



BODYBLOCKS

HEALTHY TAILOR MADE MEALS DELIVERED TO YOU

In partnership with

ANGELICA





CEREAL

Small (95g) 35 EGP - Medium (220g) 80 EGP - Large (500g) 160 EGP

APRICOT & NUT MUESLI

Oats, Apricot, Almonds, Cashew, Coconut Flakes, Chia Seeds, Sunflower Seeds, Sesame Seeds, Flax Seeds, Cinnamon

PRUNE & NUT MUESLI

Oats, Prunes, Almonds, Cashew, Coconut Flakes, Chia Seeds, Sunflower Seeds, Sesame Seeds, Flax Seeds, Cinnamon

GRANOLA & NUTS

Oats, Almonds, Cashew, Pistacho, Chia Seeds, Sunflower Seeds, Sesame Seeds, Flax Seeds, Cinnamon, Honey, Orange Juice

QUINOA PORRIDGE

Almond Milk, Quinoa, Honey, Nuts and Raisins

OATMEAL PORRIDGE

Almond Milk, Oats, Honey, Nuts and Raisins

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



SALADS

Vegan 70 EGP

Extra with Feta cheese or Eggs or Extra nut 75 EGP

With Chicken 80 EGP | With Salmon 100 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

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

COCOA & BEE POLLEN SMOOTHIE

Almond Milk, Banana, Avocado, Cocoa Powder,
Dates, Pollen, Honey

MANGO CHIA SMOOTHIE

Mango, Almond Milk, Lime Juice, Oat Flakes, Chia Seeds

PEANUT BUTTER & OATS SMOOTHIE

Banana, Peanut Butter, Oats, Flax Seed

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



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

MIXED NUT BAR

Ingredients: Honey, Oats, Almond Milk, Coconut Oil, Almonds, Flaxseeds, Vanilla, Oat Flour, Walnuts, Cashews

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.

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






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