

Choose either **CUSTOMIZE YOUR BOX** or **NO FUSS SET**

Need Carrier

1. CUSTOMIZE YOUR BOX

	Protein	Base	Supplements	Dressing	
<input type="checkbox"/> Petite	● ○	●	● ● ●	●	\$ 9.90
<input type="checkbox"/> Regular	● ○	●	● ● ●	●	\$10.90
<input type="checkbox"/> Hulk	● ●	●	● ● ●	●	\$13.90

● one serving portion






proteins

-  miso-glazed tofu *less \$1*
- slow-cooked chicken breast
- roasted chicken thigh
-  picanha steak (new zealand) +\$3.5
- seabream (mediterranean) +\$3
- cold-water shrimps (norway) +\$3

complex carbs (\$2 per add-on serving)

- healthy brown rice
- cous cous
- romaine lettuce
- roasted potatoes
-  japanese soba noodles
- baby spinach +\$1

supplements (\$1 per add-on serving)

- | | | |
|--|---|---|
| <input type="checkbox"/> corn kernels | <input type="checkbox"/> pumpkin | <input type="checkbox"/> sous vide egg |
| <input type="checkbox"/> edamame | <input type="checkbox"/> zucchini | <input type="checkbox"/> kimchi |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> cherry tomato | <input type="checkbox"/>  roasted chickpeas |
| <input type="checkbox"/> egg white | <input type="checkbox"/>  glazed carrots | <input type="checkbox"/>  superseeds |
| <input type="checkbox"/> pickled turnips | <input type="checkbox"/> roasted cabbage w chilli | <input type="checkbox"/>  almond |
| <input type="checkbox"/> pickled beetroot | <input type="checkbox"/> confit onion | <input type="checkbox"/>  feta cheese +\$0.5 |
| <input type="checkbox"/> curried cauliflower | <input type="checkbox"/> marinated mushroom +\$0.5 | <input type="checkbox"/> guacamole +\$1 |

house-made dressings (\$0.5 per add-on serving)

- | | | |
|---|--|--|
| <input type="checkbox"/> balsamic vinaigrette | <input type="checkbox"/>  honey soy | <input type="checkbox"/>  ponzu (citrus dashi) |
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/>  romesco sauce | <input type="checkbox"/>   spinach pesto |

 contains gluten  contains dairy  contains nuts

2. NO FUSS SET

<input type="checkbox"/> steak	Potatoes, roasted cabbage, corn, confit onion	14.40
<input type="checkbox"/> chicken	Cous cous, sous-vide egg, broccoli, marinated mushroom	11.40
<input type="checkbox"/> fish	Brown rice, edamame, pickled turnips, kimchi	13.90
<input type="checkbox"/> vegetarian	Miso-glazed tofu, romaine, pumpkin, tomatoes, superseeds	9.90

