



QUBE

KAFFEINE & KITCHEN

BUILD YOUR MACRO PLATE

PROTEIN

Grass Fed Sirloin 250g Protein 55g 310 cal Carbs 0g Fats 9g	\$22.90
Grass Fed Scotch Fillet 250g Protein 61g 520 cal Carbs 0g Fats 25g	\$29.90
Grilled Atlantic Salmon Fillet 200g Protein 44g 412 cal Carbs 0g Fats 25g	\$18.90
Grilled Chicken Breast 150g Protein 44g 222 cal Carbs 0g Fats 5g	\$10.90
Grilled Crispy Skin Barramundi 250g Protein 58g 380 cal Carbs 0g Fats 18g	\$16.90
Grilled Prawn (4) 100g Protein 24g 105 cal Carbs 1g Fats 1g	\$8.00
Chicken Skewer 80g Protein 24g 118 cal Carbs 0g Fats 3g	\$7.90
Lamb Skewer 75g Protein 14g 148 cal Carbs 1g Fats 10g	\$8.90
Kafta Skewer 70g Protein 14g 170 cal Carbs 3g Fats 11g	\$7.90
Eggs Your Way 1 Egg Protein 6g 63 cal Carbs 0g Fats 4g	\$3.00
Lebanese Sausages 85g Protein 11g 241 cal Carbs 4g Fats 20g	\$7.00

BREAD SLICE

Sourdough 1 Slice Protein 7g 175 cal Carbs 32g Fats 2g	\$3.00
Turkish 1 Slice Protein 8g 252 cal Carbs 49g Fats 2g	\$3.00
Gluten Free 1 Slice Protein 3g 134 cal Carbs 20g Fats 4g	\$3.00
Lebanese 1 Slice Protein 0g 176 cal Carbs 28g Fats 1g	\$3.00

ADD-ONS	Basmati Rice	100g Protein 3g 130 cal Carbs 28g Fats 0g	\$4.00	
	Garden Salad	100g Protein 1.1g 73 cal Carbs 6.7g Fats 59g	\$5.00	
	Tabbouleh	100g Protein 3g 117 cal Carbs 15g Fats 3g	\$5.00	
	Grilled Spinach	50g Protein 4g 40 cal Carbs 6g Fats 0g	\$3.00	
	Hummus	70g Protein 3g 124 cal Carbs 14g Fats 6g	\$4.00	
	Grilled Haloumi	2 Pieces Protein 14g 223 cal Carbs 1g Fats 18g	\$5.00	
	Fresh Avo	60g Protein 1g 96 cal Carbs 5g Fats 9g	\$5.00	
	Smashed Avo	100g Protein 2g 160 cal Carbs 9g Fats 15g	\$5.00	
	Quinoa	100g Protein 13g 374 cal Carbs 69g Fats 6g	\$4.00	
	Baked Diced Potatoes	100g Protein 3g 96 cal Carbs 21g Fats 0.1g	\$5.00	
	Baked Sweet Potatoes	100g Protein 2g 100 cal Carbs 25g Fats 1g	\$5.00	
	Brocollini	100g Protein 4g 35 cal Carbs 6g Fats 0g	\$5.00	
	Mushrooms	100g Protein 4g 59 cal Carbs 5g Fats 12g	\$4.00	
	Super Crunch Chips	100g Protein 2g 147 cal Carbs 21g Fats 6g	\$4.00	
Sweet Potato Chips	100g Protein 1g 155 cal Carbs 19g Fats 8g	\$5.00		
SAUCES	Mushroom Sauce	150g Protein 3g 167 cal Carbs 9g Fats 14g	\$5.00	
	Tomato Relish	50g Protein 2g 98 cal Carbs 18g Fats 2g	\$3.00	
	Hollindase Sauce	50g Protein 1g 228 cal Carbs 1g Fats 25g	\$3.00	
	Sweet Chilli Aoili	50g Protein 1g 66 cal Carbs 8.6g Fats 3.2g	\$2.00	
	Chilli Sauce	50g Protein 1g 20 cal Carbs 2.9g Fats 1g	\$1.00	
	Chimichurri Sauce	50g Protein 1g 172 cal Carbs 3g Fats 16g	\$3.00	
QUBE FRESH JUICES				
Plain Jane Orange		\$10.00	Soul Sister	\$10.00
Just Carrot		\$10.00	Orange, Watermelon, Strawberry	
Mixed Fruit		\$10.00	Garden of Eden	\$10.00
Your choice of fruits			Celery, Green Apple, Carrot	
Green Machine		\$10.00	The Holiday	\$10.00
Apple, Celery, Spinach, Kale			Pineapple, Orange, Apple, Passionfruit	
10% surcharge on Sundays & Public holidays				
				