KETO

CHICKEN TACOS (197,5KCAL) **95**
Grilled chicken, jalapeños, cherry tomatoes, avo, and a drizzle of yoghurt.

SPINACH & CREAM CHEESE STUFFED CHICKEN (241KCAL) **95**
Grilled chicken breast stuffed with a creamy spinach and cream cheese filling.

TUNA CAKES AND AVO SALSA (229KCAL) **95**
Mixture of tuna, spices, and fresh herbs, grilled and served with fresh avo and tomato salsa.

PEPPER STEAK AND GREEN BEANS (370KCAL) **95**
Grilled steak with a creamy pepper sauce and stir-fried green beans.

KETO BOWL (431KCAL) **95**
Grated cheese, tomato salsa, cauliflower rice, avocado, grilled chicken, and a spicy yoghurt dressing.

KETO CHOWMEIN (223KCAL) **95**
Chicken/steak with fresh grilled veggies and zucchini noodles.

SMOOTHIE

COOKIE BOMB (490KCAL) **70**
FitDeli cookies-and-cream whey powder, frozen dates and bananas, sugar-free nut butter, cocoa powder, and full-cream yoghurt.

THE COFFEE BEAN (378KCAL) **70**
Full-cream yoghurt, frozen banana, almond butter, FitDeli chocolate whey, and cocoa powder.

SALTED CARAMEL (382KCAL) **70**
FitDeli vanilla whey, cinnamon powder, sugar-free peanut butter, frozen banana, and full-cream yoghurt.

GREEN SMOOTHIE (229KCAL) **70**
A light and creamy smoothie with an almond butter and spinach base including superfood toppings

PEANUT BUTTER SMOOTHIE (540KCAL) **70**
The all-time favourite combo of peanut butter and banana.

BLUEBERRY SMOOTHIE (219KCAL)(NEW) **70**
Frozen banana, frozen blueberries, flax seeds, almond milk , almond butter, frozen yoghurt topped with granola and 6 blueberries

PINEAPPLE SMOOTHIE (219KCAL)(NEW) **70**
Frozen pineapple frozen banana, avocado, spinach, almond milk, drizzle of honey topped with flax seeds

HOT DRINKS

ESPRESSO	25	FIVE ROSES	25
AMERICANO	30	ROOIBOS	25
FLAT WHITE	40	GREEN TEA	30
CAPPUCCINO	35	GINGER TEA	30
CAFÉ LATTE	30	CINNAMON TEA	30
CORTADO	30	LEMON GRASS TEA	30
HOT CHOCOLATE	35		

PREMIX
GET IT FROM
R80

CONTACT US

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5 Jack Martens Dr, Dawncliffe, Westville,
Shop CL19, The Pavillion Shopping Centre, 3611

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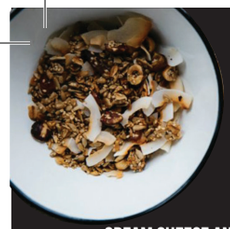
WHATS ON THE MENU?



BREAKFAST

CREAM CHEESE AND SALMON TOAST (270KCAL PER SLICE) 80
2 slices of our in house health bread, topped with a cream cheese spread, smoked salmon, and red onion rings.

MUSCLE FACTORY (807KCAL) 104
3 scrambled eggs, smoked salmon, avocado, braised mushrooms, cherry tomatoes, and 2 slices of our in house health bread.

PROTEIN GRANOLA BREKKY BOWL (545KCAL) 75
A crunchy and chewy whole-grain breakfast: Almond butter protein granola bowl served with a creamy plain yoghurt.

SPICY AVO ON TOAST (306KCAL) 69
2 slices of our in house health bread, topped with a spicy avo spread, mixed seeds, and cherry tomatoes.

OPEN EGG SANDWICH (428,5KCAL) 64
Cream cheese and jalapeño spread, sliced avo, and boiled egg. Seasoned with salt and pepper.

BREAKFAST FOLDOVER (348KCAL)(NEW) 80
Filled with spicy scrambled egg, mushrooms, cocktail tomatoes and spinach

MAIN MEALS

MASALA STEAK AND BUTTERNUT (199KCAL) 95
Grilled steak with a drizzle of masala sauce, served with steamed butternut.

MOROCCAN CHICKEN & MUSHROOMS (193KCAL) 85
Grilled chicken fillet drizzled with a Moroccan sauce, served with braised mushrooms.

LEMON & HERB CHICKEN WITH EDAMAME BEANS AND A GREEK DIP (411KCAL) 90
Simple light & juicy grilled lemon flavoured chicken breast layered over a bed of Edemame beans and served with a greek yoghurt dip

THAI GREEN CURRY AND RICE (405KCAL) 75
Authentic Thai curry: tender chicken simmered in a green curry sauce. Made with green chillies, ginger, lemongrass, and coconut milk, served with basmati rice and a variety of vegetables.

LEMON HAKE AND CHICKPEAS (181KCAL) 85
Oven-grilled, lemon-and-herb-flavoured hake served with braised chickpeas.

CAJUN HAKE AND BUTTERNUT (210KCAL) 85
Oven-grilled, cajun spice-flavoured hake served with grilled butternut

GRILLED KINGKLIP AND SPICY RICE (304KCAL)(NEW) 120
Chillie flavoured kingklip served with a spicy rice

HEALTHY CAJUN CHICKEN BURGER (529KCAL)(NEW) 85
Cajun grilled chicken topped with choleslaw in a wholewheat bun.

VEG BURGER (NEW) 85
Pure veg patty(Lentils , chickpeas and mixed beans) on a bed of lettuce , sliced tomato red onion in a wholewheat bun

FIT DELI SIGNATURE BURGER (589KCAL) 85
Whole wheat burger bun, slow cooked lean beef patty with added flavor. Served with a portion of grilled sweet potatoes (100g)

OPEN CHICKEN SANDWICH (352KCAL) 80
Hummus spread, succulent chicken strips and jelepeno slices, topped with cocktail tomatoes and grilled haloumi

BEEF CHOWMEIN (343KCAL) 90
Chicken/Beef strips with julienned veggies, noodles and an Asian twist.

CHICKEN CHOWMEIN (404KCAL) 110
Chicken/Beef strips with julienned veggies, noodles and an Asian twist.

CHICKEN WRAP (561KCAL) (GLUTEN FREE WRAPS AVAILABLE) 80
Layered with lettuce, cucumbers, peppers, avocado and grilled chicken served with a tangy dressing

BEEF WRAP (473KCAL) (GLUTEN FREE WRAPS AVAILABLE) 85
Layered with lettuce, cucumber, peppers, avocado, and grilled steak, served with a tangy dressing.

CHICKEN AND MAYO SANDWICH (408KCAL) 60
TUNA AND MAYO SANDWICH (289KCAL) 60
VEGETARIAN SANDWICH (268KCAL) 60

BUTTER CHICKEN BOWL (520KCAL) 90
A healthy butter chicken with braised mushrooms, julienned carrots, baby spinach, brown rice and quinoa, roasted cashews, and purple cabbage.

THAI CHICKEN SALAD (295KCAL) 85
A bowl of julienned veggies with spicy chicken strips, topped with sesame seeds and Asian noodles.

MESSY MEXICAN SALAD (361 KCAL)(NEW) 95
Mixed beans, avocado, cocktail tomatoes, corn and crushed nachos all tossed together with Mexican chicken strips

STEAK BOWL (473KCAL) 95
Grilled steak, steamed broccoli, and brown rice with quinoa, served with a sprinkle of chilli flakes and a spicy dressing.

BURRITO BOWL (543 KCAL) 90
A deconstructed taco with all of your favourite filling ingredients, mince bolognaise, cheese, shredded lettuce, corn, chopped avocado, cocktail tomatoes, sliced red onion and crushed nachos.

GREEK BOWL (380 KCAL)(NEW) 85
Flavourful and juicy Greek chicken kebabs with hummus, cous cous, tomato chutney and a fresh salad

BUDDHA BOWL (385 KCAL)(NEW) 135
Avocado slices, edemame beans , cucumber and salmon ribbons, a super nutritious and well balanced bowl with a soya dressing

TANDOORI BOWL (385 KCAL)(NEW) 85
An Indian rice bowl topped with delicious tender tandoori chicken cubes a spicy yoghurt dressing ,basmati rice and a cucumber salad

VEGETARIAN

WRAP (SOYA) (305KCAL) (GLUTEN FREE WRAPS AVAILABLE) 70
Layered with Asian-style stir-fried veggies and soya strips.

HALOUMI WRAP (534KCAL) (GLUTEN FREE WRAPS AVAILABLE) 80
Layered with lettuce, cucumber, peppers, avocado, grilled haloumi and a tangy dressing

OPEN BRINJAL SANDWICH (218,5KCAL) 65
A tomato chutney spread, layered on our health bread along with spinach leaves, chargrilled brinjal, and feta crumbs.

BUTTERNUT BOWL (304KCAL) 85
Grilled butternut, cocktail tomatoes, shredded lettuce, red onions, spiced chickpeas, feta cubes, and a salad dressing with assorted seeds.

VEG CHOW MEIN (385KCAL) 90
Soya strips with julienned veggies, noodles, and an Asian twist.

CHICKPEA STIRFRY (195KCAL) 80
High protein and gluten free stirfried chickpeas with an abundance of veggies, the perfect comforting yet healthy dish

VEGETARIAN CHILLI BOWL (584KCAL) 80
Slow cooked hearty bowl of Mixed beans & veggies packed with flavor & comfort , meat & gluten free served with nacho chips

LENTIL PIE (210KCAL)(NEW) 70
Tender lentils simmered in a rich savory broth topped with creamy mashed potatoes

SPINACH AND MUSHROOM PASTA (338KCAL)(NEW) 65
Spinach and mushroom pasta flavorful vegetarian pasta

ROASTED VEG WITH HALOUMI ABD COUS COUS (185KCAL)(NEW) 75