

# HABITUALS

*Healthy Restaurant & Catering*

# HEALTHY FOOD FOR EVERY OCCASION

## Healthy cakes

*Light and fluffy cakes made with wholegrain flour, with no added sugar.*

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

## Healthy pots & toppings

*Served with a selection of toppings.*

*Available as a self-service option.*

- **Overnight oats:** Oats soaked in oat milk with a touch of cinnamon.
- **Chía pudding:** Chia seeds soaked in coconut milk with a touch of cinnamon.
- **Kéfir:** Smooth and creamy kefir.
- **Fresh fruit pots or skewers:** Individual portions of fresh seasonal fruit, combining different varieties. Also available as skewers.
- **Toppings:** Homemade granola, assorted nuts, nut butters, honey, superfoods, seeds and natural jams.

## Energy bites

- **Cacao & almond:** Cacao, almond, oats, coconut.
- **Carrot cake:** Oats, carrot, cinnamon, walnut.
- **Matcha & coconut:** Matcha, coconut, almond, oats.
- **Date, Peanut Butter & Chocolate**

## Sandwiches // Toasts

*All our breads are made with sourdough and are available in a variety of styles.*

- Mozzarella, tomato and homemade pesto sauce.
- Turkey breast, mozzarella and rocket.
- Roasted chicken breast with roasted red pepper.
- Herb-roasted chicken, spinach, tomato and homemade pesto sauce.
- Boiled egg, tomato, avocado and extra virgin olive oil.
- Bonito tuna belly and roasted pepper.
- Iberian ham, grated tomato and extra virgin olive oil.
- Pastrami, rocket, mustard and pickles.
- Turkey breast, avocado and tomato.
- Herb-roasted chicken and roasted pepper.
- Herb-roasted chicken, mixed greens, tomato and homemade kefir sauce.

## Paper rice wraps

- Chicken, avocado and pico de gallo.
- Salmon, cucumber and cheese.
- Tuna, sweetcorn and avocado.
- Curried chicken and mango.
- Mozzarella, pesto and sun-dried tomato.

## Bites

- Seasonal hummus with crudités or bread.
- Seasonal gazpacho.
- Seasonal soup.
- Sweet potato purée with a touch of our kefir sauce.
- Moroccan-style roasted chicken skewer.
- Vegetable skewer.
- Cherry tomato & mozzarella skewer with our homemade pesto.
- Assorted gildas.
- Pesto Power endive cups.
- Endive with avocado, smoked salmon and mango.



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## Bowls

- **Pesto Power:** Baby spinach, wholegrain fusilli, roasted cherry tomatoes, roasted mushrooms, roasted onion, herb-roasted chicken, Parmesan cheese and Habituals pesto sauce
- **Avo Energy:** Mixed greens, tricolour quinoa, roasted cherry tomatoes, herb-roasted chicken, avocado, pico de gallo, red onion, feta cheese and Habituals kefir sauce.
- **Build your bowl:** Create your own bowl with your favourite ingredients

## Protein Plates

*Your choice of protein served with two sides.*

- **Herb-roasted chicken breast**
- **Roasted chicken thigh**
- **Soy & sesame marinated salmon**
- **Falafel**
- **Roast Beef**
- **Boiled Eggs**

## Drinks

### Energy shots

*Available in 60 ml.*

- **Immunity:** Lemon, apple, ginger, turmeric and black pepper.
- **Digestive:** Lemon, orange, carrot, ginger, turmeric and black pepper.
- **Detox:** Lemon, celery, apple, spinach and ginger.
- **Vital:** Beetroot, carrot, apple, lemon and ginger.

### Cold pressed juices

*Available in 125 ml or 300 ml.*

- **Rise:** Orange, carrot and lemon.
- **Reset:** Celery, spinach, lemon and apple.
- **Glow:** Lemon, apple and pineapple.
- **Fuel:** Beetroot, apple, carrot and lemon.

## Water & Soft drinks

- Still mineral water.
- Sparkling mineral water.
- Fresh homemade lemonade.
- Cucumber-infused water.
- Orange-infused water.
- Electrolyte water.
- Miwi Lime & Mint Kombucha.
- Miwi Ginger & Lemon Kombucha.
- Miwi Wild Berries Kombucha.
- Coffee.
- Tea & herbal infusions.



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## Additional services

*Solutions tailored to each venue, number of guests and event duration.*

- **Furniture rental**
- **Tableware & glassware**
- **Waiting staff**
- **Beverage service**
- **Professional photography**
- **Food stations**
- **Decoration & styling**
- **Graphic design & production**

## MADE TO FIT YOUR EVENT.

- Different formats and sizes available.
- **Vegetarian · vegan · gluten-free options**
- **Tailored proposals:** We customise our offering according to the specific needs of each event.

# FUEL YOUR TEAM, ELEVATE YOUR EVENTS.

## CONTACT

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