

BLAST MENU

BLAST Chicken antipasto (100g protein)

Free range chicken breast, rocket , peppers, olive oil, garlic, red wine vinegar, artichokes, brinjals, hummus and kalamata olives

SINGLE SERVING R 55.00

BLAST Gluten free sundried tomato pasta

Gluten free pasta, sundried tomato pesto, olives, spring onion, red onion tomato and broccoli

SINGLE SERVING R 55.00

BLAST Brown rice salad with falafel and basil pesto

Brown rice, red onion, spring onion, sesame seeds, black beans, olive oil, garlic, basil pesto, lemon, chickpeas, coriander, cumin, egg white, sweet potato, red pepper, yellow pepper and parsley

SINGLE SERVING R 55.00

BLAST Chicken ragu

Potato, red pepper, yellow pepper and parsley

SINGLE SERVING R 55.00

BLAST Brown rice salad with shredded roast chicken (100g protein)

Shredded roast chicken on a brown rice salad with a orange & ginger dressing

SINGLE SERVING R 65.00

BLAST Salmon fishcakes

Norwegian salmon, eggs, almond flour, lemon, herbs and mustard

SINGLE SERVING (2 FISHCAKES) R 85.00

BLAST Chicken & Sweet Potato Pie

Chicken ragu wih a sweet potato/butternut topping

SINGLE SERVING R55.00

BLAST Tahini mayo

Chickpeas, mustard, chickpea water, tahini, mustard, olive oil, water, lemon

250ML R 45.00

BLAST Almond & Cauliflower bread

Cauliflower, eggs, almond flour, garlic, sunflower seeds, linseed, sesame seeds, pumpkin seeds

LOAF R 70.00

Blast Granola

Grain free - pumpkin seeds, linseeds, sunflower seeds, almonds, sesame seeds, flaked almonds, coconut oil, honey, brazil nuts, walnuts, goji berries, raisins

500g R 130.00

Blast brownie

Dates, black beans, peanut butter, coconut oil, raw cacao, dark choc, walnuts

SINGLE R 35.00

Blast protein balls

Dates, blast granola, cacao, pea protein, dark chocolate chip, sugar-free peanut butter and dessicated coconut

3 PACK R 30.00

FROZEN MEALS

BLAST Lentil and Sweet potato pie

Black lentils, onion, carrots, celery, garlic, tomatoes, thyme, bay leaves, sweet potato, olive oil, himalayan pink salt **300G** R 45.00

Kitchari and yoghurt and spinach

Brown rice, yellow dahl, mustard seeds, carrots, celery, turmeric, cumin powder, coriandere powder, plain yoghurt, spinach, parsley **250G** R 35.00

Fish curry with pilaf rice

Kingklip, garlic, tomatoes, ginger, turmeric, medium curry powder, fresh chilli, coconut milk, honey, brown rice, onion, carrots, peas, celery, cumin seeds, cumin powder, coriander powder, mustard seeds, aniseed. **400G** R 120.00

Lentil moussaka

Brinjal, tomato, onion, pink salt, lentils, bay leaves, carrots, celery, olive oil **300G** R 45.00

Chicken moussaka

Free range chicken breast, Mia Zia tomatoes, onions, carrots, celery, garlic red wine, thyme, brinjal, olive oil **300G** R 55.00

Lamb stew with fried quinoa

Slow braised lamb in tomato and red wine. Served with fried quinoa **SINGLE SERVING** R 110.00

Salmon fishcakes (frozen - 2 fish cakes)

Norwegian salmon, eggs, almond flour, lemon, herbs and mustard **SINGLE SERVING (2 FISHCAKES)** R 85.00

Chicken mince and sweet potato/ butternut pie

Chicken ragu wih a sweet potato/butternut topping **SINGLE SERVING** R 55.00

SOUPS (Available Fresh or frozen)

Alkaline Green soup

Broccoli, baby marrow, leeks, celery, spinach, green pease, basil pesto, almond milk and coconut milk **500ml** R 50.00

Blast Detox soup

Onions, carrots, broccoli, turmeric, garlic, coconut milk, almond milk, medium curry powder, olive oil, himalayan pink salt **500ml** R 50.00

Farm chicken soup

Free range chicken, onion, garlic, tomatoes, basil, grana padano, parsley **500ml** R 60.00