



POWER BAR



COFFEES, JUICES, SMOOTHIES & HEALTHY SNACKS

☎ 021 461 0243

✉ thepowerbar@capecrossfit.com

📷 @ccfpowerbar

CCF POWER BAR

THE POWER BAR - EST.2019

The Power Bar was created out of a combination of the need for healthy pre and post-workout products to be available for our fitness community, and a deeply rooted passion to educate and provide Cape Town with as much health & fitness as we possibly can.

Our goal is to provide healthy, delicious coffees, juices and snacks that our patrons can enjoy without worrying about what's in there. We pride ourselves on working with the best brands in the business when it comes to supplying the bases for our offerings where all our products are chosen as locally produced, no-sugar-added-kind of products!

To stick with our health focus, we also recommend that our coffees are enjoyed without sugar. If you need a little bit of sweetness in yours, why not try a small serving of honey instead of the regular sugar? Honey contains fewer calories, and is a sweeter product, which means that you'll need less of it. Less sugar = more health!

We have also chosen our partners, and suppliers from an eco-friendly philosophy. All our take away cups and utensils are made of eco-friendly material and the bottles of water that we sell come straight from Table Mountain itself.

In short, our goal is simply to provide you with the best experience possible when it comes to taking care of your health & fitness, while enjoying hot & cold drinks and snacks to fuel your life!

P.S. Did you know that the Power Bar is also the front desk for a Cape CrossFit gym facility? Ask for a tour and we might be able to change your life in more than just a tasty snack kind of way!

OPEN

MON - FRI

05:00AM - 19:00PM

SAT

07:00AM - 12:00pm



GCF POWER BAR

OPEN

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05:00AM - 19:00PM

SAT

07:00AM - 12:00pm



SUMMA SMOOTHIES

ADD WHEY (20-25G) +R22

Summa Smoothies - Conveniently Wholesome.

At Summa Foods we believe that with our Summa Smoothies it doesn't need to be complicated or expensive to nourish your body naturally. Based out of Durban, our mission is to produce healthy foods using delicious combinations of the best local ingredients. All whilst getting the vitamins, minerals, nutrients your body needs to perform at its peak.

Our smoothies were developed initially from our kitchen for the family, borne out of a love and passion for naturally healthy foods and ingredients.



POWER PROTEIN R67.00

Chia seeds, flax seeds, peanut butter, rolled oats, banana, protein powder, cocoa powder, and mooji berries.

Protein: 29g / Fats: 15g / Carbs: 61g (509cal)

GREEN CLEANSE R67.00

Mint, cucumber, ginger, green apple, baby spinach, chia seeds, pumpkin seeds, and moringa powder.

Protein: 3g / Fats: 2g / Carbs: 21g (139cal)



DECADENT CHOC R67.00

Banana, cocoa powder, chia seeds, flax seeds, chocolate spread, and dates.

Protein: 8g / Fats: 14g / Carbs: 66g (429cal)

COLLAGEN COFFEE R67.00

Banana, coffee, collagen, Medjool dates, and almond milk.

Nutrition values not currently available.



PEANUT BUTTER CUP R67.00

Peanut butter, cocoa powder, plain yoghurt, dates, chia seeds, and banana.

Protein: 20g / Fats: 25g / Carbs: 57g (548cal)

MERRY BERRY R67.00

Beetroot, coconut, flax seeds, strawberries, ginger, berries, red apple, and mint.

Protein: 9g / Fats: 9g / Carbs: 50g (319cal)



TAKE-HOME PACK: R40 EACH OR R100 FOR 3

ADDED EXTRAS

ALTERNATIVE MILK	+R10
CREATINE	+R5
GLUTAMINE	+R5

SUPER FOODS

MACA ROOT	+R5
CHIA SEEDS	+R5
ASHWAGANDHA ROOT	+R5
BAOBAB	+R5

Disclaimer: Nutrient values are approximate. Includes 225ml dairy milk for smoothies and excludes protein powder (+40-60cal) or added extras.

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JUST PROTEIN

RX: SINGLE SERVING // RX+: DOUBLE SERVING

ADD ANY RX-SIZED COFFEE TO THE BELOW: R25.00

Exactly what it sounds like: Low Carb, No Sugar, Protein Rich snacks and meals that we make on the spot for you. These are perfect as pre- or post-workout meals and allow for guilt-free and healthy food that can fulfil any cravings, or just help you get stronger and fitter by making the right nutritional choices.

PROTEIN PANCAKES RX: R60.00 // RX+: R95.00



Soft and fluffy on the inside, and packed with protein. Served with choice of 2x toppings (1/2 banana, hand full of blueberries or strawberries) & Sugar Free Choc Spread and/or Sugar Free Maple Syrup.

NUTRITIONAL VALUES:

Banana + Strawberry/Blueberry Topping: Protein: 25g / Fat: 3g / Carbs: 22g (200cal)

Strawberry + Blueberry Topping: Protein: 25g / Fat: 3g / Carbs: 11g (160cal)

NB: If you add the Choc Spread you'll get an approximate extra 33 Calories, 4.5g of Protein, 1.5g of Carbs, 1g of Fat, while the Maple Syrup is close to calorie free (0.5 calorie/serving).

PROTEIN PORRIDGE RX: R50.00 // RX+: R80.00

A high protein porridge that is low in carbs and fat. Served with a base of 2x Bananas.

NUTRITIONAL VALUES:

Protein: 21g / Fat: 8g / Carbs: 64g (335cal)



PROTEIN BANANA BREAD RX: R45.00 // RX+: R75.00

This moist and flavourful bread is sure to satisfy your cravings in a health-conscious way. Served hot with or without butter.

NUTRITIONAL VALUES (per slice):

Protein: 9g / Fat: 1g / Carbs: 2g (55cal)



JUST PROTEIN AT HOME

ORDER YOUR OWN JUST PROTEIN PACKETS THROUGH THE CCF MEMBERSHIP VIP LOUNGE



Disclaimer: Nutrient values are approximate. Excludes added extras.

CCF POWER BAR

GET CAFFEINATED

SCALED
250ml

RX
350ml

RX+
500ml

SKI ERG

Cappuccino / Flat White

SCALED	RX	RX+
R30	R33	R38

BIKE ERG

Black Americano

R28	R28	R33
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HURRICANE BIKE

Double Espresso

R28	-	-
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ROWER (500ML)

Iced Coffee with Milk & Whey

-	-	R48
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Scaled & Rx = double shot /
Rx+ = triple shot

EXTRAS

ALTERNATIVE MILK +R7



Our trained baristas serves amazing coffees that are best enjoyed as natural as possible. Instead of honey, we recommend to rather have a small serving of raw honey if you are looking for that sweet thing. Honey is a healthier alternative and is sweeter = you get less calories in your cup of black gold.

HOT CHOCOLATE

KETO HOT CHOCOLATE R35.00

Bulletproof hot chocolate with warm milk

HOT CHOCOFFEE R45.00

Double shot of espresso in hot chocolate



OPEN

MON - FRI

05:00AM - 19:00PM

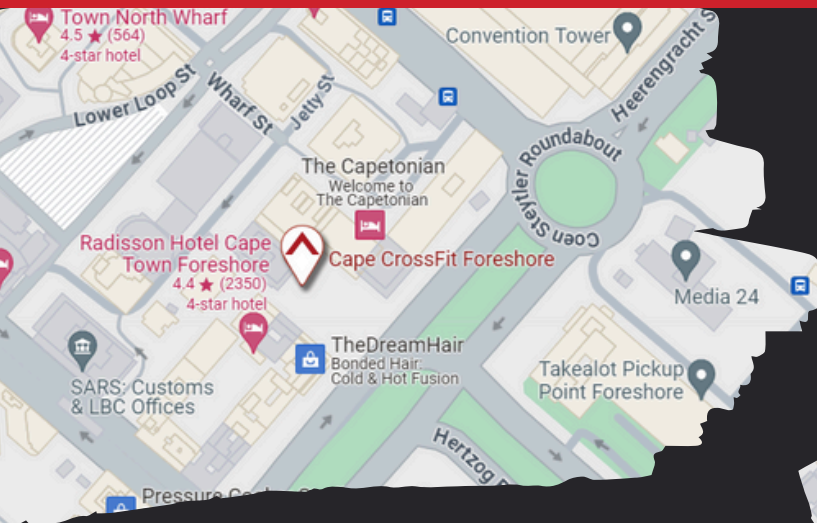
SAT

07:00AM - 12:00pm


POWER BAR
CAFFEINE
HEALTHY SNACKS

BEAN IN LOVE
EST 2011
COFFEE HOUSE & ROASTERIA


OUR LOCATIONS

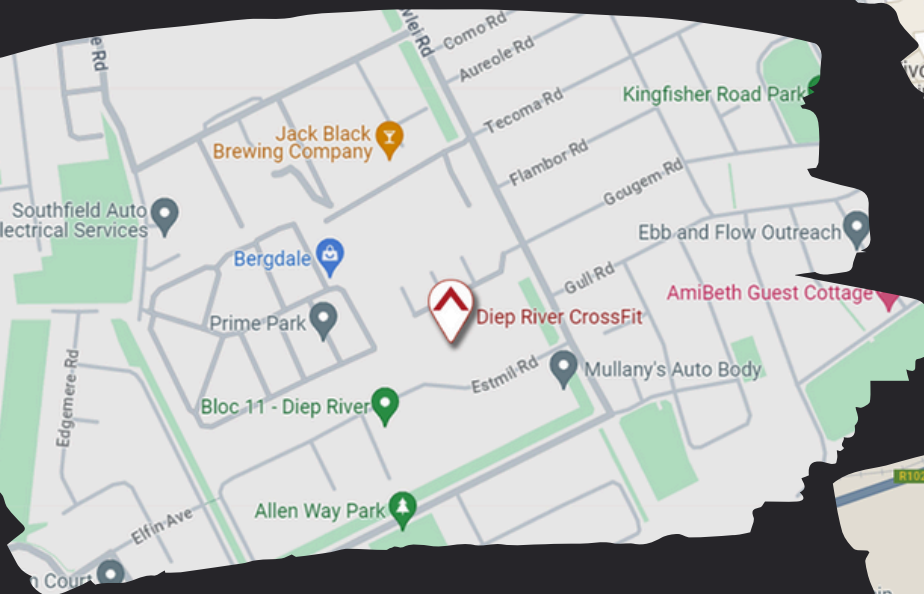


FIND US IN FORESHORE

 Pier Place, Heerengracht St,
Foreshore, Cape Town, 8000

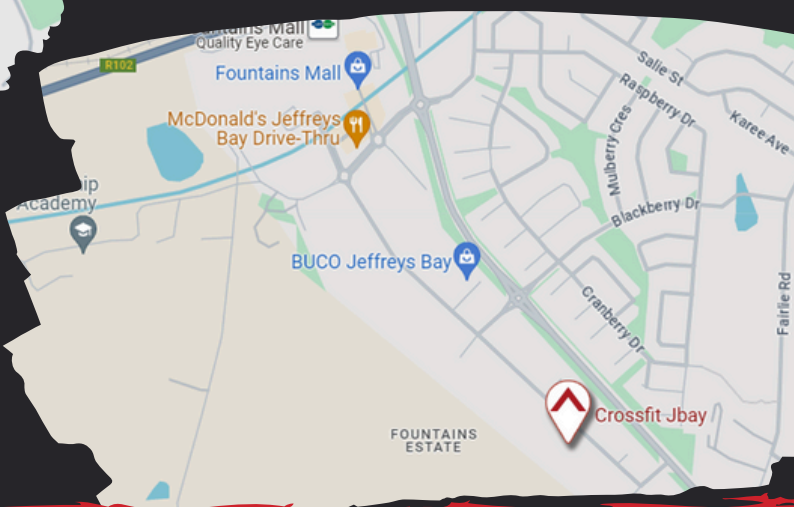
FIND US IN CLAREMONT

 72 Main Rd, Claremont, Cape Town,
7708




FIND US IN DIEP RIVER

 Vagabond Business Park, 10-12 Estmil
Rd, Diep River, Cape Town, 7800



FIND US IN JEFFERYS BAY

 Blaaukrans St, Fountains Estate,
Jeffreys Bay, 6330

**BOOK YOUR FREE
NO SWEAT CONSULT
TODAY**

 021 461 0243

 info@capecrossfit.com

 www.capecrossfit.com

