

NATURAL  
FITNESS  
FOOD

FEBRUARY - 2022

## FUEL+

A larger version of our popular dishes incorporating a larger portion of protein, carbohydrates as well as an extra portion of veg!

### PERI PERI CHICKEN

with a spiced vegetable rice, macho peas, red pepper slaw & peri peri yogurt

### MISO & CHILLI SALMON

with a peanut & turmeric rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

### GRILLED STEAK

with curried sweet potato, roast broccoli, a grilled herb tomato & our salsa verde

## FUEL

Higher in protein & carbohydrates with delicious flavour combinations & interesting ingredients; Fuel is the category to support your lifestyle.

### SATAY CHICKEN

with jasmine rice, a pea, ginger & edamame bean salad & a peanut & chilli yogurt

### BEEF STIR-FRY

with shitake mushroom & samphire rice noodles, roast vegetables & gochujang sauce

### SESAME TUNA FILLET

with coconut rice, a cabbage & peanut slaw, tenderstem broccoli & a pineapple salsa

### SOUVLAKI CHICKEN

with roast sweet potato, peppers, grilled courgette & green bean salad & tzatziki

### KOREAN SALMON

with shitake mushroom & samphire rice noodles, broccoli & pickled red cabbage

### MISO & CHILLI CHICKEN

with a peanut & turmeric rice, broccoli & red peppers, roast

## LEAN

Lean is lower in calories, lower in carbohydrates & includes an additional serving of vegetables

### SATAY CHICKEN

with sesame roast broccoli, a pea, ginger & edamame bean salad & a peanut & chilli yogurt

### BEEF STIR-FRY

with shitake mushroom & samphire bean sprouts, roast vegetables & gochujang sauce

### SESAME TUNA FILLET

with a cabbage & peanut slaw, tenderstem broccoli & a pineapple salsa

### SOUVLAKI CHICKEN

with peppers & onion, grilled courgette & green bean salad & tzatziki

### KOREAN SALMON

with shitake mushroom & samphire bean sprouts, broccoli & pickled red cabbage

### MISO & CHILLI CHICKEN

with a peanut cauliflower rice, broccoli & red peppers, roast

## VEGETARIAN

Using eggs & dairy allow our chefs to be creative with their dishes & a great introduction to meat-free meals.

## FUEL

### GOAT'S CHEESE FRITTATA

with a beetroot slaw, roast sweet potato & a red pepper & tomato relish

### PERI PERI HALLOUMI

with a peanut & egg white rice, macho peas, red pepper slaw & peri peri yogurt

## LEAN

### GOAT'S CHEESE FRITTATA

with a beetroot slaw, grilled courgette & green bean salad & a red pepper & tomato relish

### PERI PERI HALLOUMI

with a peanut & egg white cauliflower rice, macho peas, red pepper slaw & peri peri yogurt

## PLANT-

Our vegan range of products now offering a Fuel & Lean version of each dish showing that dishes can be delicious & fulfill your needs

## FUEL

### KOREAN-STYLE TOFU

with shitake mushroom & samphire rice noodles, broccoli & pickled red cabbage

### SPICED BEAN BURGERS

with roast sweet potato, beetroot slaw, grilled courgette & green bean salad & a sumac yogurt

## LEAN

### KOREAN-STYLE TOFU

with shitake mushroom & samphire bean sprouts, broccoli & pickled red cabbage

### SPICED BEAN BURGERS

with a beetroot slaw, grilled courgette & green bean salad & a sumac yogurt