

FULL 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
-  healthy.project@diet-sync.com
-  [dietsync_healthy_project](https://www.instagram.com/dietsync_healthy_project)
-  Healthy Project By Dietsync

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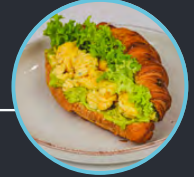
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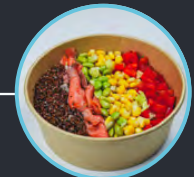


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01



OATMEAL PORRIDGE

SWEET - NO ADDED SUGAR

PEANUT BUTTER & BERRIES



€ 5.90

Oats, Soya Drink, Maple syrup, Homemade Peanut Butter, Mixed Berries, Walnuts.

410kcal / P:22,6g C:45,2g F:14,6g



BANANA CHOCOLATE



€ 5.90

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

440kcal / P:23.8g C:55.7g F:15g



CHOCOLATE COCONUT



€ 5.90

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

419kcal / P:24.2g C:44.7g F:16g



LOCATION

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02



PROTEIN PANCAKES

SWEET - NO ADDED SUGAR

BISCOFF PANCAKES



€ 8.20

Oat Flour, Soya Protein, Wheat Flour, Bananas, Lotus Biscoff Spread, Lotus Biscoff biscuits

550kcal / P:36g C:71.1g F:14.3g



OREO PANCAKES

€ 8.20

Oat Flour, Soya Protein, Wheat Flour, Strawberries, White Chocolate, Oreos

550kcal / P:36g C:71.1g F:14.3g



PEANUT BUTTER PANCAKES



€ 8.20

Oat Flour, Soya Protein, Wheat Flour, Bananas, Peanut Butter, Maple Syrup, Mixed Berries

470kcal / P:39g C:59.5g F:10g



PISTACHIO PANCAKES

€ 8.20

Oat Flour, Soya Protein, Wheat Flour, Bananas, Pistachio Butter, Pistachios, White Chocolate

510kcal / P:37g C:60g F:13g



BERRIES PANCAKES

€ 8.20

Oat Flour, Soya Protein, Wheat Flour, Vanilla Whey Protein, Light Greek Yoghurt, Maple Syrup, Mixed Berries, Walnuts

410kcal / P:42g C:54.1g F:3.1g



COTTAGE CHEESE TURKEY PANCAKES

€ 8.20

Oat Flour, Soya Protein, Wheat Flour, Turkey, Cottage Cheese, Maple Syrup

390kcal / P:41g C:49.3g F:3.5g



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03



BRUNCH CLASSICS

HEALTHY BAGELS

THE "RISE & SHINE" BAGEL € 6.90

Bagel, Light Cream Cheese, Cherry Tomatoes, Arugula, Smoked Salmon

400kcal / P:22g C:66,1g F:5,7g



THE "EVERYTHING BUT THE BAGEL" € 6.70

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

510kcal / P:30g C:68,2g F:14,3g



THE TRIPLE CHEESE BAGEL € 6.50

Bagel, Light Cream Cheese, Halloumi Cheese, Cottage Cheese, Honey, Arugula

490kcal / P:30g C:71,2g F:11,7g



THE "TURKEY TANGO" BAGEL € 6.70

Bagel, Light Cream Cheese, Turkey, Scrambled Eggs, Cherry Tomatoes, Arugula

490kcal / P:31g C:68,7g F:10,9g



McBAGEL € 6.50

Bagel, Chicken Breast, Turkey, Sweetcorn, Cherry Tomatoes, Iceberg, Caesar Sauce
Caesar Sauce: Light Mayo, Light Yoghurt, Mustard, Garlic, Olive Oil, Parmesan Cheese

450kcal / P:32g C:64.3g F:6.2g



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BRUNCH CLASSICS

OMELETTES & CROISSANT

PROTEIN PACKED OMELETTE

Turkey, Cottage Cheese, Light Mozzarella Cheese, Eggs
310kcal / P:34g C:4g F:18.6g

Add on option: Extra Cottage Cheese (+€0.70)
Avocado (+€1.00), Extra egg (+€0.90)

€ 6.50



DOUBLE CREAMY COTTAGE SCRAMBLE

Turkey, Almond Milk, Cottage Cheese, Light Mozzarella Cheese, Eggs, Cherry Tomatoes, Sourdough Bread
410kcal / P:36g C:21g F:21.2g

Add on option: Extra Cottage Cheese (+€0.70)
Avocado (+€1.00)

€ 7.50



THE "SUNNY START" CROISSANT

Croissant, Scrambled Eggs, Avocado Spread, Gouda Cheese, Iceberg
490kcal / P:30g C:71,2g F:11,7g

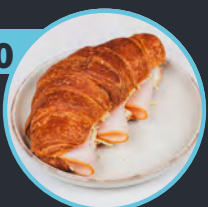
€ 6.50



THE TURKEY CROISSANT

Croissant, Light Cream Cheese, Turkey, Light Mozzarella Cheese
510kcal / P:21g C:42.9g F:28g

€ 5.90



THE "SMOKED STACKER" BLOOMER

Sourdough Bread, Light Cream Cheese, Turkey, Arugula, Gouda cheese
370kcal / P:33g C:71.1g F:8.6

€ 6.50



GREEN GODDESS

Brown Slice, Avocado, Boiled Egg, Arugula, Cucumber, Iceberg
390kcal / P:16g C:46.6g F:16.7g

€ 5.90



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05



FRENCH TOAST

HIGH PROTEIN - NO ADDED SUGAR

BANANA PEANUT BUTTER FRENCH TOAST

€ 4.90

Brioche, Almond Milk, Eggs, Bananas, Peanut Butter, Maple Syrup
370kcal / P:19g C:68.7g F:13.7



BERRIES PROTEIN FRENCH TOAST

€ 5.50

Brioche, Almond Milk, Eggs, Light Yoghurt, Vanilla Whey Protein, Mixed Berries, Maple Syrup
270kcal / P:25g C:56.6g F:4.3g



SAVOURY PROTEIN FRENCH TOAST

€ 6.90

Brioche, Light Cream Cheese, Arugula, Almond Milk, Eggs, Light Mozzarella Cheese, Cottage Cheese, Cherry Tomatoes
410kcal / P:37g C:48.8g F:18g



SALMON FRENCH TOAST

€ 7.50

Brioche, Arugula, Almond Milk, Eggs, Smoked Salmon, Avocado, Cucumber
300kcal / P:22g C:50g F:11.5g



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06



SAVOURY SNACKS

CHEESE PIE & PIZZA ROLLS

PIZZA ROLL

€ 3.20

Baking Powder, Light Greek Yoghurt, Light Mozzarella Cheese, Tomato Sauce, Turkey, Wheat Flour

140kcal / P:11g C:21.3g F:2.8g

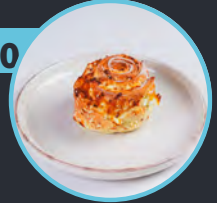


CHEESE PIE ROLL

€ 2.90

Light Greek Yoghurt, Light Mozzarella Cheese, Olive Oil, Cottage Cheese, Sesame, Wheat Flour

220kcal / P:14g C:30g F:6g



HEALTHY CHEESE PIE

€ 2.50

Almond Milk, Wheat Flour, Oat Flour, Baking Powder, Light Greek Yoghurt, Cottage Cheese, Light Mozzarella Cheese, Virgin Olive Oil, Eggs

220kcal / P:13g C:18g F:10g



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WRAPS & SANDWICHES

QUICK MEALS

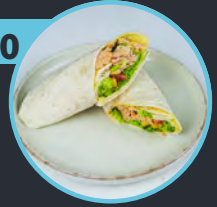
CHICKEN CAESAR WRAP

€ 5.90

Chicken Fillet, Turkey, Sweetcorn, Tomato, Iceberg, Tortilla Wrap

Dressing: Light Mayo, Light Yoghurt, Dijon Mustard, Garlic, Olive Oil, Parmesan Cheese

510kcal / P:45g C:52.2g F:12.1g

**CHICKEN CURRY WRAP**

€ 5.90

Chicken Fillet, Sweetcorn, Tomato, Iceberg,

Tortilla Wrap **Dressing:** Light Mayo, Light Yoghurt, Garlic, Curry, Olive Oil

490kcal / P:41g C:52.4g F:11.6g

**TUNA WRAP**

€ 5.90

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

Dressing: Light Greek Yoghurt, Light Cream Cheese, Light Mayo, Lemon Juice

480kcal / P:33g C:51.7g F:15.7g

**PESTO HALLOUMI SANDWICH**

€ 5.90

Multiseed Bread, Halloumi, Pesto Sauce, Honey, Arugula

440kcal / P:31g C:59.7g F:21.3g

**CHICKEN AVOCADO SANDWICH**

€ 5.90

Multiseed Bread, Gouda Cheese, Chicken, Avocado

Caesar Sauce: Light Mayo, Light Yoghurt, Mustard, Garlic, Olive Oil, Parmesan Cheese

510kcal / P:53g C:61g F:17,6g

**SALMON AVOCADO SANDWICH**

€ 7.50

Multiseed Bread, Avocado, Smoked Salmon, Arugula

380kcal / P:25g C:34.6g F:15.6g



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SUPERFOOD SALADS

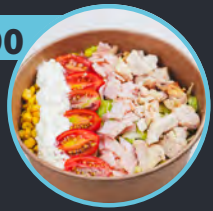
HIGH PROTEIN - HEALTHY

CHICKEN CAESAR WITH A TWIST

Iceberg Lettuce, Turkey, Chicken Fillet, Corn, Cherry Tomatoes, Cottage Cheese

Comes with: Caeser Sauce
430kcal / P:59g C:14.2g F:12g

€ 7.90



TUNA POWER BOWL

Tuna, Quinoa, Red Peppers, Iceberg Lettuce, Corn, Avocado

Comes with: Vinaigrette Sauce
550kcal / P:43g C:42.7g F:23.9g

€ 7.90



SALMON & BEANS POWERHOUSE

Smoked Salmon, Quinoa, Red Peppers, Iceberg Lettuce, Corn, Edamame Beans

Comes with: Vinaigrette sauce
430kcal / P:22g C:43.3g F:20.5g

€ 8.50



BLACK EYED PEAS

Black Eyed Beans, Cucumber, Cherry Tomatoes, Red Peppers, Onion

Add on option: Chicken fillet or tuna (+€1.90)

Comes with: Louvi sauce or lemon & olive sauce
490kcal / P:35g C:53.7g F:13.7g

€ 6.00

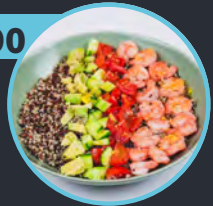


QUINOA SHRIMP SALAD

Quinoa, Shrimp, Cherry Tomatoes, Cucumber, Avocado

Comes with: Citrus Mano sauce
450kcal / P:36g C:51.4g F:12.7g

€ 7.90



SAUCES INGREDIENTS

Louvi sauce: Mustard, Vinegar, Olive Oil, Light Mayo

Vinaigrette Sauce: Olive Oil, Mustard, Fresh Lemon Juice, Honey

Citrus Mango Sauce: Fresh Orange Juice, Honey, Lemon juice, Mango

Caesar Sauce: Light Mayo, Light Yoghurt, Mustard, Garlic, Pepper, Olive Oil, Parmesan Cheese

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PROTEIN SHAKES

BANANA PROTEIN SHAKE

Banana, Banana Whey Protein, Coconut Milk
340kcal / P:40g C:31.1g F:7.2g

€ 5.20



CHOCO PROTEIN SHAKE

Peanut Butter, Chocolate Whey Protein, Oat Milk
380kcal / P:43g C:22g F:14.4g

€ 5.20



BOUNTY PROTEIN SHAKE

Coconut Flakes, Chocolate Whey Protein, Oat Milk
340kcal / P:40g C:24.6g F:10.4g

€ 5.20



STRAWBERRY PROTEIN SHAKE

Strawberries, Strawberry Whey Protein, Milk
330kcal / P:40g C:31.1g F:7.3g

€ 5.20



CARAMEL PROTEIN SHAKE

Lotus Biscoff Spread, Salted Caramel Whey Protein, Milk
380kcal / P:39g C:28.1g F:12.8g

€ 5.20



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

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HEALTHY DRINKS

SMOOTHIES & FRESH JUICES

FRESH JUICES



Orange Juice

Mix Juice: Apple, Carrot, Orange

€ 3.50



POWER UP JUICE



Turmeric, Carrot, Red Apples

€ 4.50



RED ME UP JUICE



Red Apples, Strawberries, Beetroot, Pineapple

€ 4.50



BERRIES SMOOTHIE



Mix Berries, Banana, Red Apples

€ 4.90



TROPICAL SMOOTHIE



Banana, Mango, Pineapple, Red Apple

€ 4.90



GREEN DETOX



Green Apple, Spinach, Fresh Lime, Cucumber, Ginger

€ 3.90



RED DETOX



Beetroot, Red Apple, Ginger

€ 4.50



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OVERNIGHT OATS

PROTEIN - NO ADDED SUGAR

CHOCOLATE OVERNIGHT OATS



€ 4.40

Chia Seeds, Protein Chocolate Soya Drink, Oats, Peanut Butter, Dark Chocolate, Hazelnut Sweetener

360kcal / P:18g C:42g F:13g



BISCOFF OVERNIGHT OATS



€ 4.40

Chia Seeds, Protein Soya Drink, Oats, Vanilla Sweetener, Lotus Biscoff Biscuit, Lotus Biscoff Spread

331kcal / P:15.2g C:40g F:12g



BOUNTY OVERNIGHT OATS

€ 4.90

Chia Seeds, Soya Drink, Chocolate Spread, Cream Cheese, Coconut, Oats

424kcal / P:18,4g C:51g F:16,8g



LEMON CHEESECAKE OVERNIGHT OATS

€ 4.90

Light Digestive Biscuits, Chia Seeds, Soya Drink, Oats, Light Cream Cheese, White Chocolate Spread, Turmeric, Lemon Zest

399kcal / P:19.1g C:52.4g F:12.7



TIRAMISU OVERNIGHT OATS

€ 4.90

Chia Seeds, Soya Drink, Iced Coffee Whey Protein, Cream Cheese, Cocoa, Oats

363kcal / P:29.7g C:34.3g F:11.8g



BANANA CINNAMON OVERNIGHT OATS



€ 4.40

Chia Seeds, Protein Soya Drink, Oats, Banana Sweetener, Bananas, Peanut Butter, Walnuts, Cinnamon

360kcal / P:19g C:41g F:15g



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PROTEIN YOGHURTS

NO ADDED SUGAR - LOW CALORIE

PROTEIN BANANA POT

€ 4.90

Light Greek Yoghurt, Banana Whey Protein, Bananas, Homemade Granola

240kcal / P:27g C:25g F:6g



PROTEIN CHOCOLATE POT

€ 4.90

Light Greek Yoghurt, Chocolate Whey Protein, Cocoa, Hazelnut Sweetener, Homemade Granola, Bananas

250kcal / P:28g C:27g F:6g



PROTEIN CARAMEL POT

€ 4.90

Light Greek Yoghurt, Caramel Whey Protein, Lotus Biscoff Spread, Bananas, Lotus Biscoff Biscuit

250kcal / P:25g C:30g F:6g



PEANUT BUTTER GRANOLA YOGHURT

€ 4.40

Light Greek Yoghurt, Honey, Homemade Granola, Peanut Butter

280kcal / P:22g C:31g F:10g



STRAWBERRY OREO PROTEIN PUDDING

€ 4.90

Light Greek Yoghurt, Strawberry Whey Protein, Strawberries, Oreo Biscuits

170kcal / P:24g C:17g F:2g



PISTACHIO PROTEIN POT

€ 5.20

Light Greek Yoghurt, Pistachio Whey Protein, Vanilla Sweetener, Pistachio Spread, Pistachios

300kcal / P:28g C:22g F:13g



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BAKED GOODS

BANANA BREADS - MUFFINS - BROWNIES

OREO BANANA BREAD



€ 2.70

Flour, Vanilla Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Oreo Biscuits

220kcal / P:10g C:34g F:6g



STRAWBERRY WHITE CHOCOLATE BANANA BREAD

€ 2.70

Flour, Strawberry Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, White Chocolate, Strawberries

210kcal / P:11g C:30g F:6g



BISCOFF BANANA BREAD



€ 2.70

Flour, Caramel Soya Protein, Baking Powder, Bananas, Biscoff Spread, Honey, Soya Drink, Biscoff Biscuits

220kcal / P:8g C:35g F:6g



BLUEBERRY LEMON BANANA BREAD

€ 2.70

Flour, Vanilla Soya Protein, Blueberries, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, White Chocolate, Lemon, Cream Cheese, Lemon Zest

210kcal / P:10g C:32g F:6g



CHEESE PROTEIN BROWNIES

€ 2.80

Soya Protein, Flour, Cocoa, Honey, Baking Powder, Greek Yoghurt, Peanut Butter, Soya Drink, Cream Cheese, Dark Chocolate, Eggs

190kcal / P:14g C:20g F:7g



CHOCOLATE MUFFIN



€ 2.90

Flour, Chocolate Soya Protein, Cocoa, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Dark Chocolate

300kcal / P:14g C:44g F:10g



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BAKED GOODS

PROTEIN CHEESECAKES - COOKIES

BERRIES PROTEIN CHEESECAKE

€ 4.90

Strawberry Whey Protein, Cream Cheese, Light Greek Yoghurt, Eggs, Mixed Berries, Light Whipping Cream, Wheat Flour
210kcal / P:17g C:11g F:11g



BANANA CHOCOLATE PROTEIN CHEESECAKE

€ 4.90

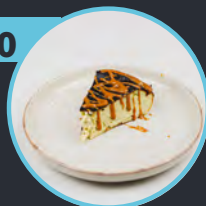
Banana Whey Protein, Light Cream Cheese, Light Greek Yoghurt, Eggs, Bananas, Dark Chocolate, Light Whipping Cream, Wheat Flour
270kcal / P:17g C:20g F:16g



CARAMEL PROTEIN CHEESECAKE

€ 4.90

Caramel Whey Protein, Light Cream Cheese, Light Greek Yoghurt, Eggs, Bananas, Biscoff Spread, Light Whipping Cream, Wheat Flour
290kcal / P:17g C:20g F:16g



CHOCOLATE PROTEIN COOKIES

€ 2.50

Oat Flour, Cocoa, Flour, Peanut Butter, Honey, Baking Powder, Chocolate Whey Protein, Egg, Dark Chocolate, Almond Milk
240kcal / P:12g C:25g F:11g



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PROTEIN BARS

PROTEIN - NO ADDED SUGAR - NO FLOUR

PISTACHIO PROTEIN BAR

Pistachio Butter, Oat Flour, Pistachio Whey Protein, Peanut Butter, Honey, Pistachios

210kcal / P:15g C:21g F:8g

€ 3.20



COCONUT PROTEIN BAR

White Chocolate, Ground Coconut, Light Cream Cheese, Light Greek Yoghurt, Vanilla Whey Protein

200kcal / P:13g C:15.2g F:11g

€ 3.20



BISCOFF PROTEIN BAR

Lotus Biscoff Spread, Oat Flour, Caramel Whey Protein

260kcal / P:12g C:29g F:12g

€ 3.20



CHOCOLATE PROTEIN DOUKISSA

Chocolate Whey Protein, Bananas, Dark Chocolate, Peanut Butter, Light Digestive Biscuits

300kcal / P:11g C:36g F:15g

€ 3.50



BISCOFF DUBAI PROTEIN BAR

Lotus Biscoff Spread, Kantaifi, Caramel Whey Protein, White Chocolate.

330kcal / P:11g C:37.7g F:16.9g

€ 4.20



STRAWBERRY DUBAI PROTEIN BAR

Strawberry Spread, Kantaifi, Strawberry Whey Protein, White Chocolate.

340kcal / P:12g C:37.7g F:16.9g

€ 4.20



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PROTEIN BALLS

PROTEIN - NO ADDED SUGAR - NO FLOUR

CHOCOLATE PROTEIN BALLS

Peanuts, Dates, Oats, Chocolate Whey Protein, Cocoa, Honey
50kcal / P:4g C:6g F:2g

€ 2.00



COCONUT PROTEIN BALLS

White Chocolate, Ground Coconut, Light Cream Cheese, Light Greek Yoghurt, Vanilla Whey Protein
50kcal / P:3g C:4g F:2.5g

€ 2.00



BISCOFF PROTEIN BALLS

Lotus Biscoff Spread, Oat Flour, Caramel Whey Protein, Lotus Biscoff Biscuit
60kcal / P:4g C:8g F:2g

€ 2.00



STRAWBERRY PROTEIN BALLS

Strawberry Sweetener, Oat Flour, Beetroot, Strawberry Whey Protein, Ground Coconut, Light Greek Yoghurt, White Chocolate
60kcal / P:4g C:6g F:2.7g

€ 2.00



PISTACHIO PROTEIN BALLS

Pistachio Butter, Oat Flour, Pistachio Whey Protein, Peanut Butter, Honey, Pistachios
60kcal / P:4g C:7g F:3g

€ 2.00



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COFFEE & DRINKS

ICE COFFEE

FREDO ESPRESSO	€ 2.80
FREDO CAPPUCINO	€ 3.00
PROTEIN FREDO ESPRESSO	€ 4.50
ICED LATTE	€ 3.20
ICED FLAT WHITE	€ 3.20
ICED AMERICANO	€ 2.80

HOT COFFEE

ESPRESSO	€ 2.00
DOUBLE ESPRESSO	€ 2.40
CAPPUCINO	€ 3.20
LATTE	€ 3.20
FLAT WHITE	€ 3.20
AMERICANO	€ 2.40

DRINKS

STILL WATER	€ 1.00
COCA COLA ZERO 0.33L	€ 1.80
SCHWEPPERS LEMONADE 0%	€ 2.00
PERRIER	€ 2.50

OPENING HOURS

MONDAY - FRIDAY: 07:00-18:00

SATURDAY: 07:00-17:00

SUNDAY: 08:00-15:00

Wolt Bolt foody