



## EGGS

### POACHED EGG BEETROOT BENEDICT (D) | 39

Poached eggs served on a crispy homemade hashbrown, layered with sautéed spinach, sliced avocado & drizzled with a velvety beetroot hollandaise purée.  
540 kcal | P 23g | C 19g | F 39g

### EGGS WITH BAKED SWEET POTATO BASE (D,G) | 39

Poached eggs served on a roasted sweet potato base, topped with creamy avocado mash  
460 kcal | P 22g | C 62g | F 29g

### OPTIMAL OMELETTE (D, G) | 35

A fluffy 3-egg omelette topped with feta cheese and your choice of 2 fresh fillings.  
445 kcal | P 24g | C 20g | F 29g

### EGGS YOUR WAY | 30

Two eggs cooked to your preference, served with sourdough toast and a fresh side salad.  
330 kcal | P 17g | C 20g | F 29g

### CHOOSE YOUR EXTRAS

Avocado	120 kcal   P 1.5g   C 1.5g   F 11g	7
Tomato	20 kcal   P 1g   C 3g   F 0g	3
Onion	30 kcal   P 0.5g   C 2g   F 2g	3
Mushroom	50 kcal   P 2g   C 7g   F 3.5g	3
Spinach	40 kcal   P 3g   C 1g   F 3g	3



## SHAKES

ADD PROTEIN (P +21g) | +5

### BERRY POWER | 30

Raspberry, Blueberry, Banana, Coconut Milk  
134 kcal | P 2g | C 22g | F 1.4g

### CHOCO SHAKE (N) | 30

Banana, Oats, Peanut Butter, Cocoa Powder, Coconut Milk  
281 kcal | P 9.5g | C 37g | F 10g

### POWER-UP (N) | 30

Banana, Strawberry, Oats, Honey, Milk  
330 kcal | P 10.5g | C 54g | F 9g



## BOWLS

### GREEK YOGHURT BOWL (D) | 25

Thick Greek yoghurt, fresh seasonal fruit, and a drizzle of honey. Simple, fresh, and delicious!  
180 kcal | P 7.3g | C 20g | F 7g

### ACAI BOWL | 38

Refreshing acai bowl with your choice of 4 toppings from the below selection  
135 kcal | P 1.5g | C 21g | F 4.5g + toppings

Banana	80 kcal   P 0.6g   C 17g   F 0g
Strawberry	16 kcal   P 0.0g   C 2g   F 0g
Blueberry	5 kcal   P 0.0g   C 1g   F 0g
Walnuts (N)	52 kcal   P 1.2g   C 0g   F 5g
Chia Seeds	17 kcal   P 0.5g   C 0g   F 1g
Peanut Butter (N)	105 kcal   P 5g   C 4g   F 8g
Almond Butter (N)	90 kcal   P 3g   C 3g   F 8g
Granola (N)	120 kcal   P 3g   C 17g   F 4g
Honey	45 kcal   P 0g   C 12g   F 0g



## SMOOTHIES

### RASPBERRY LOVE | 25

Raspberry, Blueberry, Banana, Apple Juice  
158 kcal | P 1.2g | C 33g | F 0.5g

### MANGO PARADISE | 25

Mango, Pineapple, Passion Fruit, Apple Juice  
142 kcal | P 0.5g | C 34g | F 0.3g

### GREEN MACHINE | 25

Spinach, Celery, Broccoli, Mango, Banana, Pineapple, Apple Juice  
156 kcal | P 4.4g | C 36g | F 1g

### MIGHTY Acai | 25

Acai, Strawberry, Banana, Apple juice  
278 kcal | P 3g | C 55g | F 4g



## TEA & COFFEE

ESPRESSO	16
AMERICANO	16
CAPPUCCINO	18
LATTE	18
FLAT WHITE	18
CORTADO	18
MACCHIATO	18
MOCHA	20
MATCHA LATTE	20
TUMERIC LATTE	22
PROTEIN LATTE	25

### SELECTION OF TEAS | 12

English Breakfast  
Earl Grey  
Camomile  
Peppermint  
Green Tea  
Lemon & Ginger

Optimal Café is endorsed by  
**PRACTICAL**

Nutrition is the biggest link to health that most of us neglect. Ask us about discounted meal delivery plans with Practical.

**FREE COFFEE! PLEASE GIVE US A REVIEW, IT HELPS A LOT**



Scan this QR code to make our day by leaving us a review.



Show your review at Optimal Café to claim your complementary, thank you coffee (or tea).