

# BREAKFAST

GF=Gluten . DF= Dairy free

*(350-400g) 50 EGP*

## **APPLE & RAISINS GRANOLA POT (GF)**

Dried Apple, Apple Juice, Raisins, Yoghurt,  
Oats, Honey, Cinnamon, Almond

## **APRICOT & ORANGE GRANOLA POT (GF)**

Dried Apricot, Almond, Yoghurt, Oats,  
Honey, Sunflower seeds, Orange Juice, Cinnamon

## **DARK CHOC & HAZELNUT GRANOLA POT (GF)**

Dark Chocolate Chips, Hazelnut, Yoghurt,  
Oats, Honey, Orange Juice, Cinnamon

## **COCONUT BIRCHER MUESLI (GF - DF - VEGAN)**

Coconut Milk, Oats, Dates, Almond, Cinnamon

*(40 EGP)*

## **TWO OATMEAL WAFFLES WITH HONEY (GF - DF)**

Almond Milk, Oats Flour, Egg, Vanilla, Honey



*(450g) 40LE*

## **LENTILS MIX (VEGAN-GF-DF)**

Lentil, Tomato, Tahini, Lemon Juice, Olive Oil,  
Coriander, Garlic

## **FUL MIX (VEGAN-GF-DF)**

Beans, Tomato, Tahini, Lemon Juice, Olive Oil,  
Coriander, Garlic



# WRAPS

*(55 EGP)*

## **LABNEH & ZAATAR WRAP**

Labneh, Lettuce, Tomatoes, Bell Peppers

*(55 EGP)*

## **CHICKEN AVOCADO WRAP**

Avocado, Feta Cheese, Pesto Sauce, Mixed leaves, Chicken

*(55 EGP)*

## **GRILLED VEGGIES & HALLOUMI WRAP**

Halloumi Cheese, Zucchini, Bell peppers, Tomatoes, Kalamata Olives, Pesto sauce

*(55 EGP)*

## **OVEN BAKED TURKEY WRAP (DF)**

Turkey, Lettuce, Mustard, Honey, Rocket leaves, Tomatoes

*(45 EGP)*

## **OVEN BAKED FALAFEL WRAP (DF-VEGAN)**

Falafel, Tahini, Tomatoes, Lettuce, Rocket leaves

*(55 EGP)*

## **CHICKEN CURRY WRAP (DF)**

Chicken, Lettuce, Mustard, Curry, Coconut Milk

*(55 EGP)*

## **AVOCADO WRAP (DF-VEGAN)**

Avocado, Mixed Seeds, Rocket, Tomato, Mustard, Lemon

*(55 EGP)*

## **MOZZARELLA TOMATO WRAP**

Mozzarella Cheese, Tomato, Pesto, Lettuce

*(55 EGP)*

## **CHICKEN SHAWERMA**

Chicken, Parsley, Tomato, Coriander, Onion, Tahini

# SALADS

(90 EGP)

## **VEGGIES & TAHINI SALAD WITH CHICKEN ( DF-GF)**

Quinoa, carrots, beetroot, cabbage, olives, lettuce, cucumber, tahini, chicken, Dressing

(95 EGP)

## **TURMERIC QUINOA & HAZELNUT SALAD WITH FETA (GF)**

Lentils, quinoa, apple, hazelnut, raisins, rocket, lettuce, feta cheese, dressing

\*additional pomegranate when in season\*

(90 EGP)

## **AVOCADO FATTOUSH (PALEO-DF-GF-VEGAN)**

Avocado, Cherry tomato, Cucumber, Radish, Lettuce, Batavia, Parsley

\*additional pomegranate when in season\*

(80 EGP)

## **GRILLED VEGGIES SALAD WITH HALLOUMI (VEGAN)**

Grilled Zucchini, Grilled Mushrooms, Grilled Carrots, Grilled YellowPeppers, Pine Nuts, Halloumi cheese

(80 EGP)

## **CAULIFLOWER RICE SALAD (DF-GF-VEGAN)**

Cauliflower, Peas, Carrot, Hazelnut, Almond, Courgette, Pumpkin Seed \*Pomegranate when in season

(80 EGP)

## **LENTIL & RAISINS SALAD (DF-GF-VEGAN)**

Carrots, Lentils, Raisins, Almonds, Parsley



(80 EGP)

**APPLE & WALNUT SALAD  
(DF – GF – VEGAN)**

Lentils, Green apple, Beetroot, Rocket, Cabbage,  
Lettuce, Walnuts, Cucumber, Dressing

(85 EGP)

**LENTIL & BEETROOT SALAD WITH FETA (GF)**

Beetroot, lentils, Quinoa, Rocket leaves, Feta Cheese,  
Dressing

(90 EGP)

**BROWN RICE & LENTIL SALAD WITH CHICKEN  
(DF-GF)**

Chicken, Lentils, Tomatoes, Brown Rice, Parsley

(95 EGP)

**COUSCOUS & PINES NUTS WITH CHICKEN (DF)**

Chickpeas, Carrots, Couscous, Red Pepper, Pine Nuts,  
Coriander

(120 EGP)

**RAW SLAW WITH SALMON (PALEO-GF)**

Salmon, Beetroot, red cabbage, green cabbage,  
carrots, almonds, coriander

(70 EGP)

**QUINOA TABBOULEH (DF-GF-VEGAN)**

Beetroot, Lentils, Quinoa, Rocket Leaves, Dressing

(90 EGP)

**QUINOA GREEK WITH FETA (GF)**

Quinoa, tomato, cucumber, kalamata olives, green  
pepper, dressing



# HOT MEALS

*(120 EGP)*

## **CHICKEN CURRY WITH COCONUT MILK (DF-GF)**

Chicken, Coconut Milk, Coconut Cream, Onion,  
Coconut Oil,  
Parsley, Garlic, Turmeric, Curry, Cumin, Brown Rice,  
Mixed Vegetables

*(180 EGP)*

## **VEAL STROGANOFF WITH MUSHROOMS**

Veal, Coconut Milk, Mushroom, Coconut Cream,  
Wholemeal Pasta

*(120 EGP)*

## **TURMERIC CHICKEN WITH OLIVES (DF-GF)**

Chicken, Carrot, Green Olives, Lemon, Brown Rice,  
Mixed Vegetables

*(100 EGP)*

## **LENTILS BOLOGNAISE (VEGAN)**

Lentil, Onion, Carrot, Celery, Olive oil, Garlic,  
Dried Basil, Cinnamon, Black Pepper, Tomato Sauce,  
Wholemeal Pasta

*(160 EGP)*

## **ROASTED TURKEY BREAST (DF-GF)**

Turkey, Carrot, Onion, Celery, Garlic, Brown Rice,  
Mixed Vegetables

*(200 EGP)*

## **SALMON WITH CREAMY SAUCE (DF-GF)**

Salmon, Coconut Milk, Olive oil, Coriander, Ginger,  
Brown Rice, Mixed Vegetables

*(160 EGP)*

## **COCONUT SHRIMP CURRY (DF-GF)**

Shrimps, Tomato, Coconut Milk, Coconut Cream,  
Onion, Turmeric, Curry, Ginger, lemon, Chili, Brown Rice,  
Mixed Vegetables

(120 EGP)

## **CHICKEN MEATBALLS WITH TOMATO SAUCE (GF)**

Chicken, Tomato Sauce, Onion, Egg, Parmesan Cheese, Garlic, Olive oil, Dried Basil, Chili, Brown Rice, Mixed Vegetables

(110 EGP)

## **QUINOA WITH ROASTED VEGETABLES (VEGAN-DF)**

Quinoa, Tomato, Zucchini, Mixed Bell Peppers, Onion, Carrot, Olive oil, Dried Oregano, Mustard Dijon, Garlic, Black Pepper



# **SOUPS**

**(All Vegan - GF - Paleo - DF)**

(500 ml) 50 EGP

### **TOMATO SOUP**

Onions, Celery, Tomato, Basil, Garlic

### **ROASTED PUMPKIN SOUP**

Pumpkin, Onions, Coconut milk, Clove, Carrots, Honey, Garlic

### **PEA & MINT SOUP**

Onions, Peas, Mint, Garlic

### **VEGETABLE LENTIL SOUP**

Yellow Lentil, Tomato, Zucchini, Carrot, Onion, Cumin, Garlic

### **CARROT & LIME SOUP**

Carrot, Onions, Celery, Lemon, Ginger

### **BROCCOLI & SPINACH SOUP**

Broccoli, Onion, Spinach, Celery, Lime, Dill, Coriander

### **ZUCCHINI & BASIL SOUP**

Zucchini, Onions, Basil

# WHERE TO FIND US

## **Vibes Zamalek**

1 El Adel Abu Baker - 01012168289  
Pick up location

## **UberEats Zamalek and Maadi**

### **El Market Maadi**

36 street 200 - 01203773115  
Pick up location

### **Sunny Market Zamalek**

11 Alazziz Othman street - 16848  
Pick up location & delivery

### **Sunny Market West Town Hub Sheikh Zayed**

SODIC Westtown hub- 16848  
Pick up location & delivery

### **La7 Gym New Giza Compound 6th of October**

New Giza Clubhouse - 01003669186  
Pick up location

### **Arkan Mall Sheikh Zayed**

Arkan Mall - 01066987256  
Pick up location & delivery inside Arkan  
Mall

### **Swan Lake New Cairo**

Swan Lake Clubhouse 1st District  
01015893163  
Pick up location



# WHAT ELSE DO WE OFFER ?

BodyBlocks offers packages and programs to assist in maintaining a healthy lifestyle. These include Lunch, Tailored packages and Nutrition Sessions.

For more information about these options and to view our full menu, please visit our website at [www.bodyblockseg.com](http://www.bodyblockseg.com)



**BODYBLOCKS**

HEALTHY TAILOR MADE MEALS DELIVERED TO YOU

Head office  
Swan Lake New Cairo Compound  
1st Settlement  
T: +2 012-221-62784

[www.bodyblockseg.com](http://www.bodyblockseg.com)

 [bodyblockseg](https://www.facebook.com/bodyblockseg)

 [Body\\_Blocks](https://www.instagram.com/Body_Blocks)



# RAW BARS

(All DF-GF)

(28 EGP)

## HEART SMART BAR

Dates, Honey, Almond butter, Almonds, Oats, Dried apricots, Sesame seeds

## SUNNY SEED

Dates, Honey, Almond butter, Almonds, Oats, Sunflower seeds, Dark plums

## RISE RAISINS

Dates, Honey, Almond butter, Almonds, Oats, Raisins

## COCO BLAST

Dates, Honey, Almond butter, Coconut, Oats, Chocolate chips, Chocolate powder



# ENERGY BOMBS

(ALL DF-GF-VEGAN-PALEO)

(20 EGP)

## WAKEY WAKEY BOMB

Dates, Cocoa powder, Coffee powder, Almond butter, Chocolate chips

## SWEET HAZEL BOMB

Dates, Cocoa powder, Almond butter, Hazelnut

## COCO FOR CHOCO

Dates, Cocoa powder, Almond butter, Sesame seeds

## ALMOND ALERT

Dates, Cocoa powder, Almond butter, Almonds, Coconut powder

## PLAY DATE BOMB

Dates, Almond butter, Raisins, Hazelnuts



# SMOOTHIES

(ALL DF-GF-VEGAN-PALEO)

*Small (250ml) 40 EGP*

## **TURMERIC GOLDEN MILK SMOOTHIE**

Almond Milk, Banana, Turmeric, Ginger, Cinnamon, Honey

## **APPLE & MINT SMOOTHIE**

Apple, Mint, Ginger, Avocado, Honey

## **BERRIES & FLAX SMOOTHIE**

Strawberries, Banana, Honey, Flax Seeds, Chia Seeds

## **BETROOT & AVO SMOOTHIE**

Beetroot, Avocado, Honey, Apple, Banana



## **CARROT & GINGER SMOOTHIE**

Carrot, Ginger, Mango, Honey

## **STRAWBERRY & KIWI SMOOTHIE**

Strawberry, Kiwi, Honey, Apple

## **PEANUT BUTTER & OATS SMOOTHIE**

Banana, Peanut Butter, Oats, Flax, Honey

