

# CAFE MENU

MISIAOULI & KAVAZOGLU 41, LIMASSOL  
ARCH. MAKARIOS III AVENUE, MESA GEITONIA







• LOW CALORIE • HOMEMADE • LOW SUGAR • HIGH PROTEIN



## GET IN TOUCH



-  25 311864 / 25 311085
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-  [dietsync\\_healthy\\_project](#)
-  [Healthy Project By Dietsync](#)

# DIETSYNC MENU

## HEALTHY PROJECT

### PANCAKES & FRENCH TOAST SWEET OPTIONS



#### SWEET PROTEIN PANCAKES

€ 8.20

**Options:** Biscoff, Berries, Peanut Butter, Pistachio, Oreo, Bueno

#### BERRIES FRENCH TOAST

€ 5.50

French Toast topped with protein vanilla yoghurt, berries & maple syrup

#### PEANUT BUTTER BANANA TOAST

€ 4.90

French toast with banana, peanut butter & maple

### PANCAKES & FRENCH TOAST SAVOURY OPTIONS



#### SAVOURY PANCAKES

€ 8.20

Cottage Cheese with Turkey & Maple Syrup

#### SAVOURY FRENCH TOAST

€ 6.90

French toast with arugula, cream cheese, cottage & Mozzarella Cheese, Scrambled eggs

#### SALMON FRENCH TOAST

€ 7.50

French toast with arugula, avocado cucumber and smoked salmon

#### SAVOURY ROLLS

**Options:** Pizza Rolls

€ 3.20

**Options:** Cheese Pie Roll, Olive Pie Roll

€ 2.90

### HEALTHY POTS



#### OVERNIGHT OATS

€ 4.40

**Options:** Chocolate, Biscoff, Banana Cinnamon

**Options:** Tiramisu, Lemon Cheesecake, Bounty.

#### PEANUT BUTTER GRANOLA YOGHURT

€ 4.40

#### PROTEIN YOGHURTS

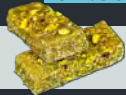
**Options:** Strawberry Oreo, Banana, Caramel, Chocolate.

€ 4.90

**Options:** Pistachio

€ 5.20

### HIGH PROTEIN TREATS



#### PROTEIN BALLS

€ 2.00

**Options:** Coconut, Biscoff, Strawberry, Pistachio, Chocolate

#### PROTEIN BARS

€ 3.20

**Options:** Pistachio, Coconut, Biscoff

#### PREMIUM PROTEIN BARS

€ 3.50

**Options:** Chocolate Doukissa

#### DUBAI PROTEIN BARS

€ 4.20

**Options:** Pistachio, Biscoff, Strawberry

### PROTEIN PACKED BAKED GOODS



#### BANANA BREAD (per slice)

€ 2.70

**Options:** Oreo, Biscoff, Strawberry, Blueberry Lemon

#### PROTEIN CHEESECAKE

€ 4.90

**Options:** Berries, Banana Chocolate, Caramel

#### CHOCOLATE PROTEIN MUFFINS

€ 3.20

#### CHEESE PROTEIN BROWNIES

€ 2.80

### OATMEAL PORRIDGE



#### PEANUT BUTTER & BERRIES

€ 5.90

Oats, Soya Milk, Maple syrup, Peanut Butter, Berries, Walnuts

#### BANANA CHOCOLATE

€ 5.90

Oats, Soya Milk, Maple syrup, Peanut Butter, Bananas, Dark Chocolate.

#### CHOCOLATE COCONUT

€ 5.90

Oats, Soya Milk, Cocoa, Peanut Butter, Hazelnuts, Coconut.

## LOCATIONS

📍 MISIAOULI & KAVAZOGLOU 41, LIMASSOL

☎ 25 311864 / 96097102

📍 ARCH. MAKARIOS III AVENUE, MESA GEITONIA

☎ 25 311085 / 99170878



## BRUNCH CLASSICS

### THE RISE & SHINE BAGEL

€ 6.90

Smoked Salmon, Tomato, Cream Cheese & Arugula

### THE EVERYTHING BUT THE BAGEL

€ 6.70

Cream Cheese, Cottage Cheese, Avocado, Arugula, Scrambled Eggs

### THE TRIPLE CHEESE BAGEL

€ 6.50

Cream Cheese, Halloumi Cheese, Cottage Cheese, Honey, Arugula

### THE TURKEY TANGO BAGEL

€ 6.70

Light Cream Cheese, Turkey, Scrambled eggs, Cherry Tomatoes, Arugula

### McBAGEL

€ 6.50

Bagel, Chicken Breast, Turkey, Sweetcorn, Cherry Tomatoes, Iceberg, Caesar Sauce

### GREEN GODDESS SANDWICH

€ 5.90

Brown Slice, Avocado, Boiled Egg, Arugula, Cucumber, Iceberg

## SUPERFOOD SALADS



### CHICKEN CAESAR WITH A TWIST

€ 7.90

Iceberg, Turkey, Chicken Fillet, Corn, Cherry Tomatoes, Cottage Cheese, Caesar Sauce

### TUNA POWER BOWL

€ 7.90

Tuna, Quinoa, Red Peppers, Iceberg, Corn, Avocado, Vinaigrette Sauce

### SALMON & BEANS POWERHOUSE

€ 8.50

Smoked Salmon, Quinoa, Red Peppers, Iceberg, Corn, Edamame Beans, Vinaigrette Sauce

### BLACK EYED PEAS

€ 6.00

Black Eyed Beans with Cucumber, Cherry Tomatoes, Red Peppers, and Onion  
With tuna or chicken (+€ 1.90)

### QUINOA SHRIMP SALAD

€ 7.90

Quinoa salad with Shrimps, Cherry Tomatoes, Cucumbers, & Avocado, Citrus Mango Sauce.

### THE SUNNY START CROISSANT

€ 6.50

Croissant filled with scrambled eggs, mashed avocado, gouda cheese and lettuce

### THE TURKEY CROISSANT

€ 5.90

Croissant filled with cream cheese, turkey, & mozzarella cheese

### THE SMOKED STACKER BLOOMER

€ 6.50

Sourdough bread layered with cream cheese, smoked turkey, arugula and gouda cheese

### PROTEIN PACKED OMELETTE

€ 6.50

Omelette with turkey, cottage cheese & mozzarella cheese

With Avocado (+€ 1.00) / Extra Cottage (+€ 0.70)

### DOUBLE CREAMY COTTAGE SCRAMBLE

€ 7.50

Sourdough bread with turkey, cottage cheese, mozzarella cheese & scrambled eggs

With Avocado (+€ 1.00) / Extra Cottage (+€ 0.70)



## WRAP & SANDWICHES

### CHICKEN CAESAR WRAP

€ 5.90

Chicken, Turkey, Corn, Tomato, Iceberg, Tortilla, Caesar Sauce

### CHICKEN CURRY WRAP

€ 5.90

Chicken, Corn, Tomato, Iceberg, Tortilla, Curry Sauce

### TUNA WRAP

€ 5.90

Tortilla Wrap, Tuna, Sweetcorn, Beetroot, Avocado, Cherry Tomatoes, Iceberg, Yoghurt Sauce

### SHRIMP WRAP

€ 5.90

Tortilla, Shrimp, Cucumber, Tomato, Iceberg, Avocado, Onions, Peppers

### PESTO HALLOUMI SANDWICH

€ 5.90

Multiseed Bread, Halloumi, Pesto, Honey, Arugula

### CHICKEN AVOCADO SANDWICH

€ 5.90

Multiseed Bread, Caesar Sauce, Gouda Cheese, Chicken, Avocado

### SALMON AVOCADO SANDWICH

€ 7.50

Multiseed Bread, Smoked Salmon, Avocado, Arugula

SCAN / CLICK  
FOR OUR PLATTER MENU



SCAN / CLICK  
FOR OUR ANALYTICAL MENU



# DIETSYNC MENU

HEALTHY PROJECT



## ICED COFFEES



<b>FREDO ESPRESSO</b>	€ 2.80
<b>FREDO CAPPUCCINO</b>	€ 3.00
<b>PROTEIN FREDO ESPRESSO</b>	€ 4.50
<b>ICED LATTE</b>	€ 3.20
<b>ICED FLAT WHITE</b>	€ 3.20
<b>ICED AMERICANO</b>	€ 2.80

## HOT COFFEES



<b>ESPRESSO</b>	€ 2.00
<b>DOUBLE ESPRESSO</b>	€ 2.40
<b>CAPPUCCINO</b>	€ 3.20
<b>LATTE</b>	€ 3.20
<b>FLAT WHITE</b>	€ 3.20
<b>AMERICANO</b>	€ 2.40

## PROTEIN SHAKES



<b>BANANA SHAKE</b>	€ 5.20
Banana, Banana Whey Protein, Coconut Milk	
<b>CHOCO SHAKE</b>	€ 5.20
Peanut Butter, Chocolate Whey Protein, Oat Milk	
<b>BOUNTY SHAKE</b>	€ 5.20
Coconut Flakes, Chocolate Coconut Whey Protein, Oat Milk	
<b>CARAMEL SHAKE</b>	€ 5.20
Biscoff Spread, Caramel Whey Protein, Milk	
<b>STRAWBERRY SHAKE</b>	€ 5.20
Strawberries, Strawberry Whey Protein, Milk	

Add on option: Extra Protein Scoop (+€1.00)

## DRINKS

<b>STILL WATER</b>	€ 1.00
<b>COCA COLA ZERO 0.33L</b>	€ 1.80
<b>SCHWEPPE LEMONADE 0% 0.33L</b>	€ 2.00
<b>PERRIER SPARKLING WATER 0.33L</b>	€ 2.50

## SMOOTHIES & JUICES



<b>ORANGE FRESH JUICE</b>	€ 3.50
<b>MIX FRESH JUICE</b>	€ 3.50
Orange, Carrots, Red Apples	
<b>POWER UP JUICE</b>	€ 4.50
Turmeric, Carrots, Red Apples	
<b>RED ME UP JUICE</b>	€ 4.50
Red Apple, Strawberries, Beetroot, Pineapple	
<b>BERRIES SMOOTHIE</b>	€ 4.90
Mix Berries, Banana, Red Apple	
<b>TROPICAL SMOOTHIE</b>	€ 4.90
Banana, Mango, Pineapple, Red Apple	
<b>GREEN DETOX</b>	€ 3.90
Green Apple, Spinach, Fresh Lime, Cucumber, Ginger	
<b>RED DETOX</b>	€ 4.50
Beetroot, Red Apple, Ginger	

## OPENING HOURS

MONDAY - FRIDAY: 07:00-18:00

SATURDAY: 07:00-17:00

SUNDAY: 08:00-15:00

Wolt Bolt foody