

Salatki (bez dressingów)	Gramatura	Wartość energetyczna	Białko [g]	Węglowodany	Tłuszcz [g]
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Chicken - large	480	435	39	21	21
Chicken - small	409	345	30	19	15
Crispy chicken (Makro)	480	549	40	63	13
Crispy chicken (Makro)	384	465	33	52	12
Crispy chicken (Komosa)	470	554	39.5	61	14.5
Crispy chicken (komosa)	374	436	32	47	12
Tuna - large	485	253	30	23	2.4
Tuna - small	398	209	24	21	2
Tuna (Vegan) - large	470	175	10	25	1.7
Tuna (vegan) - small	387	150	8.6	22	1.5
Salmon - large	495	424	21	48	15
Salmon - small	382	305	15	37	9.7
Salmon (Vegan) - large	500	425	15	59	13
Salmon (Vegan) - small	390	313	11	46	8.3
Serrano - Large	470	509	30	39	25
Serrano - Small	369	381	22	32	18
Serrano (Vegan) - Large	450	436	16	40	23
Serrano (Vegan) - Small	349	316	10	32	16

Kanapka	Gramatura	Wartość energetyczna	Białko [g]	Węglowodany	Tłuszcz [g]
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Club	284	549	23	65	20
Spicy Chicken	269	639	28	64	28
Rucola	312	742	25	76	35
Salmon	297	652	21	80	25
Avocado	310	731	24	82	31

Wrapy z dressingi (bez Gramatura	Wartość energetycz	Białko [g]	Węglowodan	Tłuszcz [g]
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Chciken Chili	396	872	25	59	58
Italian	396	755	37	53	41
Vegan	419	940	18	64	65

Dressingi	Gramatura	Wartość energetycz	Białko [g]	Węglowodan	Tłuszcz [g]
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Pesto	80	562	6.6	1.3	60
Chili	80	574	0.5	6.7	62
Vinegrette	80	415	0.15	14	40
miodowo-musztardowy	80	413.6	0.68	16	38.4
orzechowy	80	633.6	4.48	2.24	68
Balsamico	80	533	0.09	6.7	57

Summer Bowls	Gramatura	Wartość energetycz	Białko [g]	Węglowodan	Tłuszcz [g]
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Acai	290	309	6.2	36	13
Mango-Passion fruit	258	302	5.9	40	11
Pink protein bowl	354	451	22	59	12
Ocean blue protein bov	314	417	25	43	14
Peanut butter protein l	340	775	35	48	46

Soki	Gramatura	Wartość energetycz	Białko [g]	Węglowodan	Tłuszcz [g]
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sweet temptation	500/400	225/180	6.8/5.44	48.5/38.8	1.5/1.2
life cure	500/400	205/164	1.25/1	48.5/38.8	0.35/0.28
kick start	500/400	230/184	2.5/1	50/40	0.85/0.68
copenhagen	500/400	220/176	2.15/1.72	47/37.6	1.3/1.04
green sky	500/400	225/180	1.8/1.44	50/40	1.05/0.84
stress out	500/400	215/172	1.35/1.08	48.5/38.8	1.1/0.88
mr. green	500/400	270/216	2.2/1.76	48.5/38.8	6.5/5.2
c-me	500/400	235/188	3.25/2.6	50/40	1.6/1.28
lemonizer	500/400	210/168	0.9/0.72	47/37.6	1.05/0.84
knockout	500/400	260/208	1.35/1.08	46.5/37.2	6.5/5.2
soul beat	500/400	190/152	1.5/1.2	42.5/34	0.75/0.6
juicelicoius	500/400	225/180	2.7/2.16	43/34.4	3/2.4

indian summer	500/400	220/176	3.5/2.8	50/40	1/0.8
beauty boost	500/400	200/160	1.65/1.32	44.5/35.6	0.75/0.6
raspberry dream	500/400	230/184	2.6/2.08	45/36	2.6/2.08
fresh air	500/400	175/140	1.45/1.16	39/31.2	0.95/0.76

Super soki	Gramatura	Wartość energetycz	Białko [g]	Węglowodan	Tłuszcz [g]
vita C	500/400	235/188	1.65/1.32	50/40	1.05/0.84
crossfitter	500/400	230/184	2.65/2.12	45.5/36.4	2.5/2
runner	500/400	300/240	3.5/2.8	50/40	8.5/6.8
summer vibes	500/400	205/164	2.75/2.2	44/35.2	1.5/1/2
jungle joy	500/400	250/200	3.75/3	55/44	1.45/1.16

power shakes	Gramatura	Wartość energetycz	Białko [g]	Węglowodan	Tłuszcz [g]
businessman	500/400	419/335	18/14	47/38	18/14
brazilian	500/400	425/340	16/13	49/39	17/14
pump me up	500/400	526/420	37/30	33/26	27/22
boom boom	500/400	490/392	33/26	36/29	23/18
Energizer	500/400	416/332	34/27	37/30	14/11