilli Chicken**  **R79.50**
Chicken breasts with coconut milk & chilli lime coriander reduction. Served with egg fried basmati rice
- Chicken Teriyaki** **R79.50**
Grilled chicken strips in our secret teriyaki sauce with red onion, broccoli, bell pepper, Topped with spring onion and sesame seeds
- Sun Dried Tomato Chicken** **R79.50**
Sun dried tomato pesto chicken breasts topped with mozzarella cheese. Served with herb potato wedges
- Chicken al Forno** **R84.50**
Chicken breasts layered with thin slices of brinjal and napoletana, topped with mozzarella cheese and baked in the oven. Topped with an olive chutney. Served with green vegetables
- Chimichurri Chicken** **R79.50**
Chicken breasts topped with chimichurri sauce, served with a side salad
- Flame Grilled Chicken** **1/2 - R64.50 Full - R129.50**
Served with Grilled potato wedges or savoury rice

Meat

- Rosemary Fillet of Beef** **R 94.50**
Served with roast butternut & courgettes. Topped with a balsamic reduction sauce
- Beef Fillet and Mushroom Kebabs** **R 94.50**
With a honey lime yogurt marinade. Served with herb potato wedges
- Chilli Mint Beef Fillet**  **R 94.50**
Served with roasted vegetables & couscous
- Asian Beef Fillet** **R 94.50**
With a soy sauce and honey marinade. Served with stir-fry vegetables
- Oriental Beef Strips** **R 94.50**
Grilled beef fillet strips marinated in 100% peanut butter, honey & less sodium soy sauce. Topped with coriander and sesame seeds. Served with egg noodles
- Chimichurri Steak** **R 94.50**
Beef Fillet topped with chimichurri sauce, served with a side salad.
- The Patrão** **R 94.50**
lemony garlic steak with roasted cherry tomato & sauteed onion and mushroom, served with baked sweet-potato
- Moroccan Beef Fillet**  **R 94.50**
served with veggies

Seafood








- Sun Dried Tomato Line Fish** **R94.50**
Grilled line fish topped with sun dried tomato pesto & cottage cheese and baked. Served with a salad & fresh blanched asparagus (seasonal)
- Lime, Chilli and Coconut Line Fish**  **R94.50**
Grilled line fish with a coconut milk & chilli lime coriander reduction. Served with wedges of sweet potato & pea snaps
- Simply Grilled Line Fish** **R94.50**
Grilled line fish with lemon and garlic. Topped with a cucumber tzatziki. Served with potato wedges
- Chimichurri Fish** **R94.50**
Line Fish topped with chimichurri sauce, served with broc-cauli-rice

Vegetarian

- Tomato, Chilli & Lentil Soup**    **R 49.50**
Served with toasted rye herb bruschetta
- Aubergine al Forno**  **R 69.50**
Baked brinjal slices with mozzarella cheese in a tomato base, topped with an olive chutney. Served with couscous
- Francesco**   **R 69.50**
Garlic, sundried tomatoes, brinjal, roasted peppers, jalapeno, mushrooms, on penne pasta and topped with feta

Pasta

CHOICE OF: Whole Wheat Spaghetti, Whole Wheat Penne, Fettucini or Wheat Free Pasta (R10.00 extra)


- | | | | |
|---------|----------------|-------------|--|
| Chicken | R 69.50 | Vegetarian |  R 69.50 |
| Prawns | R 89.50 | Beef Fillet |  R 79.50 |
- ZESTY MEDITERRANEAN** 
Cherry tomatoes, spinach, chillies, olives, onion, garlic, mushrooms & napoletana. Topped with Parmesan cheese
- PESTO PASTA** 
Home made basil pesto, green peppers, onion, garlic & pine nuts. Topped with Parmesan cheese
- Chimichurri**  
An Argentinian herb based pasta
- Francesco**  
Pepperdew, garlic, sundried tomatoes, brinjal, roasted peppers, jalapeno, mushrooms, feta



Thai Noodles

Stir-fry vegetables, noodles, chillies, less sodium soy sauce & our secret spices. Topped with coriander


CHOICE OF: Egg Noodles OR Wheat Free Rice Noodles

- | | | | |
|-------------|--|--------|----------------|
| Chicken | R 59.50 | Prawns | R 79.50 |
| Beef Fillet | R 69.50 | | |
| Vegetarian |  R 59.50 | | |


Health Wraps

Whole wheat wrap with cherry tomatoes, pepper dews, carrots, green salad base, red cabbage, coriander, cottage cheese & sliced avo (seasonal)

ADD Extra Butternut to any wrap - R 5.50

- | | | | |
|-----------------|----------------|---|----------------|
| Grilled Chicken | R 59.50 | Butternut &  R 59.50 | |
| Prawns | R 79.50 | Roast Peppers | |
| Beef Fillet | R 69.50 | Smoked Chicken | R 59.50 |
| Smoked Salmon | R 79.50 | | |

Choose a dressing:

-  Sweet Chilli • Honey Mustard • Basil Pesto Mayo

Condiments

R 8.00

- Harissa 
Eatwise Signature Sauce 

 VEGETARIAN  VEGAN  SPICY/CHILLI

ALL MEALS ARE LOW FAT

ALLERGEN : FOOD MAY CONTAIN TRACES OF PEANUTS

PRICES SUBJECT TO CHANGE • E&OE • STRICTLY NO SUBSTITUTIONS
TERMS AND CONDITIONS APPLY