

# MENU



**The**  
**SOLIMANS**  
*Health and Fitness Meal Plans*



# The Healthy Food Revolution

Enjoy our nutritious and delicious meals and help us spread the word.

Share your experience on Instagram stories or leave us a Google review.



Your support means the world to us!



thesolimans

JOIN US



## 1. BREAKFAST



## 2. LUNCH / DINNER



## 3. VEGAN



## 4. HIGH PROTEIN LOW CARBS



## 5. DESSERTS



## 6. DRINKS



Right fuel for your day!

## BREAKFAST



### The Solimans Omelette ● ● ●

65K

Egg, spinach, mozzarella, chives, beef sausage, mushroom, pepper green, sourdough bread (1pc).

507 | 43 | 23 | 27

### Keto Omelette ● ● ●

90K

Egg, cooking cream, cheddar cheese, butter, pepper red, spinach, mushrooms, beef bacon, avocado.

963 | 55 | 17 | 75

### Greek Yoghurt Bowl or Coconut ● ●

95K

Greek yoghurt (200gr), granola, strawberry, blueberry, walnut, maple syrup.  
Coconut yoghurt option available for extra 15K.

629 | 21 | 53 | 37

### Mango Chia Overnight Oats ●

60K

Oats, yoghurt, protein powder, honey, almond, oat milk, mango, chia seed, mint.

449 | 27 | 65 | 9

### Dark Choco Protein Overnight Oats ●

95K

Oats, yoghurt, protein powder, cacao powder, honey, vanilla, oat milk, strawberry, blueberry, dark chocolate, mint.

578 | 30 | 74 | 18

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# BREAKFAST

## CUSTOM BREKKY



### Egg & Toast Build Your Way ● ● 25K

Customize your sourdough toast with egg the way you prefer, adding up any extra items on the list below.

158 | 10 | 16 | 6

### Avo Toast ● 25K

Customize your sourdough toast with avocado sliced or mashed, adding up any extra items on the list below.

260 | 5 | 24 | 16

## SPECIALITY BEVS



Hot Chocolate 39K

Caramel Latte 40K

Vanilla Latte 40K

Matcha Latte 39K

## COFFEE



Americano/Long Black 30K

Filter Coffee V60 30K

Macchiato 30K

Ristretto 30K

Espresso 30K

Cortado 33K

Cappuccino 33K

Flat White 33K

Large White 44K

Latte 33K

Mocha 39K

Piccolo 33K

## TEA



Black 28K

Green 28K

Peppermint 28K

\*Oat milk option available for extra 20K

## Extra Items

Egg (x1)	77	7	1	5	7K
Cured Salmon (50gr)	84	12	0	4	60K
Tempeh (100gr)	215	19	10	11	15K
Sourdough Toast (x1)	81	3	15	1	10K
Sourdough Toast GF (x1)	139	5	23	3	10K

● Dairy
 ● Egg
 ● Gluten Free
 ● Peanuts
 ● Tree Nuts
 ● Shellfish
 ● Soy
 ● Wheat

👨‍🍳 Chef Recommendation
 ↑ Improved Recipe
 NEW New
 🔥 Spicy

Calories
 Protein
 Carbohydrates
 Fat

10% Government Tax + 5% Service Charge

# Recharge your batteries!

## WRAP & SANDWICH



### Chicken Mozzarella Wrap ● ●

85K

Tortilla wrap, chicken breast, mozzarella, pepper red, pepper green, onions, cassava chips, salsa, garlic sauce (+143 KCAL).

| 803 | 67 | 64 | 33

### Chicken Shawarma ●

70K

Tortilla wrap, chicken breast, tomato, cucumber pickles, parsley, onions, salsa, cassava chips, garlic sauce (+143 KCAL).

| 800 | 61 | 58 | 27

### Chicken Cheddar Wrap ● ●

95K

Tortilla Wrap, chicken breast, cheddar cheese, mayonnaise, baby romaine lettuce, tomato, onions, cassava chips, salsa.

| 823 | 67 | 66 | 33

### Californian Burrito ● ●

90K

Tortilla wrap, minced beef, pepper red & green, onion, spinach, corn, kidney beans, red rice, mozzarella, garlic sauce, salsa, guacamole, cassava chips.

| 927 | 51 | 81 | 35

### Avo Chicken Pesto Baguette ● ●

80K

Half sourdough baguette, avocado, chicken breast, pesto sauce, mozzarella, arugula.

| 768 | 64 | 66 | 32

# M E N U

# LUNCH / DINNER

## PASTA



### Salmon Zoodle Pasta ● 140K

Fettuccine pasta, salmon, zucchini, tomato cherry, olive oil, oregano.

605 | 37 | 58 | 25

### Snapper Pasta Bowl ● ● ● 110K

Gluten free pasta, red snapper, carrot, onions, broccoli.

475 | 35 | 50 | 15

### Spiral Tuna Pasta ● ● 110K

Gluten free pasta, tuna can, mayonnaise, onion red, baby romaine lettuce, spring onion, olives, paprika powder smoke, cucumber.

467 | 30 | 44 | 19

### Pesto Chicken Broccoli ● ● 90K

Fettuccine pasta, chicken breast, pesto sauce, broccoli, tomato cherry.

563 | 60 | 38 | 19

## RICE



### Salmon Teriyaki ● ● 135K

Salmon, red rice, teriyaki sauce, avocado, edamame.

611 | 36 | 56 | 27

### Chicken Cashew ● 85K

Chicken breast, red rice, cashew nut, green beans, broccoli.

712 | 60 | 55 | 28

### Fit Nasi Goreng ● 80K

Chicken breast, red rice, cabbage red, corn, green peas, carrot, egg, baby romaine lettuce, tomato, cucumber.

713 | 72 | 50 | 25

### Beef Stir Fry 120K

Beef tenderloin indian, red rice, carrot, onions, broccoli.

535 | 35 | 56 | 19

\*All pasta choices have Gluten Free option for extra 25K

● Dairy ● Egg ● Gluten Free ● Peanuts ● Tree Nuts ● Shelfish ● Soy ● Wheat

Chef Recommendation Improved Recipe New Spicy

Calories | Protein | Carbohydrates | Fat

10% Government Tax + 5% Service Charge

*Fresh, flavorful, filling!*

## VEGAN MEALS



### Pasta Pesto Vegan Chicken ● ●

80K

Fettucine pasta, vegan chicken, broccoli, tomato cherry, pesto sauce.  
Gluten Free pasta option available for extra 25K.

|  759 |  69 |  69 |  23

### Tempeh Stir Fry Rice ●

75K



Tempeh, red rice, carrot, onions, broccoli.

|  709 |  41 |  71 |  29

### Tempeh Caramelized Wrap ●

75K





Tempeh, tortilla wrap, onion red, baby romaine lettuce, tomato, cucumber, salsa, cassava chips.

|  909 |  38 |  86 |  47

### Vegan Solimans Salad ● ●

105K

Tempeh, tofu, baby romaine lettuce, asparagus, pineapple, avocado, tomato cherry, olives.  
pepper red & green, walnut, lemon dressing.

|  788 |  45 |  44 |  48

### Vegan Chicken Cashew ● ●

75K

Vegan chicken, cashew nuts, green beans, red rice, broccoli.

|  692 |  37 |  63 |  28

VEGAN

# LUNCH / DINNER

## HIGH PROTEIN LOW CARBS



### Tuna Avo Mixed ●

100K

Tuna can, lime, shallots, coriander, pepper red, avocado, tomato cherry, spring onion, olive oil.

581 | 34 | 28 | 37

### Chicken Stir Fry Veggies ●

75K

Chicken breast, carrot, onions, broccoli.

456 | 58 | 20 | 16

### Grilled Barramundi w/ Tabbouleh

120K

Barramundi, quinoa, parsley, mint, tomato, onions, lemon, pomegranate jus, olive oil.

398 | 35 | 33 | 14

### Fajita Platter

75K

Chicken breast, pepper red & green, baby romaine lettuce, lemon, salsa, garlic sauce, guacamole.

642 | 60 | 24 | 34

### Mie Goreng Shirataki ●

90K

Shirataki noodles, egg, carrot, chicken breast, cabbage white, leeks, sayur hijau, napa cabbage, baby romaine lettuce, tomato, cucumber.

640 | 73 | 33 | 24

### Lettuce Chicken Burger ●

90K

Chicken patty, tomato, cucumber, onion red, avocado, baby romaine lettuce, eggs, green beans, carrot, mozzarella, tahini dressing.

732 | 56 | 28 | 44

### Chicken Tawook and Baladi

90K

Chicken breast, onions, tomato, cucumber, parsley, lemon, olive oil, coriander, tahini dressing, garlic sauce.

841 | 74 | 17 | 53

### Lettuce Beef Burger ●

110K

Beef patty, tomato, cucumber, onion red, avocado, baby romaine lettuce, eggs, green beans, carrot, mozzarella, tahini dressing.

725 | 52 | 28 | 45

### Chicken Cashew w/ Cauli Rice ●

90K

Chicken breast, cashew nut, green beans, broccoli, cauliflower, carrot, onions, green peas.

613 | 62 | 26 | 29

### Solimans Salad ●

160K

Chicken breast, beef tenderloin indian, baby romaine lettuce, asparagus, pineapple, avocado, tomato cherry, olives, pepper red & green, walnut, lemon dressing.

791 | 53 | 30 | 51

● Dairy ● Egg ● Gluten Free ● Peanuts ● Tree Nuts ● Shelfish ● Soy ● Wheat

Chef Recommendation Improved Recipe New Spicy

Calories | Protein | Carbohydrates | Fat

*Sweet finish of mine!*


## DESSERTS



### Snickers Slice ●●●

30K


Dates, peanut butter, coconut oil, dark chocolate, soy milk, cashews, rolled oats, coconut, maple syrup.

 276

### Bounty Balls

30K


Desiccated coconut, coconut oil, coconut milk, maple syrup, dark chocolate.

 105

### Lotus Cup

30K


Biscoff paste, rolled oats, cocoa powder, refined coconut oil, maple syrup, oat cups.

 122

### Dark Choco Peanut Butter Cup

30K


Rollled oats, maple syrup, peanut butter, chocolate.

 265

### Cinnamon Bun ●

30K


Flour, vegan butter, yeast, coconut oil, cinnamon, coconut palm sugar, soy milk, vanilla.

 430

### Peanut Butter Blondie ●

30K

Flour, peanut butter, coconut palm sugar, dark chocolate, coconut oil.

 289

### Muffins: Banana Choc Chip / Double Choc Chip ●

30K

Vegan - Flour: bananas, coconut palm sugar, coconut oil, dark chocolate, soy milk, cinnamon, baking powder, nutmeg.

Banana Choc Chip  282

Double Choc Chip  320

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# DRINKS

## PROTEIN SHAKES



### Antioxidant ● ●

85K

Blueberries, strawberries, almonds, banana, milk, ice cube.

486 | 63 | 18 | 18

### Endurance ● ●

85K

Oats, banana, dates, peanut butter, cacao powder, milk, ice cube.

846 | 79 | 56 | 34

### Multivitamin ●

85K

Spinach, strawberries, mango, apple, chia seed, milk, mint, ice cube.

543 | 66 | 27 | 19

### Not Nutella ● ●

90K

Hazelnut, oats, cacao powder, milk, dates, ice cube.

781 | 63 | 58 | 33

### Recovery

85K

Coconut milk, pineapple, mint, turmeric powder, ice cube.

543 | 66 | 27 | 19

\*All protein shakes include Iso Protein scoop

## JUICES



### Apple Ginger

45K

Apple, ginger.

318 | 3 | 72 | 2

### Detox

35K

Apple, carrot, beetroot, ginger.

276 | 5 | 55 | 4

### Freshly Squeezed Orange

55K

Oranges.

269 | 5 | 60 | 1

### Green Juice

45K

Apple, cucumber, pineapple, kale, celery, spinach.

302 | 9 | 53 | 6

### Jamu

45K

Carrot, orange, tumeric powder, tamarind.

302 | 9 | 53 | 6

## SOFT DRINKS



### Coke Zero

15K

### Coconut Water/Cup

15K

### Kombucha Gold

55K

### Kombucha Red

55K

### Virgin Mojito

25K

● Dairy ● Egg ● Gluten Free ● Peanuts ● Tree Nuts ● Shellfish ● Soy ● Wheat

Chef Recommendation Improved Recipe New Spicy

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**thesolimans**

