

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!

GOCHUJANG SALMON
with gochujang pasta & a tenderstem & roast mushroom salad

GRILLED STEAK
with roast sweet potato, broccoli, asparagus & red pepper salad & chimichurri

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

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 roast sweet potato, broccoli, asparagus & red pepper salad & chimichurri

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

GOCHUJANG CHICKEN
with gochujang pasta & a tenderstem & roast mushroom salad

HOT SMOKED SALMON
with miso broccoli, fregola cucumber & beansprout salad & pickled red cabbage

LEAN

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

PERI PERI CHICKEN
with peri peri roast cauliflower macho peas, red pepper slaw & peri peri yogurt

GRILLED STEAK
with roast celeriac, broccoli, asparagus & red pepper salad & chimichurri

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

GOCHUJANG CHICKEN
with gochujang roast aubergine & a tenderstem & roast mushroom salad

HOT SMOKED SALMON
with miso broccoli, cucumber & beansprout salad & pickled red cabbage

VEGETARIAN

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

FUEL
MUSHROOM & BRIE FRITTATA
with honey mustard sprouts, roast sweet potato & tomato relish

LEAN
MUSHROOM & BRIE FRITTATA
with honey mustard sprouts, pickled red cabbage & tomato relish

FUEL

Finish strong, heat up fast. You take care of your workout, we'll take care of refuelling.

PANANG CURRY
with chilli & garlic chicken, a Panang curry sauce, wild rice & crunchy vegetables

TERIYAKI CHICKEN
with jasmine rice, bok choy & pickled chilli & roasted wild mushrooms

PULLED BEEF BRISKET
with vegetable orzo, roast broccoli & cavolo nero & pickled red chilli

NATURAL FITNESS FOOD

BREAKFAST & SNACKS

EGG WRAPS

Sriracha Chicken
Satay Chicken
Pesto Chicken

WRAPS

Chicken Shawarma
Bang Bang Chicken
Steak, Feta & Red Pepper

SNACK POTS

Smoked Salmon &
Cream Cheese
Salt Beef, Mustard
& Pickle
Turkey &
Tomato Relish

BOTTLED SHAKES

Snickers
Blueberry Almond
Oreo
Strawberry & Banana
Pistachio Greens
Mango Sunrise

SALAD BOXES

Bang Bang Chicken
Chicken Shawarma
Miso Broccoli & Cucumber
Teriyaki Salmon

GRANOLA & OATS

Strawberry Compote,
Greek Yogurt & NFF Granola
Chocolate & Banana Oats
with Cacao Peanuts
Vanilla & Almond Oats with
Blueberry Compote & Flaked Almonds

PROTEIN BARS

Snickers
Almond Snickers
Raw Brownie

POTS

Bang Bang Chicken
Grilled Chicken Breast
Grilled Steak
Hot Smoked Salmon
Chilli & Garlic Prawns

HEALTHY TREATS

Chocolate Hazelnut Cookie
Classic Breakfast Cookie

#naturalfitnessfood
