

Oolaa Summer Fit

HEALTHY

Menu

AVOCADO & SMOKED SALMON \$125

On sweet potato 'toast', drizzled with tarragon crème fraiche – served with sea salt, capers and lemon wedges
(High protein, medium fat, low calorie, medium fibre, gluten free)

VEG 'N EGGS \$115

2 eggs, any style, roast mushrooms, vine tomatoes, sweet potato mash and steamed spinach, with walnut pesto, on the side
(Low fat & fibre, moderate carbs & protein, gluten and dairy free)

MEXICAN BEEF SALAD \$165

Mixed greens, red onion, cucumber and bell peppers, tossed in a lemon oil dressing and topped with marinated grilled beef and avocado 'smash'
(High protein, moderate fat, fibre, low carb, gluten & dairy free)

POACHED SALMON & EGGS \$155

2 eggs, any style, steamed spinach and grilled asparagus
(High protein, moderate fat, fibre, gluten & dairy free)

FLAME GRILLED STEAK & SWEET POTATO MASH \$165

Minute steak, sweet potato mash, steamed broccoli, roasted vine tomatoes and pine nuts
Add: 2 eggs any style extra \$25
(High protein, moderate carbs, low fat & fibre, gluten free)

EGG WHITE OMELETTE \$95

4 egg white omelette, with up to three fillings: ham, bacon, smoked salmon, asparagus, chicken, mushrooms, green peppers, tomatoes, onions, swiss, cheddar or brie cheese
(High protein, moderate carbs, low fat & fibre, gluten free, dairy free - if no cheese)

CHAR GRILLED CHICKEN & EGGS \$125

2 scrambled egg whites, sweet potato mash, half an avocado and steamed spinach
(High protein, moderate carbs, low fat & fibre, gluten free)

BEACH FIT SALAD \$115

Mixed leaves, bell peppers, onions, cucumber, asparagus and roasted pumpkin, with a lemon oil dressing (on the side)
Add: Grilled Chicken Breast \$60, Grilled Beef \$65, Grilled white fish \$65
(High protein, moderate carbs, low fat & fibre, gluten & dairy free)



ALL DAY MENU

prices subject to 10% service fee