

Please place your order at the counter. Thanks!

# SUPER SPEEDY SUSTENANCE

MON-SAT 11AM-9PM / SUN 11.30AM-6.30PM

## 1 Choose a Base

- BAKED SWEET POTATO** ..... £5.50  
One sweet potato contains half of your RDA of vitamin C
- WHOLEWHEAT WRAP** ..... £4.95  
ADD SOUP £1.50

## 2 Choose a Filling

- MEDITERRANEAN TUNA**  
 Tuna with black olives, anchovies, tomato, spring onion and boiled egg served with a preserved lemon yogurt dressing
- TURKEY CHILLI**  
 Ground turkey breast chilli with black beans jalapenos and coriander  
Turkey is a source of iron, zinc, potassium and phosphorus. Also a source of vitamin B6 and niacin, essential for the body's energy production.
- AVOCADO & CRAYFISH** 50p supplement  
 Great for your waistline and complexion, perfectly ripe avocado paired with crayfish tails  
Avocado is high in healthy fat.
- SATAY** 100% peanut butter satay  
 MIXED VEGETABLE  
 KING PRAWNS x5 £2.50 supplement  
 DICED CHICKEN BREAST 90g £1.50 supplement

# BOWLS

MON-SAT 11AM-9PM / SUN 11.30AM-6.30PM

- BUDDHA BOWL** ..... £5.95  
 Brazil nuts, black beans, avocado, green freekah & kale
- LEAN GREEN VEG CURRY** ..... £6.50  
 Baby corn, snap peas, tenderstem broccoli, baby carrots, red peppers in a light Thai green curry served on brown rice  
 MIXED VEGETABLE  
 KING PRAWNS x5 £2.50 supplement  
 DICED CHICKEN BREAST 90g £1.50 supplement
- TURKEY MEATBALLS** ..... £7.50  
 Ground turkey mince & feta meatballs in a Napoli sauce on brown rice

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 368  | 5   | 89   | 1   |
| 181  | 9   | 43   | 4   |

THE MACROS BELOW ARE WITHOUT THE BASE "NAKED"

|     |    |    |    |
|-----|----|----|----|
| 231 | 27 | 1  | 11 |
| 313 | 47 | 14 | 5  |
| 314 | 20 | 8  | 22 |
| 162 | 10 | 8  | 10 |
| 257 | 31 | 8  | 14 |
| 309 | 51 | 4  | 12 |

# CORE TRAINING

MON-SAT 11AM-9PM / SUN 11.30AM-6PM

- SOUP OF THE DAY** ..... £3.50  
 Served with sourdough bread
- SMASHED & POACHED** ..... £4.95  
 Soft poached eggs with smashed avocado, lemon and rocket served on toasted sourdough bread
- DAIRY FREE MAC & CHEESE** ..... £5.95  
 A creamy cashew nut and almond milk sauce with macaroni. It has to be tasted to be believed!  
ADD TURKEY BACON 30g £1
- HEARTY CAESAR SALAD** ..... £5.95  
 Fresh baby gem lettuce topped with a creamy cashew nut dressing, baked sourdough croutons, pangritata, turkey bacon & egg  
ADD DICED CHICKEN BREAST 90g £1.50  
ADD 3 KING PRAWNS £1.50
- SRIRACHIA SALMON** ..... £11.95  
 Salmon coated in sesame seeds, served on Asian vegetables with pickled ginger

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 515  | 23  | 38   | 31  |
| 705  | 25  | 88   | 37  |
| 47   | 7   | 0    | 2   |
| 435  | 30  | 33   | 21  |
| 133  | 29  | 0    | 2   |
| 57   | 13  | 0    | 2   |
| 455  | 47  | 15   | 23  |

# LEAN MEAN BURGERS

MON-SAT 11AM-9PM / SUN 11.30AM-6.30PM

IN FRESHLY BAKED SUGAR-FREE PROTEIN BRIOCHE BUN WITH A SIDE OF KALESLOW & BAKED SWEET POTATO WEDGES.

- Superstar Signature Dish ★**
- HARISSA CHICKEN BURGER** ..... £9.50  
 Lightly marinated chicken breast served with a harissa spiced yoghurt, baby gem lettuce & tomato

- SWORDFISH BURGER** ..... £9.50  
 Grilled swordfish steak with a preserved lemon yoghurt, baby gem lettuce and tomato
- POWER BEAN BURGER** ..... £7.95  
 Five bean polenta pattie with a broccoli salsa, baby gem lettuce and tomato  
ADD TURKEY BACON 30g £1  
ADD GOATS CHEESE 30g £1

|     |    |    |    |
|-----|----|----|----|
| 545 | 67 | 48 | 10 |
| 518 | 50 | 48 | 16 |
| 604 | 28 | 85 | 19 |
| 47  | 7  | 0  | 2  |
| 109 | 7  | 0  | 9  |

# GUILT FREE DESSERT

£2.95

MON-SAT 11AM-9PM / SUN 11.30AM-6.30PM

- VANILLA FAT FREE FROZEN YOGURT** ..... £1.50  
ADD FRUIT OR NUT TOPPING £1

|     |   |    |   |
|-----|---|----|---|
| 172 | 5 | 14 | 4 |
|-----|---|----|---|

# BREAKFAST

MON-SAT 8AM-11AM / SUN 11.30AM-12NOON

- VEGAN OATS** ..... £3.00  
 Gluten free oats, vegan protein, soy milk and raisins
- OVERNIGHT OATS** ..... £3.00  
 Rolled oat flakes soaked overnight in skimmed milk, naturally sweetened with maple syrup and vanilla  
Filling & fuss-free, they're absolutely amazing!  
ADD HONEY, BERRIES OR NUTS 50p
- BAKED EGG EN COCOTTE WRAPPED IN TURKEY BACON** ..... £3.50
- ALL DAY BREAKFAST BOX AVAILABLE FROM THE FRIDGE** ..... £6.60  
 Tomato, mushroom, chicken sausages, turkey bacon, three egg baked omelette, baked harissa black beans and spinach

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 184  | 8   | 26   | 6   |
| 138  | 6.5 | 25   | 2   |
| 141  | 20  | 0    | 7   |
| 542  | 76  | 16   | 19  |

# Performance PANCAKES

MON-SAT 11AM-9PM / SUN 11.30AM-6.30PM

DELICIOUS FOR BREAKFAST, POST-WORKOUT OR EVEN DESSERT! A HIGH PROTEIN HIT FOR ANYTIME

- CHOCOLATE & BANANA** ..... £7.50  
 70% cocoa chocolate, banana & almonds
- TURKEY BACON & MAPLE SYRUP** ..... £8.50  
YOGLAND VANILLA FAT FREE FROZEN YOGURT £1.50  
PANCAKE £2

|     |    |    |    |
|-----|----|----|----|
| 438 | 28 | 48 | 16 |
| 454 | 35 | 40 | 16 |
| 86  | 3  | 7  | 2  |
| 82  | 8  | 8  | 2  |

# POWER SIDES

- CHICKEN BREAST** 180G ..... £2.95
- 5 KING PRAWNS** ..... £2.50
- DAIRY FREE MAC & CHEESE** ..... £2.95
- TURKEY BACON** ..... £1.95
- TUNA** 140G ..... £1.95
- SWEET POTATO MASH** 200G ..... £1.95
- BROWN RICE** 100G ..... £1.95
- MIXED VEGETABLES** ..... £1.95
- KALESLOW** 100G ..... £1.50
- BOILED EGG** ..... £1.50

|     |    |    |    |
|-----|----|----|----|
| 266 | 57 | 0  | 4  |
| 95  | 21 | 0  | 4  |
| 404 | 13 | 43 | 21 |
| 47  | 7  | 0  | 2  |
| 153 | 35 | 0  | 6  |
| 230 | 4  | 55 | 1  |
| 134 | 4  | 29 | 1  |
| 38  | 2  | 6  | 0  |
| 32  | 2  | 4  | 1  |
| 72  | 7  | 0  | 5  |