



MENU

Recovery Smoothies (vegan & GF):

- BIXyberry: mixed berries and BIX recovery
- TropiBIX: mango, Pineapple and BIX recovery
- BIXchee: lychee and BIX recovery

Energy balls:

- Oat choc chip
- Choc cranberry

Toasties (GFO):

- Ham, cheese
- Vegan cheese and spinach

Wraps (GFO):

- Chicken, avocado, mayo
- Chicken and salad with aioli
- Salmon and salad with aioli
- Beyond meat and salad with aioli (Vegetarian)
- Tofu and salad with vegan mayo (Vegan)

Salads (GF):

- Quinoa salad – add protein

Protein Options: Salmon, chicken (plain or spiced), tofu (plain or spiced)