

HABITUALS

Healthy Restaurant & Catering



BREAKFAST

Healthy cakes

Fluffy cakes made with wholemeal flour, no sugar added.

- **Banana bread**
- **Carrot cake**

Healthy Pots

All pots come with banana, peanut butter and Habituals homemade granola. You can also customise them by choosing from different toppings.

- **Overnight oats:** Oats soaked in oat milk with a touch of cinnamon
- **Chía pudding:** Chia seeds soaked in oat milk with a touch of cinnamon.
- **Kefir “La Ermita”:** Smooth and creamy kefir by “La Ermita”.

Fruit skewers

Individual skewers of fresh seasonal fruit, combining up 3 different types.

Smoothies

All smoothies can include BeLevels protein and collagen.

- **Peanut butter:** Banana, peanut butter, oats, cinnamon and oat milk.
- **Green detox:** Spinach, pineapple, lemon juice, kiwi, ginger and celery.
- **Jamu turmeric:** Carrot, apple, lemon juice, ginger, turmeric and a touch of pepper.
- **Glow and go:** Strawberries, blueberries and banana..

BRUNCH

Sandwiches // Toasts

All sandwiches are made with sourdough bread and can be served like a toast.

Classic

- Chicken, tomato, avocado, egg and EVOO.
- Tomato, guacamole and chicken fine herbs.
- Baby spinach, tomato, mushrooms, chicken with fine herbs and Habituals pesto sauce.

Gourmet

- Bonito belly and roasted pepper.
- Turmeric hummus, roasted cherries and chicken with fine herbs.
- Pastrami, rocket, mustard and gherkins.
- Serrano ham with tomato and EVOO.
- Chicken with fine herbs, roasted pepper and egg

Drinks

- Kombucha Miwi Lime & Mint.
- Kombucha Miwi Ginger & Lemon.
- Kombucha Miwi Wild Berries.
- Auara Water.

LUNCH

Starters

- Turmeric hummus with crudités & bread.
- Sweet potato bites with Habituals kefir sauce.
- Homemade falafel with Habituals kefir sauce.

Bowls

- **Pesto Power:** Baby spinach, wholemeal fusilli pasta, roasted cherry tomatoes, roasted mushrooms, roasted onion, chicken with fine herbs, parmesan cheese and Habituals pesto sauce..
- **Avo Energy:** Mixed sprouts, tricolour quinoa, roasted cherry tomatoes, chicken with fine herbs, avocado, pico de gallo, red onion, feta cheese and Habituals kefir sauce.
- **Falafel Veggie:** Basmati rice, mixed roasted vegetables, roasted onion, falafel, turmeric hummus, feta cheese and Habituals kefir sauce.
- **Huevito Green Salad:** Mix of sprouts, tricolour quinoa, roasted cherries, roasted mushrooms, avocado, boiled egg, walnuts, feta cheese and Habituals old mustard vinaigrette.

- All our dishes offer **gluten-free, vegan** and **vegetarian** options.
- We offer different **formats** and **sizes** to suit the type of event.
- All our products can be **customised** and **adapted** to the needs of your event.

FUEL YOUR TEAM, ELEVATE YOUR EVENTS.

CONTACT

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