

NATURAL
FITNESS
FOOD

MEALS

FUEL+

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

JERK SALMON

with crushed sweet potato, calypso slaw, plantain & pineapple ketchup

MISO & CHILLI CHICKEN

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

GOCHUJANG STEAK

with kimchi rice, raw vegetable salad, grilled pineapple, with a gochujang dressing

PERI PERI CHICKEN

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

SATAY CHICKEN

with jasmine rice, edamame bean & ginger salad, sesame roast broccoli & satay sauce

FUEL

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

PERI PERI CHICKEN

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

GRILLED STEAK

with curried roast sweet potato, roast broccoli & our salsa verde

SATAY CHICKEN

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

GOCHUJANG CHICKEN

with kimchi rice, raw vegetable salad, grilled pineapple, with a gochujang dressing

JERK CHICKEN

with crushed sweet potato, calypso slaw, plantain & pineapple ketchup

MISO & CHILLI SALMON

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

LEAN

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

PERI PERI CHICKEN

with macho peas, red pepper slaw & peri peri yogurt

GRILLED STEAK

with roast broccoli, celeriac, herb grilled tomato & our salsa verde

SATAY CHICKEN

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

GOCHUJANG CHICKEN

with kimchi cauliflower rice, raw vegetable salad, grilled pineapple, gochujang dressing

JERK CHICKEN

with calypso slaw & steamed cabbage, plantain & pineapple ketchup

MISO & CHILLI SALMON

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

PLANT-BASED

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

FUEL

JERK TOFU

with crushed sweet potato, calypso slaw, plantain & pineapple ketchup

LEAN

JERK TOFU

with calypso slaw & steamed cabbage, plantain & pineapple ketchup

FUEL

GOCHUJANG TEMPEH

with kimchi rice, raw vegetable salad, grilled pineapple, gochujang dressing

LEAN

GOCHUJANG TEMPEH

with kimchi cauliflower rice, raw vegetable salad, grilled pineapple, gochujang dressing