

GRAIN

FRESH and **WHOLESOME** meals,
Delivered to your door.



KETO

(KETO) NOWEGIAN SMOKED SALMON AND AVOCADO BOOST UP SALAD

250.-

Calories 207
Fat 18
Carb 6
Protein 10



(KETO) EVERY DAY JOYFUL SALAD VEGETABLE AND FETA CHEESE

190.-

Calories 147
Fat 14
Carb 7
Protein 4



(KETO) REFRESHING MIXED SPICE CHICKEN AND QUAIL EGGS SALAD

190.-

Calories 197
Fat 10
Carb 4
Protein 22



(KETO) SOUS-VIDE NORWEGIAN SALMON AND BAKED SPINACH WITH CHEESE

290.-

Calories 450
Fat 30
Carb 13
Protein 33



(KETO) ROASTED CHICKEN WITH TERIYAKI & GRILLED SHITAKE MUSHROOM WITH FOUR CHEESE

250.-

Calories 382
Fat 19
Carb 7
Protein 44



(KETO) GRILLED PORK COLLAR FOUR CHEESE WITH BBQ SAUCE

250.-

Calories 321
Fat 5
Carb 13
Protein 51



SALAD

**EVERY DAY JOYFUL
SALAD VEGETABLE
AND FETA CHEESE**

170.-

Calories 79
Fat 3.3
Carb 11
Protein 5



**REFRESHING MIXED
SPICE CHICKEN APPLE
AND CORN SALAD**

170.-

Calories 221
Fat 4
Carb 16
Protein 32



**NOWEGIAN SMOKED
SALMON AND AVOCADO
BOOST UP SALAD**

250.-

Calories 238
Fat 8
Carb 10
Protein 30



**CHICKEN CITRUS
QUINOA SALAD WITH
KALE AND BABY SPINACH**

180.-

Calories 178
Fat 4
Carb 8
Protein 30



**GREENERY BLUEBERRY
REDUCTION SALAD**

170.-

Calories 161
Fat 1.1
Carb 34
Protein 6.3



**CAESAR SALAD
WITH BACON
AND EGG ONSEN**

190.-



RICE

GRILLED FARM FRESH CHICKEN

250.-

Calories 636
Fat 20
Carb 71
Protein 48



RAINBOW RICE BOWL

260.-

Calories 421
Fat 6
Carb 56
Protein 41



UMAMI MISO SALMON WITH PUMPKIN AND BOKCHYOY

390.-

Calories 612
Fat 18
Carb 75
Protein 32



LOVE ME TENDER CHICKEN & RICE BERRY

250.-

Calories 365
Fat 4
Carb 49
Protein 38



GRILLED SEABASS MULTIGRAIN PICKLED VEGETABLE ORANGE ZEST

250.-

Calories 255
Fat 4.4
Carb 22
Protein 33



PASTA

HOT TORCHED SOUS VIDE SALMON

390.-

Calories 723
Fat 19
Carb 91
Protein 39



TORCHED NORWEGIAN SALMON

330.-

Calories 727
Fat 21
Carb 88
Protein 39



CHICKEN JAPCHAE

210.-

Calories 520
Fat 4
Carb 90
Protein 30



SHIRATAKI SOMEN DELIGHT WITH GINGER WASABI SAUCE

190.-

Calories 198
Fat 3
Carb 13
Protein 29



WHOLESOME COMBO

FARM FRESH WHOLESOME COMBO

470.-

Calories 711
Fat 20
Carb 80
Protein 50



JAPCHAE WHOLESOME COMBO

470.-

Calories 784
Fat 9
Carb 131
Protein 40



RAINBOW RICE WHOLESOME COMBO

470.-

Calories 603
Fat 10
Carb 81
Protein 47



KIDS MENU

BACON FRIED RICE

125.-



PINKY FUSILLI WITH SALMON

145.-



UMAMI VEGGIE DELIGHT WITH SALMON

145.-



CREAMY CHICKEN MUSHROOM FUSILLI

125.-



DESSERT

SALTED CARAMEL APPLE CRUMBLE

160.-

Calories 256
Fat 13
Carb 35
Protein 2



HOLY CHIP!

55.-

Calories 183
Fat 10
Carb 19
Protein 2



SIDE DISH

SWEET CORN NACHO CHEESE

79.-

Calories 173
Fat 5
Carb 21
Protein 4



TRICOLOR ROASTED VEGGIES WITH FETA AND PESTO

79.-

Calories 66
Fat 3
Carb 7
Protein 2



BRAISED QUAIL EGGS IN SOY SAUCE

59.-

Calories 33
Fat 0.1
Carb 5
Protein 3



LOW-FAT YOGURT GRANOLA CUP

85.-

Calories 144
Fat 3
Carb 21
Protein 7



MANGO YOGURT PARFAIT

95.-

Calories 166
Fat 4
Carb 26
Protein 7



BLUEBERRY YOGURT PARFAIT

95.-

Calories 168
Fat 4
Carb 26
Protein 7

