



# PREP FITNESS KITCHEN

Please place your order at the counter. Thanks!

## BREAKFAST

MON - FRI 8AM-11AM | SAT 9.30AM-12.30NOON  
SUNDAY 11AM-1PM

### SCRAMBLED EGG BAGEL ..... £3.95

Herby scrambled egg with feta and watercress in a toasted multigrain bagel

- ⊕ ADD HOT SMOKED SALMON £2.00
- ⊕ ADD GOATS CHEESE £1.00
- ⊕ ADD BLACK PUDDING £1.00
- ⊕ ADD TURKEY BACON £1.50

KCAL	PRO	CARB	FAT
371	26	37	14
93	13	0	4
152	10	1	12
85	3	5	6
97	7	0	2

### POACHED EGGS ..... £5.95

Two poached eggs with avocado "Hollandaise" served on chargrilled asparagus

- ⊕ ADD HOT SMOKED SALMON £2.00
- ⊕ ADD GOATS CHEESE £1.00
- ⊕ ADD BLACK PUDDING £1.00
- ⊕ ADD TURKEY BACON £1.50
- ⊕ ADD BAGEL £1.00

KCAL	PRO	CARB	FAT
250	15	2	20
93	13	0	4
152	10	1	12
85	3	5	6
97	7	0	2
180	4	34	4

### CHICKEN SAUSAGE ROLL ..... £2.95

Lean chicken breast sausages on a sugar-free protein brioche bun, served with rocket and a Napoli sauce

KCAL	PRO	CARB	FAT
236	21	26	5

### EGG & BLACK PUDDING WRAP ..... £3.95

Scrambled egg, iron rich black pudding, spinach, feta and tomato in a lightly toasted wholewheat wrap

KCAL	PRO	CARB	FAT
583	36	37	33

### SMOOTHIE BOWL ..... £2.95

Natural Greek yoghurt blended with seasonal fresh berries with toasted nuts and seeds

KCAL	PRO	CARB	FAT
382	14	17	29

### TURKEY BLT BAGEL ..... £3.95

Toasted multigrain bagel with turkey bacon, lettuce, tomato and nae-yonnaise

KCAL	PRO	CARB	FAT
455	25	39	23

### COCONUT MILK PORRIDGE ..... £3.50

with blueberries, chia seeds and toasted coconut

KCAL	PRO	CARB	FAT
314	7	33	18

### PROTEIN PANCAKES ..... £7.50

Our signature protein pancakes served with turkey bacon and maple syrup

KCAL	PRO	CARB	FAT
454	35	40	16

## SMOOTHIES

⊕ ADD VEGAN PROTEIN 50p

### BANANA BUTTER ..... £3.95

Vanilla whey, peanut butter, banana & skimmed milk

KCAL	PRO	CARB	FAT
297	33	24	8

### SUMMER BERRIES ..... £3.95

Milk, strawberries, berry whey protein, 70% chocolate

KCAL	PRO	CARB	FAT
199	27	14	4

### CHOCO ORANGE ..... £3.95

Chocolate whey, blended orange, agave syrup & almond milk

KCAL	PRO	CARB	FAT
207	26	15	5

### STRAWBERRY CHEESECAKE ..... £3.95

Cashew nuts, vanilla vegan protein & strawberries

KCAL	PRO	CARB	FAT
203	23	5	10

### BLUEBERRY PIE ..... £3.95

Vanilla whey, cinnamon, blueberries & almond milk

KCAL	PRO	CARB	FAT
158	27	3	4

*Simple Smoothies £2.50*

- BERRY WHEY PROTEIN 118 22 4 2
- CHOCOLATE WHEY PROTEIN 114 24 1 2
- VANILLA WHEY PROTEIN 113 22 1 2

KCAL	PRO	CARB	FAT
118	22	4	2
114	24	1	2
113	22	1	2

## FRESH JUICES ..... £3.95 EACH

### PASSION MINT ..... £3.95

Strawberry, mint, apple & passion fruit

KCAL	PRO	CARB	FAT
114	2	26	1

### MELONADE ..... £3.95

Watermelon, apple & lemon

KCAL	PRO	CARB	FAT
124	3	28	1

### GREEN GLOW ..... £3.95

Avocado, kale, spinach, apple & ginger

KCAL	PRO	CARB	FAT
250	4	21	17

### WIDEAWAKE ..... £3.95

Orange juice, apple, passion fruit & grapefruit

KCAL	PRO	CARB	FAT
125	2	29	1

### MIRACLE DETOX ..... £3.95

Apple, carrot & orange

KCAL	PRO	CARB	FAT
118	2	27	1

## HOT DRINKS

100% ARABICA COFFEE

### ESPRESSO ..... £1.80/£2.20

### AMERICANO ..... £2.00

### FLAT WHITE ..... £2.50

### CAPPUCCINO ..... £2.50

### LATTE ..... £2.80

### CORTADO ..... £2.20

### MOCHA ..... £3.00

### *Skinny* HOT CHOCOLATE ..... £3.20

### TEA ..... £2.00

### SAVIOUR SPORTS TEAS ..... £2.50

ENERGISE green mate, ginseng & ginkgo tea

STIMULATE gunpowder green & hibiscus tea

HYDRATE rooibos & orange tea

### BULLETPROOF COFFEE ..... £3.50

100% Arabica coffee with xct coconut oil and organic grass-fed unsalted butter, boosts energy, increases cognitive performance and encourages weight loss.

### COLD COCONUT MILK LATTE ..... £3.50

Frozen espresso cubes served in coconut milk with vanilla and agave syrup

### ⊕ SUGAR FREE SYRUP 50p

Vanilla, Caramel, Hazelnut

CHOOSE ALMOND, SKINNY OR SOY MILK AT NO EXTRA CHARGE

**GO LARGE**  
*for 50p*

