

RUNAMUK HEALTH HUB MENU



At Runamuk Refuel Café, we don't compromise on nutrition. Wherever possible, we source pastured Omega-3 Eggs, imported Grassfed Beef, pesticide-free Fruits & Veggies, and meals made without seed oils.

Clean, premium ingredients to fuel your body, recharge your energy, and keep you performing at your best, because what you eat should work as hard as you do.

LIMITLESS ENERGY IN EVERY SIP

HOT BREW

	Regular	Large
Affogato	35	
Cappuccino	30	40
Espresso	20	25
Flat White	30	40
Latte	30	40
Long Black or Americano	25	35
Macchiato	30	40
Mocha	50	55
Piccolo	35	45
V60		45
Mont Blanc		55
Hot Cacao 65%		55
Hot Cacao 100% Ceremonial		62
Mexican Hot Chocolate 60 / 100%	60	67
<i>Cacao, Cinnamon, Cayenne, Vanilla, Salt, Milk</i>		
Matcha with Milk		35
Matcha Glow Latte		60
<i>Collagen, Honey, Vanilla, Milk</i>		
We use Fresh Milk		0
Runamuk made Almond Milk		10
Oat Milk & Soy Milk		10

COOL DOWN BREW

Iced Cacao		55
Iced Latte		40
Iced Long Black		35
Iced Matcha Latte		45
Strawberry Matcha		50
Iced Matcha Glow Latte		60
<i>Collagen, Honey, Vanilla, Milk</i>		
Iced Mocha		55

DHARMA TEA BLENDS

Chamomile, Earl Grey, English Breakfast		35
Green Tea, Peppermint, Lemongrass & Ginger		

PERFORMANCE HOT COFFEE OR MATCHA

	Regular	Large
Performance Bullet Proof	45	50
<i>Coffee, MCT Oil, Grass Fed Butter</i>		
<i>Supports Ketosis, Report improved focus, MCT Quick Absorption for immediate energy</i>		
Morning Fix	50	55
<i>Cordyceps, Collagen, Cinnamon, MCT Oil</i>	Black	Latte
<i>Reports to Improve exercise performance, Bone & Gut health</i>		
Focus Flow	50	55
<i>Coffee, Lions Mane, Vanilla, Honey</i>	Black	Latte
<i>May Enhance cognitive function, balanced energy boost</i>		
Recovery Protein	50	55
<i>Coffee, Vanilla Protein 5.5 g</i>	Black	Latte
<i>May assist in Muscle maintenance</i>		
Recovery Protein Mocha	50	55
<i>Coffee, Chocolate Protein 5.5 g</i>	Black	Latte
<i>Creates a creamy mocha latte, may help sustain energy</i>		
Night Cap Cortisol Crusher		55
<i>Cacao 65%, Reishi, Honey, Nutmeg,</i>		latte
<i>Reports Reduce stress, immune boost and anti inflammatory</i>		
POWER SHOTS 50 ML		
Functional Mushroom Shot		20
<i>Cordyceps or Lions Mane in Honey Water</i>		
<i>Cordyceps: Reports Increased VO2 Max, Delivers energy to muscles for oxygen efficiency</i>		
<i>Lions Mane: Reports Enhances memory & Focus. Reduces anxiety & Immune benefits</i>		
Balinese Jamu		15
<i>Turmeric, Ginger, Orange, Pepper</i>		
<i>Reports Anti-inflammatory reducing joint pain, Aids digestion</i>		
Better than Ozempic		20
<i>Apple Cider Vinegar, Honey, Lemon, Ginger</i>		
<i>Support Blood Sugar Control, Gut Health & added Vitamin C</i>		
Beetroot Shot		8
<i>To Improve O2 Uptake</i>		

HYDRATION NATURAL ELECTROLYTE

	Small	Large
Electrolyte Slushy (Daily Flavours)	35	40
Coconut Water Caraf 450ml		35
Coconut Water Green 450 ml <i>Kiwi, Cucumber, Lemon, Salt Honey</i>		40
Coconut Water Pink 450 ml <i>Watermelon, Lemon, Salt Honey</i>		40
Coconut Water Blue 450 ml <i>Pineapple, Salt, Lemon, Blue Spirulina (EAA)</i>		45

REFRESH

Sparkling Mineral Water	25	55
Still Mineral Water	25	55
Soda Water Can	18	
Coke, Coke Zero, Lemonade	18	

KOMBUCHA

Brothers Pineapple Butterfly Pea	55	
Brothers Dragonfruit & Sweet	55	

JUICES

Runamuk Immunity Boost <i>Carrot, Orange, Ginger, Lemon</i>	48	
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Endurance Energy <i>Beetroot, Apple, Carrot, Ginger, Lemon</i>	48	
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Hydration Hit <i>Watermelon, Pineapple, Mint</i>	48	
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Extreme Detox <i>Celery, Apple, Cucumber, Lemon Ginger, Mint</i>	48	
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RUN YOUR OWN JUICE 48

Watermelon, Apple, Orange, Pineapple, Carrot, Beetroot, Lemon, Celery, Ginger

REFRESHING MOCKTAIL

Sunrise Spritz <i>Cranberry, Orange, Honey, Lemon, Soda</i>	50	
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Basil Cucumber Margarita <i>Cucumber, Lemon, Basil</i>	50	
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Creamy Virgin Espresso Martini <i>Espresso, Cacao, Cinnamon, Honey, Salted Caramel, Cream</i>	55	
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PERFORMANCE DRINKS**We whip up our own Peanut Butter****Pre Workout**

Berry Burst (Dairy Free) <i>Mixed Berries, Oats, Coconut Water, Slow Energy Release, Antioxidant, Easy to Digest - Longer Sessions</i>	60
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Banana Blitz (Dairy & Gluten Free) <i>Banana, Peanut Butter, Coconut Water, Fast Energy, Prevent Cramping - Shorter Sessions</i>	60
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Post Workout

Gym Bro 18g Protein <i>Chocolate Malt Whey Protein, Peanut Butter, Banana, Dates & Coconut Water (Can change to Vegan Protein) Rehydrate, Refill Glycogen, Repair Muscles, Low Fat</i>	60
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Elite Endurance 18g Protein <i>Protein Vanilla (Vegan), Banana, Blueberries, Dates, Coconut Water & Salt (Dairy & Gluten Free) Slow Energy release, Antioxidant Properties</i>	60
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Nomas Smoothie 18 g Protein <i>Protein Vanilla (Vegan), Banana, Dragonfruit, Pineapple, Coconut Water & Coconut Cream Muscle Recovery, Enhance healing, Cardiovascular Health</i>	60
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DAIRY SMOOTHIE

Morning Fuel <i>Banana, Peanut Butter, Date, Honey, Milk</i>	55
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Heart Rate Hero <i>Dragon Fruit, Strawberry, Banana, Chia, Milk</i>	55
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Blueberry Bolt <i>Blueberry, Avocado, Coconut Ice-cream, Vanilla, Honey, Milk</i>	55
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Chocolate Charge <i>Cacao, Banana, Peanut Butter, Honey Cinnamon, Milk</i>	55
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Salted Caramel Coffee <i>Coffee, Banana, Chia Seeds, Salt, Maple, Cinnamon, Vanilla, Milk</i>	55
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POWER UPS – ADD ON TO ANY DRINK

Collagen Peptide 3 g	10	Oats 15 g	10	Mushroom Cordyceps 2 g	12
Creatine 5 g	10	Protein Powder Herbilogy Vegem	20	Mushroom Lions Mane 3 g	12
Magnesium Citrate 3 g	10	Chocolate or Vanilla		Mushroom Reishi 3 g	12
MCT OIL 5 ml	10	Protein Whey Powder Chocolate Malt	20	Sodium Bicarbonate 3 g	5
				Spirulina 1g	8

CLEAN ENERGY

Real food cooked fresh to order for maximum vitamin retention,
because you worked hard for it

LIGHT START

Chilled Acai or Maqui Bowl 80

W' Fresh Fruit, Peanut Butter drizzle,
Granola & Coconut Ice-Cream

Smoothie Bowl 75

Mix of Banana, Dragon Fruit, Oat milk
topped with Mixed Berries, Yoghurt,

Fresh Fruit Platter 65

Assorted Fruits, Granola, Yoghurt &
Honey

Runamuk Granola & Yoghurt 55

Served with Berries, Mango, Drizzled
Honey, Coconut flakes topped Pineapple
Granita & Greek Yoghurt (Coconut Yoghurt

Pineapple Coconut Overnight Oats 70

Oats, Honey, Chia Seeds Pineapple &

Choc & PB Overnight Oats 70

Oats, Almond Milk, Chia Seeds, Dark
Chocolate, Peanut Butter, Maple, &

Strawberry Vanilla Chia Pudding 55

Served with Greek or Coconut Yoghurt &
Berries

Pre Workout Runamuk Bagel 40

Banana, Peanut Butter & Honey

Honey Haloumi Bagel 60

Honey Haloumi, Avocado topped with

PB Performance Porridge 60

Caramelised Banana, Blueberry & Peanut
Butter Drizzle

Recharge Apple Porridge 60

Chamomile, Cinnamon & Clove infused
stewed Apples

Cloud Pancakes (worth the 30 min) 65

Fluffy & Light Banana, Berries Stack

Macro stacked Mini Protein Pancakes 65

Oats, Vanilla Whey, topped with Berries,
Maple drizzle and side of Vanilla Ice-
cream

THE BAKERY

Banana Bread 30

Croissant with Strawberry Jam 30

Almond Croissant 35

Pain Au Chocolate 30

REFUEL

Protein Smashed Avocado 70

Chickpeas, Cherry tomatoes, Greens &

Add: Omega-3 Eggs (2) 20

Add: Cured Salmon 40 g 25

Chilli Scrambled Egg 80

Chilli Mince & Scrambled Eggs served on
Sourdough topped with Fresh Greens

Breakfast Bagel 70

Beef Patty, Egg, Tomato relish, Avocado

Breakfast of Champions Wraps 110

Steak, Scrambled Egg, Avocado, Greens,

Loaded Omelette 85

Filled with Mushrooms, Haloumi, Broccoli

The Obsidian No Bun Stack 110

Fried Rice, Double Beef Patty, Sunny Egg,
Avocado, Tomato Relish

YOUR DAILY NOURISH STANDARDS

Our culinary creations, crafted to fill you up
without slowing you down

NOURISH BOWLS

Anti Inflammation Glow Bowl 65

Roasted Baby Carrot, Cauliflower,
Broccoli, Chickpea base & Tahini Yoghurt

Caesar Salad 55

Lettuce, Garlic Crouton, Shaved
Parmesan & Anchovies

Add: Salmon Fillet 200g 130

Chicken 125 g 25

Falafel 150g 35

Teriyaki Chicken Poke Bowl 85

Edamame, Carrot, Cucumber, Avocado,
Mango, Red Cabbage, Seaweed & Rice
with Wasabi Sauce giving a Soft Spicy kick

Spicy Tuna Poke Bowl 85

Edamame, Carrot, Cucumber, Avocado,
Mango, Red Cabbage, Seaweed & Rice &
Wasabi Sauce topped with Sesame Seed

Honey Mince Bowl 85

Roasted Sweet Potato, Sunny Egg,
Avocado, Honey Cottage Cheese

MAIN EVENT

Honey & Lime Chicken Rice Stack 90

Tangy chicken, Avocado, Ginger &
Fragrant Coconut Basmati Rice

Thai Salmon Fillet 180

Blanched Green Vegetables with Spicy
Yellow Curry Sauce & Basmati Rice

Citrus Butter Tuna Steak 130

Sweet Potato Mash & Mix Green Veg,
Tangy Citrus Sauce

Honey Ginger Mahi Mahi Stack 130

Safron Mashed Potato, Green Beans
topped with a Fresh Mango Salsa

Runamuk Light Nasi Goreng 75

With Chicken Satay Skewer & Sunny Egg

Aegean Beef Kofta Skewers 140

Cherry Tomato, Cucumber, Olives, Quinoa,
Hummus w' Garlic & Yoghurt dressing

Mediterranean Chicken Skewers 120

Cherry Tomato, Cucumber, Olives, Quinoa,
Lemon Olive Hummus

Chicken Parmigiana 120

Neapolitan Sauce, Mozzarella, Parmesan
Cheese, Served with Cut Chips & Salad



We embraced Hanuman, celebrating his boundless energy and strength. Symbolising movement, vitality & resilience. Qualities that align with Runamuk's mission to encourage & support Health enthusiasts. A daily reminder of perseverance courage, and joy in the surroundings of our uplifting environment.

HAND HELDS AND HEARTY TWISTS

PURE PASTA PERFECTION -RUNAMUK made pasta designed for the health-conscious gourmet. We've stripped away the preservatives and kept the traditional technique for a bowl that's as clean as it is comforting. Easily digestible source of complex carbohydrates, providing sustained energy for workouts and replenishing muscle glycogen stores afterward. It helps athletes fight fatigue, feel full without bloating, and improves performance through steady energy release. Benefits include improved stamina and essential nutrient intake.

FAVOURITES

* Burgers & Toasties Served with choice of Sweet Potato or Hand Cut Fries

Recharge Smashed Beef Burger 120

Beef Patty, Egg, Caramelised Onion, Cheddar Cheese, Lettuce Tomato, Pickles, Tomato Relish *

Runamuk Pretzel Cheese Burger 100

Classic Beef Patty, Cheddar Cheese, Caramelised Onion, Pickled Gerkin & Tomato Relish *

Panko Chicken Chipotle Burger 100

Mixed Green, Cheese topped with Pickled Cabbage *

Tenderloin Steak Sandwich 140

Caramelised Onion, Cheddar Cheese, Tomato, Greens & BBQ Sauce *

Chicken Pesto Toasty 95

Cheese, Sundried tomato, Greens,

Tuna Melt Toasty 95

Fresh Pulled Tuna, Parmesan, Cheese *

Soft Shell Fish Tacos 95

Mahi Mahi, Pickled Cabbage, Tomato Salsa, Chipotle

Mediterranean Steak Wrap 160

Steak, Cucumber, Tomato, Red onion, Garlic Cucumber dill dressing

Chicken Caesar Wrap 95

Chicken Breast & Caesar Salad

FAST PASTA – FRESHLY MADE @ RUNAMUK

Lasagna 125

Loaded Beef stack served with Salad greens

Spaghetti with Meatballs 125

Rich Bolognese Sauce & Garlic Bread

Run Your Own Pasta

Choose Your PASTA
Agnolotti (Filled Ricotta)

Fettuccine
Spaghetti

40

Now Your SAUCE

Beef Bolognese
Creamy Mushroom
Lemon Pesto
Aglio E Olio Garlic
Chilli

50

PERFORMANCE PLATTER

PROTEIN for Performance

Steak of Choice 200g
Chicken Breast Skewers 250 g
Sunny Omega-3 Eggs x 3
Avocado 100 g
Green leaf Salad w* Pickled cabbage 20 g
Dates & Parmesan Cheese

*** Sirloin 220**

Cal: 1251 Protein: 127 Fats: 62 Carbs: 51

***Tenderloin 260**

Cals: 1101 Protein: 127 Fats: 52 Carbs: 51

KETO POWER

Steak of Choice 200g
Chicken Breast 250 g
Sunny Omega-3 Eggs x 3
Avocado 100 g
Sauteed Spinach 50 g
Grassfed Butter 15 g

*** Sirloin 220**

Cal: 1196 Protein: 122 Fats: 66 Carbs: 14

***Tenderloin 260**

Cals: 1046 Protein: 122 Fats: 56.4 Carbs: 14

***Steak Choose a Sauce: Mushroom, Pepper, Butter or Honey**

ENDURANCE PROTEIN

Mince Patty 200 g
Chicken Breast 250 g
Sunny Omega-3 Eggs x 3
Avocado 50 g
Sweet Potato Fries 200 g
Green Leaf Salad & Pickles 120 g

185

Cal: 1288 Protein: 128 Fats: 61 Carbs: 57

ATHLETE RECOVERY

Sunny Omega-3 Eggs x 3
Egg White Omelette
Tomato 100 g
Sauteed Spinach 100g
Sourdough Toast x 1 Piece
Cottage Cheese 30 g
Banana 100 g & Watermelon 100 g

185

Cal: 677 Protein: 43 Fats: 16 Carbs: 129

WELL DESERVED SWEET TREATS

Nath's Favourite Banana Split 40

Chocolate & Coconut Ice-cream, Peanut
butter Drizzle & Choc Date Chunks

Apple Granola Crumble 40

topped with Pistachio Ice-cream

Protein Chocolate Delight 40

Greek Yoghurt, Egg & Chocolate baked
with Vanilla Ice-cream

ETTORE GELATO

Sweet Taster 1 Scoop 18

2 Scoop 30

3 Scoop 40

Ask our Support Team for current Flavours

STROLL PAST OUR DISPLAY FRIDGE FOR DAILY TREATS

Snicker Bar, Carb Load Squares, Dubai Chocolate, Brownie, Carrot Cake, Cookies, Pastries

Fun Performance Facts - While we aren't doctors, these bites are packed with perks that might give your body a boost! **BEETROOT:** Rich in Nitrates. Improves O₂ Flow. Improves endurance & Efficiency. Supports recovery. Load 2 Weeks out from Race/Comp **BULLETPROOF COFFEE:** Provides sustained energy. Improved mental clarity & focus. Supports fat burning & ketosis **BLUE SPIRULINA:** Derived from blue/green Algae, nutrient-dense superfood containing Phycocyanin, a potent antioxidant that reduces inflammation and fights oxidative stress. It contains 55-70% protein by weight and all nine essential amino acids. **CACAO:** Supports heart health & Oxygen delivery. Rich in antioxidants. Quick energy (Carbs & Fats). Supports Circulation. **CARBS FAST ACTING:** Quick energy around training. Provides quick fuel 30-60 min (Pre) and refuel 30-60 min (Post) session. **CARBS SLOW RELEASING:** Digested & absorbed over 2-3 hours. Steady release into the bloodstream. Sustained energy provided. **CHIA SEEDS:** High fibre, slow-digesting carb. Provides sustained energy. Contains Omega-3 Fatty Acids. Reduces inflammation post-session. **CHILLI:** Enhance Metabolism & Cardio Health & Boost immunity. **CINNAMON:** Fight inflammation. Manage blood sugar levels & support heart health by lowering cholesterol & triglycerides. **COFFEE:** Consumed 30-60 min before exercise acts as a powerful ergogenic aid for athletes. **COLLAGEN:** Enhances joint, tendon & bone health. Supports muscle recovery, skin & nail health. **CORDYCEPS MUSHROOM:** Boosts energy & endurance. Support an increase in VO₂ Max. Supports respiratory health. Immune support. Antioxidant. **CREATINE:** Boosts muscle strength. Supports muscle growth. Aids cognitive function & speeds recovery. **OMEGA-3 EGGS:** Pastured eggs (or pasture-raised) ethically raised hens with a diet feeding on natural forage like insects & green, leading to a deeper orange-yellow yolk. Higher Omega 3 fatty acids, Vitamin D & Vitamin E. **DARK CHOCOLATE (70% UP):** Supports heart health. Rich in antioxidants. Quick energy (Carbs & Fats) supports circulation. **EAA (Essential Amino Acids):** Improves endurance. Reduce fatigue, Muscle repair. Maintain blood sugar levels during intense activity. **FLAX SEEDS:** Rich in Omega-3 Fatty Acids. Reduces inflammation post-session. High fibre to support digestion. **GARLIC:** Supports heart health. Immune Support. Increases O₂ delivery to muscles during the session. Anti-inflammatory. **GINGER:** Anti-Inflammatory. Aids digestion. Aids muscle recovery. Supports circulation. **HONEY:** *Pre-workout:* energy boost. *During:* Keeps muscle glycogen stores filled & enhances endurance. *Post:* Anti-Inflammatory. **LION'S MANE:** Supports brain health & cognitive function. Reduces mild anxiety. Supports gut health. Anti-inflammatory & antioxidant. **MAQUI & ACAI:** Both are powerful, purple South American "Super berries rich in antioxidants, but they differ in potency & origin. Maqui is considered superior in antioxidant density (Often up to 3 x more Anthocyanins) and is ideal for anti-aging. Acai is richer in healthy fats, has a creamier texture and a milder cocoa-like taste. **MAGNESIUM:** Supports muscle function. Energy production. Supports Recovery. Improves sleep quality. **MCT OIL:** Enhances mental focus. Supports fat loss by promoting ketone production. **PROTEIN:** Muscle growth. Recovery & increases overall protein intake. **PUMPKIN SEEDS:** High-quality protein for muscle recovery. Rich in Magnesium for muscle function & energy. High-quality iron source. Contains Tryptophan (AEE) for sleep support. **REISHI MUSHROOM:** Immune system support. Reduces stress & sleep support. Anti-inflammatory & Antioxidant **SHIRATAKI RICE:** Contains prebiotics that support bowel & gut health. High fibre to support digestion, Low Carb. Great for Keto. **SODIUM BICARBONATE:** Lactic acid buffer. Delays fatigue. Enhances high-intensity performance.