

PROTEIN PANCAKES

Gluten | Milk | Eggs | Nuts | Lupin

Calorie: 345 Protein: 21g Fat: 13g Carbs: 40g

ACAI BOWL

Nuts

Calorie: 320 Protein: 8g Fat: 8g Carbs: 50g

PROTEIN PORRIDGE BOWL

Gluten | Nuts |

Calorie: 290 Protein: 17g Fat: 12g Carbs: 45g

GRANOLA BOWL

Milk | Nuts | Gluten

Calorie: 265 Protein: 15g Fat: 14g Carbs: 30g

KETO OMELETTE WRAPS

Eggs | Dairy |

Chicken Keto

Calorie: 410 Protein: 30g Fat: 23g Carbs: 2g

Beef Keto

Calorie: 425 Protein: 33g Fat: 25g Carbs: 2g

Halloumi Keto

Calorie: 380 Protein: 22g Fat: 28g Carbs: 3g

TOASTED WRAPS & SANDWICHES

Chipotle Chicken & Cheddar

Gluten | Lupin | Milk

Calorie: 310 Protein: 32g Fat: 12g Carbs: 30g

Chicken Caesar & Parmesan

Gluten | Lupin | Milk

Calorie: 320 Protein: 35g Fat: 16g Carbs: 32g

Spicy Avo Tuna Sweetcorn & Cheddar

Fish | Milk | Gluten | Lupin

Calorie: 345 Protein: 34g Fat: 19g Carbs: 30g

Falafel & Halloumi

Milk | Gluten | Lupin

Calorie: 360 Protein: 21g Fat: 21g Carbs: 45g

Falafel & Vegan Cheese

Gluten | Lupin

Calorie: 350 Protein: 16g Fat: 19g Carbs: 43g

BRUNCH PLATTER FOR 2

Milk | Gluten | Eggs | Lupin | Nuts | Sesame | Mustard

WYLD BRUNCH

SIMPLY EGGS ON TOAST

Eggs | Milk | Gluten | Lupin | Mustard | Sesame

Calorie: 325 Protein: 18g Fat: 12g Carbs: 27g

SIMPLY TOAST

Eggs | Milk | Gluten | Lupin

Calorie: 220 Protein: 4g Fat: 5g Carbs: 25g

SPICY SCRAMBLED

Eggs | Milk | Gluten | Lupin

Calorie: 360 Protein: 24g Fat: 12g Carbs: 25g

HOLY GUACAMOLE TOAST

Eggs | Milk | Gluten | Lupin | Sesame

Calorie: 395 Protein: 22g Fat: 27g Carbs: 38g

BREAKFAST BURRITO

Eggs | Milk | Gluten | Lupin

Calorie: 430 Protein: 38g Fat: 26g Carbs: 29g

BULK UP BREAKFAST

Eggs | Milk | Gluten | Lupin | Mustard

Calorie: 510 Protein: 57g Fat: 30g Carbs: 31g

INTERNATIONAL BRUNCH

AUSTRALIAN

Eggs | Milk | Gluten | Lupin

Calorie: 425 Protein: 27g Fat: 31g Carbs: 38g

AMERICAN

Eggs | Milk | Gluten | Lupin

Calorie: 485 Protein: 34g Fat: 24g Carbs: 41g

MEDITERRANEAN

Eggs | Milk | Gluten | Lupin | Mustard | Sesame

Calorie: 485 Protein: 33g Fat: 34g Carbs: 36g

FULL LEAN ENGLISH

Eggs | Milk | Gluten | Lupin

Calorie: 560 Protein: 44g Fat: 30g Carbs: 44g

MEXICAN RANCHERO

Eggs | Milk | Gluten | Lupin

Calorie: 540 Protein: 32g Fat: 39g Carbs: 38g

Allergens:

(v) vegan (vg) vegetarian (gf) gluten free (n) nuts

Our store offers products with peanuts, tree nuts, soy, milk, eggs and wheat. Whilst we take steps to minimize the risk of cross-contamination, we cannot guarantee that any of our products are safe to consume for people with allergies. Please speak to a member of staff if you have a dietary requirement.

LEAN BURGERS

WYLD SMASH BURGER

Eggs | Milk | Gluten | Lupin

Calorie: 680 Protein: 65g Fat: 32g Carbs: 55g

GRILLED CHICKEN BURGER

Eggs | Milk | Gluten | Lupin

Calorie: 450 Protein: 47g Fat: 23g Carbs: 55g

WYLD HALLOUMI BURGER

Eggs | Milk | Gluten | Lupin

Calorie: 480 Protein: 26g Fat: 28g Carbs: 56g

CREATE YOUR OWN ^{vg} WYLD SALAD BOWL

The below List of ingredients may contain traces of Nuts | Mustard | Sesame

roasted mix vegetables, broccoli, edamame beans, rainbow salad, tomato, cucumber, green beans, new potato, red onion, avocado, black beans, mango, pomegranate, olives, hummus, mixed nuts,

Chipotle Chicken | Harissa Chicken

Calorie: 120 Protein: 24g Fat: 4g Carbs: 2g

Braised Beef

Calorie: 160 Protein: 22g Fat: 11g Carbs: 2g

Salmon Fillet

Calorie: 150 Protein: 18g Fat: 12g Carbs: 2g

Baked Falafel

Gluten

Calorie: 180 Protein: 12g Fat: 8g Carbs: 24g

Halloumi

Milk

Calorie: 180 Protein: 8g Fat: 8g Carbs: 2g

Goats Cheese

Milk

Calorie: 225 Protein: 6g Fat: 21g Carbs: 2g

SIGNATURE WYLD SALADS

GRILLED GOATS CHEESE SALAD

Milk | Mustard | Sesame

Calorie: 410 Protein: 11g Fat: 21g Carbs: 22g

ROAST SALMON NIÇOISE SALAD

Egg | Fish | Sesame | Mustard

Calorie: 390 Protein: 29g Fat: 23g Carbs: 27g

WYLD SUPERFOOD SALAD

Nuts | Mustard

Calorie: 350 Protein: 15g Fat: 23g Carbs: 25g

WYLD BOWLS & BURRITOS

Food to fuel your body & soul - packed full of Protein, Vitamins & Minerals. Enjoy as a bowl or wrapped as a burrito. Served with mixed leaf salad

Choose Your Base:

Brown Rice |

Calorie: 102 Protein: 3g Fat: 1g Carbs: 23g
Quinoa

Calorie: 120 Protein: 5g Fat: 2g Carbs: 22g

VEGAN BUDDHA

Sesame

Calorie: 300 Protein: 19g Fat: 19g Carbs: 37g

SALMON BALI

Fish | Mustard

Calorie: 290 Protein: 25g Fat: 24g Carbs: 20g

TUNA TIKI

Fish | Sesame

Calorie: 270 Protein: 31g Fat: 19g Carbs: 28g

CHICKEN RAINBOW

Calorie: 370 Protein: 32g Fat: 21g Carbs: 28g

CHICKEN MEZE

Mustard | Milk | Sesame

Calorie: 420g Protein: 40g Fat: 23g Carbs: 29g

SATAY BULK

Mustard | Milk | Sesame | Nuts

Calorie: 510 Protein: 59g Fat: 35g Carbs: 31g

GRILLED MEAT & FISH

GRILLED CHICKEN BREAST

Milk

Calorie: 400 Protein: 41g Fat: 19g Carbs: 21g

GRILLED FLAT IRON STEAK

Egg

Calorie: 590 Protein: 59g Fat: 36g Carbs: 21g

GRILLED SALMON FILLET

Fish | Sesame | Gluten

Calorie: 460 Protein: 34g Fat: 27g Carbs: 21g

GRILLED SEABASS FILLET

Fish

Calorie: 390 Protein: 27g Fat: 17g Carbs: 21g

Allergens:

(v) vegan (vg) vegetarian (gf) gluten free (n) nuts

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WYLD PROTEIN SHAKES

REBUILD ⁿ

Avocado, banana, dates, chocolate protein, almond milk

220 cal | 25g protein | 20g carb

THE BOD

raspberry, strawberry, banana, vanilla protein, coconut milk

236 cal | 26g protein | 26g carb

SUPERMAN ⁿ

blueberry, raspberry, banana, almond butter, flaxseed, vanilla protein & coconut milk

345 cal | 31g protein | 30g carb

THE WYLD BEAST ⁿ

Oats, banana, creatine, glutamine, peanut butter, chocolate whey protein, almond milk

320 cal | 30g protein | 32g carb

MOCHA ⁿ

Espresso, cacao, almond butter, dates, chocolate protein, almond milk

295 cal | 32g protein | 13g carb

POWER SHAKE

Banana, strawberry, flaxseed, vanilla protein, coconut milk

230 cal | 28g carb | 6g fat

BANANA BREAD

Banana, cinnamon, dates, oats, flaxseed, coconut milk

305 cal | 34g carb | 10g fat

SUPER SMOOTHIES

CHOCO CHARGER ⁿ

Cocoa, banana, dates, flaxseed, raspberry, goji berry, almond milk

235 cal | 31g carb | 7g fat

AVO SHAKE ⁿ

Avocado, banana, almond butter, flaxseed, almond milk

260cal | 25g carb | 19g fat

PINA COLADA

Pineapple, lime, coconut, coconut milk

175 cal | 27g carb | 9g fat

ENERGISER

Raspberry, banana, strawberry, blueberry, cacao, maca, flaxseed, coconut

140 cal | 23g carb | 5g fat

DETOXIFY

Turmeric, lemon, apple, pineapple, spinach, spirulina, chia seeds

205cal | 21g carb | 0g fat

TROPICANA

Mango, pineapple, passion fruit, chia seed, apple

160cal | 22g carb | 0g fat

DOCTOR DOCTOR

Pineapple, papaya, mango, banana, carrot, ginger, apple, flaxseed, pumpkin seed

190 cal | 24g carb | 1g fat

FRESH PRESSED JUICES

IMMUNITY BOOSTER

Carrot, orange, ginger topped with maca powder

GREEN GLOW

Apple, cucumber, mint topped with chia seeds

FRESH PRESSED JUICE

Choose from 100% fresh apple, orange or carrot juice

HEALTH BOOSTER SHOTS

DETOX SHOT

Ginger, turmeric, lemon, apple

SKIN GLOW

Organic Collagen powder, spirulina, apple

EXTRAS

Scoop Whey | Vegan protein

Scoop BCAA | Creatine | Collagen powder

Scoop Peanut Butter | Almond Butter