

# AVOCADO

## BREAKFAST

MAKING SUPER FOODS SUPER TASTY

**Eggs, Steak & Spinach . . . . .£4.49**

*[Champions Classic]*

Low carb, high protein  
what's not to love.

**Poached egg & crushed . . . . .£3.95**  
**avocado wholegrain bagel**

New York whole grain bagel  
[EMPIRE], served with crushed  
avocado and a delicious poached  
egg with parsley.

**Super Whole grain . . . . .£1.99**  
**rolled oats**

Whole grain Oats with crushed  
nuts and a mix of dried & fresh super  
fruits with almond milk.

**Breakfast Super shakes . . . .£2.99**

Strawberry/Chocolate whey protein,  
Blueberries, Goji berries,  
milled flaxseed, almonds,  
brazil nuts, walnuts & Co-Enzyme Q10  
*[vegan protein option]*  
with a choice of 50gs blended oats.





**01204 584 814**

**[www.AvocadoHealthBar.co.uk](http://www.AvocadoHealthBar.co.uk)**

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