



**BODYBLOCKS**

HEALTHY TAILOR MADE MEALS DELIVERED TO YOU

# NUT MILK

(250ml) 35 EGP - (500ml) 60 EGP

## ALMOND MILK

Almonds

# 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



In partnership with  
**ANGELICA** 

# SALADS

*Vegan 70 EGP*

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

*With Chicken 80 EGP | With Salmon 105 EGP*

*Family Upon Request*

## **CAULIFLOWER RICE SALAD**

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

## **QUINOA GREEK SALAD**

Quinoa, Tomato, Cucumber, Kalamata, Coriander, Green Pepper, Dressing

## **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, Quinoa, Cherry tomatoes, Tomatoes, Almonds, Dressing

## **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



## **VEGAN PROTEIN**

*(450g) 50LE*

### **CAN-FREE FUL MIX**

Broad Can Free Beans, Tomato, Coriander, Coconut Oil

### **CAN-FREE LENTIL MIX**

Can Free Lentils, Tomato, Coriander, Coconut Oil



# SANDWICHES

Wholewheat 55 EGP - Gluten Free 75 EGP  
*\*GF bread contains lentils*

## **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 VEGGIES**

Aubergine, Mixed Pepper, Tomato, Courgette, Kalmata, Marinade

## **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**

Wholewheat 85 EGP - Gluten Free 105 EGP

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

## **FAMILY SANDWICH BOX**

24 pcs 500 EGP

Mix of Egg , Tuna, Feta Mozzarella, Chicken

# 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



# 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

(450g)

## **DARK CHOC PANCAKES**

Oat Flour, Dark Choc, Vanilla  
140 EGP

## **BLUEBERRY PANCAKES**

Blueberries, Oat Flour, Vanilla  
120 EGP

## **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**

Rollled 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

## **OAT FLOUR | QUINOA FLOUR | BROWN RICE FLOUR**

100 EGP

120 EGP

100 EGP



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# 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



# BARS

*(70-100g) 25 EGP*

## **RAW BAR**

Oats, Honey, Peanut Butter, Coconut, Raisins

## **ROCKY ROADS BAR**

Chocolate Chips, Almonds, Dates, Oats, Cranberries, Coconut oil

## **BREAKFAST BAR**

Sunflowers, Dates, Almonds, Peanut Butter, Honey, Flaxseed, Coconut oil, Sesame Seeds, Raisins.

## **MIXED NUT PIE**

*(96g) 35 EGP*

Honey, Oats, Almond Milk, Coconut Oil, Almonds, Flaxseeds, Walnuts, Cashews.

# COOKIES

*(50 g) 25 EGP*

## **CHOCOLATE CHIP & ALMOND COOKIES**

Honey, Oats, Almond Butter, Chocolate Chops, Coconut Oil, Eggs, Vanilla

## **PEANUT BUTTER & RAISIN COOKIES**

Honey, Oats, Peanut Butter, Coconut Oil, Vanilla, Eggs





# MUFFINS

*(25g) 25 EGP*

## **VANILLA MUFFINS**

Oats , Honey ,Coconut oil, Yoghurt, Vanilla, Eggs

## **ORANGE MUFFINS**

Oats , Honey , Orange zest , Coconut oil,  
Yoghurt, Vanilla, Eggs

## **CHOCOLATE MUFFIN**

Oats , Honey, Cocoa powder , Coconut oil,  
Eggs, Vanilla, Yoghurt

# BROWNIES

*(76 g) 35 EGP*

## **BROWNIES**

Oats, Honey , Eggs , Chocolate chips , Coconut oil , Vanilla



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HEALTHY TAILOR MADE MEALS DELIVERED TO YOU

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