



Menu

nutrition station[®]
supporting healthy lifestyles



Breakfast

SPECIALTY TOAST

\$4.95

Rye sourdough toast or fruit toast with a side of butter and your choice of jam, vegemite or peanut butter.

BIG BREAKFAST

\$22.95

Two poached eggs, grilled lean leg ham, avocado, grilled tomato, baked beans and lean beef sausages served on rye sourdough toast.

GREEN BREAKFAST BOWL

\$18.95

Two poached eggs, spinach, kale, avocado and grilled lean leg ham topped with sliced green apple and apple cider vinegar dressing.

POWER BREAKFAST

\$18.95

Egg whites, spinach, avocado and mushroom with your choice of smoked salmon or bacon.

DUKKAH EGGS

\$17.95

Two poached eggs, avocado, cherry tomatoes, feta, rocket and dukkah on rye sourdough toast.

CHILLI EGGS

\$16.95

Scrambled eggs, smashed avocado, wilted spinach and grilled haloumi topped with tomato salsa and harissa sauce on rye sourdough toast.

SMASHED AVOCADO

\$14.95

Smashed avocado, two poached eggs with lemon and rock salt on rye sourdough toast.

THE LOW GI

\$17.95

Smashed avocado, two poached eggs, roast field mushrooms, rocket, roast peppers and feta served on rye sourdough toast.

BIRCHER MUESLI

\$15.95

Rolled oats soaked in apple juice, crushed pink lady apples and greek yoghurt, topped with a mixed berry compote, cinnamon, almonds and manuka honey.

HEALTHY BENNY

\$16.95

Two poached eggs with kaleanaise sauce, wilted spinach and crisp bacon on rye sourdough toast.

BREAKFAST WRAP

\$11.95

Scrambled eggs, avocado, spinach, grilled haloumi and tomato salsa on a wholemeal tortilla.



EGGS ON SOURDOUGH

\$9.95

Two eggs cooked to your liking on rye sourdough toast.

Add: egg, grilled tomato, sautéed spinach, mushroom \$2 each

Avocado, bacon, smoked salmon \$4 each

MAKE YOUR OWN OMELETTE

\$7.00

Add: cheese, mushroom, onion, tomato, feta, spinach, olives, capsicum \$2 each

Avocado, bacon, ham, smoked salmon \$4 each

Protein Pancakes

ENERGY BOOST

\$12.95

Four pancakes topped with sliced banana, seasonal berries, shredded coconut and maple syrup.

WILD BERRY

\$12.95

Four pancakes topped with seasonal berries and blueberry coulis.

INDULGE ME

\$12.95

Four pancakes topped with sliced banana, maple syrup and walnuts.

HONEY NUTTER

\$12.95

Four pancakes topped with peanut butter, manuka honey and walnuts.



Xu Bowls

GREEN BOWL

\$12.95

Almond milk, mango, banana, spinach, kale, chia seeds and super greens.

ACAI BOWL

\$12.95

Acai topped with granola, goji berries, chia seeds, shredded coconut and seasonal fruit.

HONEY NUTTER BOWL

\$12.95

Chocolate protein, natural peanut butter and manuka honey topped with granola.



Salads



HEALTHY CAESAR \$17.95

Chicken Breast, bacon, boiled egg, croutons, shaved parmesan and cos lettuce topped with caesar salad dressing.

CHICKEN AVOCADO \$15.95

Chicken breast, avocado, roasted sweet potato and walnuts served on rocket topped with a honey mustard dressing.

QUINOA CHICKEN \$15.95

Chicken breast with quinoa, spinach, dates and toasted almonds topped with ricotta cheese and dressed in balsamic vinegar and chilli oil.

Wraps & Burgers

ANGUS BEEF BURGER \$13.95

Grilled lean beef patty, tomato, salsa, smashed avocado and beetroot on a wholemeal bun.

ANGUS CHEESE BURGER \$13.95

Grilled lean beef patty, cheese, mixed lettuce and tomato salsa on a wholemeal bun.

CRISPY BACON CHICKEN BURGER \$13.95

Grilled chicken, bacon, cheese, mixed lettuce and aioli sauce on a wholemeal bun.

CLEAN & LEAN CHICKEN BURGER \$13.95

Grilled chicken, smashed avocado, baby spinach and aioli sauce on a wholemeal bun.

LOW CARB NAKED CHICKEN BURGER \$12.95

Grilled chicken, basil pesto, crumbled feta, rocket and tomato.

LOW CARB NAKED BEEF BURGER \$12.95

Grilled lean beef, tomato, mixed lettuce and spanish onion with caramelised onion jam and aioli sauce.

SMASHED AVOCADO WRAP \$10.95

Smashed avocado, feta, rocket, tomato, mixed lettuce, basil and aioli sauce on a wholemeal tortilla.



GRILLED HALOUMI & TOMATO \$15.95

Brushed with lemon juice, served with radicchio, mixed lettuce, basil, cucumber, pitted olives and roasted pumpkin seeds.

MARINATED LAMB \$16.95

Lamb, couscous, carrot, spinach, capsicum, cucumber, topped with harissa, tzatziki and balsamic dressing.

HABANERO BEEF HOT WRAP \$13.95

Grilled beef steak with habanero seasoning, spicy tomato salsa, sliced peppers and spinach on a wholemeal tortilla.

GRILLED VEGETABLE WRAP \$12.95

Grilled capsicum, zucchini, eggplant, haloumi and mixed lettuce with hummus on a wholemeal tortilla.

CHICKEN TANDOORI WRAP \$12.95

Tandoori chicken breast, smashed avocado, tomato, spinach and char-grilled vegetables on a wholemeal tortilla.

LAMB WRAP \$13.95

Lamb, tomato, cucumber, spanish onion, mixed lettuce, roasted capsicum and tzatziki sauce on a wholemeal tortilla.

ADD ONS:

Bacon, avocado \$4 each

Egg, beetroot, pineapple, tomato, cheese \$2 each

Sweet potato fries \$4.00

Create Your Own Meal...

STEP 1: LETS TALK PROTEIN!

Chicken Breast	\$12.00
Meatballs	\$12.00
White Fish	\$14.00
Salmon	\$14.00
Lamb	\$14.00
Grilled Steak	\$14.00

STEP 2: THE GOOD STUFF, CARBS!

Brown Rice	\$3.00
Basmati Rice	\$3.00
Quinoa	\$3.00
Baked Sweet Potato	\$3.00
Wholemeal Pasta	\$3.00
Sweet Potato Fries	\$4.00

STEP 3: ALWAYS EAT YOUR GREENS!

Beans	\$3.00
Broccoli	\$3.00
Char-grilled Vegetables	\$3.00
Garden Salad	\$3.00
Rocket Salad	\$3.00

STEP 4: IT'S TIME TO GET SAUCY!

Aioli	\$2.00
Chilli Aioli	\$2.00
Apple Cider Vinegar Aioli	\$2.00
Tomato Salsa	\$2.00

STEP 5: THOSE HEALTHY SIDEKICKS

Avocado	\$4.00
Boiled Egg	\$3.00



Smoothies & Juices



ACTIVE LIFESTYLE SMOOTHIES

BASE SHAKE R \$4.95 L \$5.95

Your choice of Chocolate, Banana or Vanilla Protein

ENERGISER R \$7.95 L \$8.95

Your choice of Protein, Coffee Shot

MUSCLE MAKER R \$9.95 L \$10.95

Your choice of Protein, Full Cream Milk, Dextrose, MCT Oil, Creatine Monohydrate

SHREDDER R \$8.95 L \$9.95

Your choice of Protein, Vitamin C Powder, L-Carnitine, Fat Burner, Chia Seeds

RECOVERY R \$7.95 L \$8.95

Your choice of Protein, Vitamin C Powder, L-Glutamine

VEGAN SMOOTHIES

VEGAN VIGOR R \$9.95 L \$10.95

Coconut Water, Protein, Chia Seeds, Walnuts, Cinnamon, Mixed Berries, Banana

ACAI SHAKE R \$9.95 L \$10.95

Coconut Water, Acai Powder, Chia Seeds, Goji Berries, Cranberries, Banana

THE GREEN MACHINE R \$9.95 L \$10.95

Super Greens, Spinach, Pear, Passion Fruit, Banana, Chia Seeds

SUPER FOOD SMOOTHIES

HONEY NUTTER R \$9.95 L \$10.95

Chocolate Protein, Natural Peanut Butter, Chia Seeds, Cacao Nibs, Manuka Honey

NUTTY BANANA R \$9.95 L \$10.95

Vanilla Protein, Banana, Natural Peanut Butter, Manuka Honey, Chia Seeds, Cacao Nibs

BANANA BLISS R \$9.95 L \$10.95

Vanilla Protein, Cacao Nibs, Chia Seeds, Manuka Honey, Walnuts, Cinnamon, Banana

CHOC-MINT R \$9.95 L \$10.95

Chocolate Protein, Chia Seeds, Almond Flakes, Walnuts, Manuka Honey, Mint, Natural Peanut Butter

FOREVER ENERGY R \$9.95 L \$10.95

Vanilla Protein, Acai Powder, Coconut Water, Almond Flakes, Chia Seeds, Cacao Nibs, Dates, Avocado, Banana

MANGO MADNESS R \$10.95 L \$11.95

Vanilla Protein, Almond Flakes, Chia Seeds, Manuka Honey, Mango

BERRY SWEET R \$10.95 L \$11.95

Vanilla Protein, Acai Powder, Coconut Water, Shredded Coconut, Goji Berries, Cranberries, Mixed Berries

NAKED SMOOTHIES

BANANA SPICE R \$9.95 L \$10.95

Almond Milk, Banana, Cinnamon, Dates

YOGI BERRI R \$9.95 L \$10.95

Coconut Water, Mixed Berries, Greek Yoghurt, Chia Seeds, Manuka Honey, Banana

FRESH JUICES

MOJITO R \$8.95 L \$9.95

Green Apple, Pear, Mint, Lemon

BLUEBERRY BLAST R \$8.95 L \$9.95

Vanilla Protein, Coconut Water, Blueberries, Manuka Honey

WATERMELON WISH R \$8.95 L \$9.95

Vanilla Protein, Coconut Water, Mixed Berries, Watermelon

TROPICANA R \$8.95 L \$9.95

Orange, Pineapple, Mango, Passionfruit

BEETROOT WATERMELON R \$8.95 L \$9.95

Watermelon, Beetroot, Ginger

ORANGE OASIS R \$8.95 L \$9.95

Orange, Green Apple, Passionfruit

GREEN APPLE R \$10.95 L \$11.95

Green Apple, Celery, Kale, Cucumber, Lemon



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NUTRITION STATION NORTH PENRITH

www.nutritionstation.com/stores/northpenrith

Order over the phone: (02) 4729 2484

16 Lambridge Place Penrith, 2750



Kids Menu

KIDS MEALS



CHIPPIES \$5.95
Bowl of sweet potato fries served with a side of aioli.

KIDS PANCAKES \$5.95
Ten mini pancakes topped with seasonal fruit and a side of maple syrup.

KIDS "CHICK" N SALAD \$6.95
Chicken breast served with mixed lettuce, tomato and cucumber, topped with aioli.

HAM, CHEESE & TOMATO TOASTY \$5.95
Lean leg ham, tomato and cheese on toasted wholemeal bread.

KIDS SMOOTHIES

BANANA SMOOTHIE \$4.95
Banana, Milk, Manuka Honey

BERRY SMOOTHIE \$4.95
Mixed Berries, Milk



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