

NATURAL
**FITNESS
FOOD**

NOVEMBER - 2022

FUEL+

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

BUFFALO SALMON

with sweet potato, kale slaw, smoked crushed corn, pickles & buffalo yogurt

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

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

BREAM FILLET

with gluten-free pesto pasta, kale slaw, samphire & a tomato sauce

GOCHUJANG CHICKEN

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

BUFFALO CHICKEN

with sweet potato, kale slaw, smoked crushed corn, pickles & buffalo yogurt

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

BREAM FILLET

with pesto roasted cauliflower, kale slaw, samphire & a tomato sauce

GOCHUJANG CHICKEN

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

BUFFALO CHICKEN

with a kale slaw, smoked crushed corn, pickles & buffalo yogurt

MISO & CHILLI SALMON

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

VEGETARIAN

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

FUEL

PERSIAN FRITTATA

with a kale slaw, sweet potato & beetroot salad with feta cheese & a tomato sauce

GOCHUJANG TEMPEH

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

BUFFALO CAULIFLOWER & HALLOUMI

with sweet potato, kale slaw, smoked crushed corn, pickles & buffalo yogurt

LEAN

PERSIAN FRITTATA

with a kale slaw, swede & beetroot salad with feta cheese & a tomato sauce

GOCHUJANG TEMPEH

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

BUFFALO CAULIFLOWER & HALLOUMI

with a kale slaw, smoked crushed corn, pickles & buffalo yogurt

NATURAL FITNESS FOOD

BREAKFAST & SNACKS

EGG WRAPS

LEAN

Buffalo chicken
Satay chicken
Buffalo halloumi

EGG WRAPS

FUEL

Ginger chilli salmon
Peri peri chicken

SNACK POTS

Chicken strips
& sweet chilli sauce
Buffalo chicken &
buffalo yogurt
Pesto pasta & sundried tomato
Buffalo cauliflower &
buffalo yogurt

BOTTLED SHAKES

Snickers
Oreo
Superman
Popeye
Breakfast Beat

GRANOLA POT

Strawberry & cherry
compote, Greek yogurt

OVERNIGHT OATS

Raspberry compote with
vanilla baked oats
& toasted coconut

PROTEIN BARS

Snickers
Almond Snickers

ENERGY BALLS

Oat & macadamia
Biscoff

HEALTHY COOKIE'S

Breakfast Cookie