



BODYBLOCKS

HEALTHY TAILOR MADE MEALS DELIVERED TO YOU

GRANOLA POTS

(350-400g) 45 EGP

CINNAMON & RAISIN GRANOLA POT

Yoghurt, Rolled Oats, Cinnamon, Honey, Raisins, Almonds.

DARK CHOCOLATE GRANOLA POT

Yoghurt, Dark Chocolate Chips, Honey, Rolled Oats, Almonds

COCONUT MUESLI POT

Yoghurt, Almonds, Coconut Flakes, Rolled Oats, Raisins

DATE & ALMOND GRANOLA POT

Yoghurt, Rolled Oats, Dates, Honey, Cinnamon, Almonds



SALADS

Vegan 70 EGP

*Extra with Feta cheese or Eggs or Extra nut or halloumi
or Avocado 75 EGP*

*With Chicken 80 EGP | With Salmon 105 EGP
Family Upon Request*

CAULIFLOWER RICE SALAD

Cauliflower, Peas, Carrot, Hazelnut, Almond, Courgette, Pumpkin Seeds,
Dressing, Pomegranate in season

QUINOA GREEK SALAD

Quinoa, Cucumbers, Tomatoes, Pomegranate, Coriander, Almonds

CHICKPEA & ALMOND SALAD

Chickpeas, Cucumber, Rocket leaves, Apple,
Almonds, Dressing

AVOCADO & GREEN BEAN SALAD

Quinoa, Cherry Tomatoes, Avocado, Iceberg Lettuce, Rocket leaves,
Kalamata Olives, Coriander, Parsley, Green Beans, Dressing

APPLE & WALNUT SALAD

Green Apple, Lentils, Red Cabbage, Beetroot, Iceberg Lettuce,
Walnuts, Cucumber, Rocket, Dressing

VEGGIES & TAHINI SALAD

Quinoa, Carrots, Beetroot, Cabbage, Olives, Lettuce,
Cucumber, Tahini Dressing, Rocket

TURMERIC QUINOA & HAZELNUT SALAD

Lentils, Quinoa, Hazelnut, Raisins, Lettuce, Dressing
Rocket, Pomegranate (when in season)

AVOCADO & MIXED SEED SALAD

Avocado, Carrot, Cucumber, Rocket, Pumpkin Seeds,
Sunflower Seeds, Almonds, Dressing

QUINOA TABBOULEH SALAD

Coriander, Cucumber, Red Quinoa, Cherry tomatoes, Tomatoes,
Almonds, Dressing, Pomegranate (when in season)

BROWN RICE & LENTIL SALAD

Lentils, Tomatoes, Brown Rice, Parsley, Coriander, Dressing



AVOCADO FATTOUSH SALAD

Cucumber, Cherry Tomatoes, Batavia Lettuce, Cabucha Lettuce, Radish, Avocado, Parsley, Coriander, Dressing, Pomegranate (when in season)

LENTIL & BEETROOT SALAD

Beetroot, Lentils, Quinoa, Rocket Leaves, Dressing

RAW SLAW SALAD

Beetroot, Red Cabbage, Green Cabbage, Carrots, Almonds, Fresh Coriander, Dressing

APPLE & PECANS SALAD

Apple, Walnuts, Pecans, Lettuce, Iceberg, Raisins, Dressing

COUSCOUS & PINE NUTS SALAD

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

GREEK ZOODLES SALAD

Black Olives, Green Olives, Zucchini, Cherry Tomatoes, Basil, Walnuts

LENTIL & RAISINS SALAD

Carrots, Lentils, Raisins, Almonds, Parsley

GRILLED VEGGIES SALAD

Grilled Zucchini, Grilled Mushrooms, Grilled Carrots, Grilled Yellow Peppers, Pine Nuts

ZOODLES & AVOCADO PESTO SALAD

Zucchini, Avocado, Cherry Tomatoes, Pine Nuts, Pesto

SPIRAL VEGGIES & CASHEW SALAD

Carrots, Zucchini, Beetroot, Sweet Potato, Cashews, Sesame Seeds

GREEN BEANS & ALMONDS SALAD

Green Beans, Cherry Tomatoes, Cannellini Beans, Chickpeas



VEGAN PROTEIN

(450g) 50LE

CAN-FREE FUL MIX

Broad Can Free Beans, Tomato, Coriander, Olive Oil

CAN-FREE LENTIL MIX

Can Free Lentils, Tomato, Coriander, Olive Oil



SANDWICHES

Wholewheat 55 EGP

MOZARELLA & TOMATO

Tomato, Lettuce, Green Pesto, Mozzarella

CHICKEN AVOCADO

Chicken breast, Avocado, Mixed Leaves, Green Pesto, Feta

AVOCADO & EGG

Egg, Avocado, Labnah Mix, Rocket

AVOCADO & MIXED SEED

Avocado, Rocket, Mixed Seeds, Tomato, Mustard Mix

GRILLED HALLOUMI & VEGGIES SANDWICH

Halloumi Cheese, Zucchini, Bell peppers,
Tomatoes, Kalamata Olives, Balsamic Vinegar,
Rosemary, Oregano, Garlic, Pesto sauce

SPICY HUMMUS

Hummus Mix, Rocket

TUNA & OLIVE

Tuna, Green Olives, Yoghurt Mix, Rocket

COTTAGE CHEESE & FLAX

Cottage cheese, Olives, Olive oil, Flax seeds, Thyme

SMOKED SALMON & LABNEH

Smoked Salmon, Yoghurt, Lemon juice, Rocket, Labneh, Dill

85 EGP



WRAPS

55 EGP

GRILLED VEGGIES & HALLOUMI WRAP

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

LABNAH & ZAATAR WRAP

Labnah, Lettuce, Tomatoes, Bell Peppers

CHICKEN AVOCADO WRAP

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

OVEN-BAKED TURKEY WRAP

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

CHICKEN CURRY WRAP

Chicken, Lettuce, Mustard, Curry,
Coconut Milk

OVEN-BAKED FALAFEL WRAP

Falafel, Tahini, Tomatoes, Lettuce,
Rocket leaves

SMOOTHIES

Small (250ml) 35 EGP - Large (500ml) 55 EGP

MINTY AVOCADO SMOOTHIE

Water, Avocado, Spinach, Mint, Green Apple, Kiwi, Chia Seeds, Lime, Ginger, Honey

BERRIES & FLAX SMOOTHIE

Water, Banana, Strawberries, Honey, Flax Seeds, Chia Seeds

GREEN-T & KIWI SMOOTHIE

Green Tea, Water, Kiwi, Banana, Flax Seeds, Fresh Mint, Lime, Chia Seeds

TURMERIC GOLDEN MILK SMOOTHIE

Almond milk, Banana, Honey, Turmeric, Ginger, Cinnamon



MANGO CHIA SMOOTHIE

Mango, Lime Juice, Oat Flakes, Chia Seeds

PEANUT BUTTER & OATS SMOOTHIE

Banana, Peanut Butter, Oats, Flax , Honey

BETROOT & BERRIES SMOOTHIE

Beetroot, Orange, Strawberries, Honey, Basil

ORANGE & GINSENG SMOOTHIE

Ginseng, Orange, Carrot, Chia seeds, Honey

MELON & CHIA SMOOTHIE

Melon, Cucumber, Mint, Chia seeds, Honey

CARROT & GINGER SMOOTHIE

Carrots, Mango, Ginger, Honey

PINEAPPLE & AVO SMOOTHIE

Pineapple, Avocado, Honey

STRAWBERRY & KIWI SMOOTHIE

Strawberry, Kiwi, Honey, Apple

BETROOT & AVO SMOOTHIE

Beetroot, Avocado, Honey, Apple, Banana

APPLE & MINT SMOOTHIE

Ginger, Avocado, Honey, Apple, Mint

SOUPS

(500 ml) 50 EGP

CARROT & LIME SOUP

Carrots, Lime Juice, Celery, Fresh Ginger, Onion,
Coconut Oil, Mixed Seeds

BROCCOLI & SPINACH SOUP

Broccoli, Spinach, Celery, Dill, Coriander, Onion, Lime, Coconut Oil,
Mixed Seeds

ZUCCHINI & BASIL SOUP

Zucchini, Basil, Onion, Coconut Oil, Mixed Seeds

VEGETABLE LENTIL SOUP

Yellow Lentil, Carrot, Zucchini, Onion, Tomato, Coconut Oil
Mixed Seeds



THE MIX

PANCAKE MIX

Oats flour, Vanilla
100 EGP

DARK CHOC GRANOLA

Cinnamon, Dark Chocolate Chips, Honey, Rolled Oats
Almonds, Orange Juice
140 EGP

CINNAMON & RAISINS GRANOLA

Rolled Oats, Cinnamon, Honey, Raisins, Almonds, Orange Juice
120 EGP

ALMOND & DATE GRANOLA

Oats, Almonds , Dates, Honey, Cinnamon, Orange Juice
140 EGP

COCONUT MUESLI

Almonds, Cinnamon, Coconut Flakes, Rolled Oats, Raisins
120 EGP



In partnership with
ANGELICA 

TREATS

Small (60g) 35 EGP - Medium (240g) 140 EGP - Large (400g) 230 EGP

CLASSIC BOMB

Dates, Oats, Almonds

APRICOT, COCONUT & CHIA BOMB

Dried Apricots, Dried Coconut, Chia Seeds, Oats, Honey

ALMOND & OATS BOMB

Dates, Honey, Almonds, Oats, Dried Apricots

HAZELNUT & COCOA BOMB

Dates, Hazelnuts, Cocoa

TAHINI & SESAME NUT FREE BOMB

Dates, Pumpkin Seeds, Sunflower Seeds, Tahini, Oats,
Salt, Sesame

RAISINS & GINGER BOMB

Dates, Walnuts, Almonds, Raisin, Ginger

OATMEAL WAFFLES

Almond milk, Oat flour, Egg, Vanilla







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1st Settlement
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