

Please place your order at the counter. Thanks!



GF GLUTEN FREE DF DAIRY FREE NF NUT FREE VEG VEGETARIAN V VEGAN

SUMMER SLIMLINE SALADS



GREEN CLEAN SALAD WITH QUINOA & FETA

Quinoa with broccoli, raw greens, feta cheese with a preserved lemon and pistachio dressing

VEG DF £5.95

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 340 | 12 | 32 | 19 |
| 435 | 30 | 33 | 21 |
| 95 | 21 | 0 | 4 |
| 133 | 29 | 0 | 2 |
| 93 | 3 | 19 | 1 |
| 93 | 13 | 0 | 4 |
| 95 | 21 | 0 | 4 |
| 133 | 29 | 0 | 2 |

HEALTHY CAESAR SALAD

Fresh baby gem lettuce topped with a creamy cashew nut dressing, baked sourdough croutons, turkey bacon & egg

DF £5.95

⊕ ADD 5 KING PRAWNS £2.50

⊕ ADD DICED CHICKEN BREAST 90g £1.50

PANZANELLA SALAD

Tomato, cucumber, red pepper & red onion salad mixed with Tuscan style bread croutons, dressed with basil & red wine vinegar

DF NF VEG V £4.95

⊕ ADD SMOKED SALMON £2.50

⊕ ADD 5 KING PRAWNS £2.50

⊕ ADD DICED CHICKEN BREAST 90g £1.50

LEAN MEAN BURGERS

IN A FRESHLY BAKED SUGAR-FREE PROTEIN BRIOCHE BUN WITH A SIDE OF KALESRAW & BAKED SWEET POTATO DUMBBELLS.

Superstar Signature Dish ★

HARISSA CHICKEN BURGER

Lightly marinated chicken breast served with a harissa spiced yoghurt dressing, baby gem lettuce & tomato

£9.50

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 545 | 67 | 48 | 10 |
| 518 | 50 | 48 | 16 |
| 604 | 28 | 85 | 19 |
| 97 | 7 | 0 | 2 |
| 152 | 10 | 1 | 12 |

SWORDFISH BURGER

Grilled swordfish steak with a preserved lemon yoghurt dressing, baby gem lettuce and tomato

£9.50

POWER BEAN BURGER

Five bean polenta pattie with a broccoli salsa, baby gem lettuce and tomato

VEG £7.95

⊕ ADD TURKEY BACON 30g £1

⊕ ADD GOATS CHEESE 30g £1

AN ALLERGEN GUIDE FOR ALL OUR DISHES IS AVAILABLE ON REQUEST - PLEASE ASK AT THE COUNTER

All weights are approximate prior to cooking. Nutritional values are based on averages. The fish on this menu may contain small bones. All chicken is halal. Our food is prepared in a kitchen where nuts, gluten and other allergens may be present. All items are subject to availability. All prices are inclusive of VAT.

myfitnesspal All of our menu items have been added to the myfitnesspal database to help you keep track of your macros

SUPER SPEEDY SUSTENANCE



1 Choose a Base

WHOLEWHEAT WRAP £4.95

BAKED SWEET POTATO £5.50

2 Choose a Filling

TURKEY CHILLI

Ground turkey breast chilli with black beans jalapenos and coriander

DF NF DF

AVOCADO & CRAYFISH 50p supplement

Perfectly ripe avocado with crayfish tails, baby gem lettuce and tomato

DF DF

SATAY 100% peanut butter satay

⊕ ADD MIXED VEGETABLE

⊕ ADD 5 KING PRAWNS £2.50

⊕ ADD DICED CHICKEN BREAST 90g £1.50

DF DF VEG V

DF DF

DF DF

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 154 | 5 | 26 | 4 |
| 368 | 5 | 89 | 1 |
| 313 | 47 | 14 | 5 |
| 314 | 20 | 8 | 22 |
| 162 | 10 | 8 | 10 |
| 257 | 31 | 8 | 14 |
| 309 | 51 | 4 | 12 |

POWER SIDES



CHICKEN BREAST 180G £2.95

5 KING PRAWNS £2.50

DAIRY FREE MAC & CHEESE £2.95

TURKEY BACON £1.95

HARISSA SPICED CHICKEN BREAST 180G £3.45

MIXED VEGETABLES £1.95

SWEET POTATO MASH 200G £1.95

BAKED SWEET POTATO £2.50

KALESRAW 100G £1.95

ADD SAUCE £1.50

Harrisa yoghurt | Lemon yoghurt | Sriracha Sauce | Nae-yonnaise

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 266 | 57 | 0 | 4 |
| 95 | 21 | 0 | 4 |
| 404 | 13 | 43 | 21 |
| 47 | 7 | 0 | 2 |
| 270 | 57 | 1 | 4 |
| 38 | 2 | 6 | 0 |
| 230 | 4 | 55 | 1 |
| 368 | 5 | 89 | 1 |
| 32 | 2 | 4 | 1 |

CORE TRAINING



SOUP OF THE DAY £3.50

Served with sourdough bread

HARISSA SPICED VEGETABLE COUS COUS £5.50

A simple tasty and fresh summer dish with a great balance of flavours. Cous cous and vegetables seasoned with harissa, cumin and coriander

⊕ ADD 5 KING PRAWNS x5 £2.50

⊕ ADD DICED CHICKEN BREAST 90g £1.50

SMASHED & POACHED £4.95

Soft poached eggs with smashed avocado, lemon and rocket served on toasted sourdough bread

TURKEY MEATBALLS £7.50

Ground turkey mince & feta meatballs in a Napoli sauce on brown rice

PULLED BEEF BRISKET with SUCCOTASH £8.50

Beef brisket slowly cooked and served on a South American Succotash of sweetcorn kernels, black beans, jalapenos and tomatoes

GRILLED SWORDFISH STEAK WITH PROVENCAL RATATOUILLE £8.95

Grilled swordfish steak served on a bed of Mediterranean seasoned aubergines, courgettes and tomatoes

DAIRY FREE MAC & CHEESE £5.95

A creamy cashew nut and almond milk sauce with macaroni. It has to be tasted to be believed!

⊕ ADD TURKEY BACON 30g £1

SRIRACHA SALMON £11.95

Salmon coated in sesame seeds, served on Asian vegetables with pickled ginger

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 296 | 12 | 42 | 10 |
| 95 | 21 | 0 | 4 |
| 133 | 29 | 0 | 2 |
| 515 | 23 | 38 | 31 |
| 471 | 58 | 36 | 11 |
| 320 | 36 | 27 | 8 |
| 175 | 25 | 5 | 6 |
| 705 | 25 | 88 | 37 |
| 97 | 7 | 0 | 2 |
| 455 | 47 | 15 | 23 |

Treat Yourself

SCHOONER OF GUEST BEER £3.00

SMALL ORGANIC WINE £3.00

ROSE ON THE ROCKS £3.00

SPARKLING PINEAPPLE, GRAPEFRUIT & RASPBERRY WITH FRESH ORANGE £3.00

⊕ ADD GIN | VODKA | RUM £2.00

CHOCOLATE & BANANA PROTEIN PANCAKES £7.50

70% coca chocolate, banana & almonds

⊕ ADD FRUITS £1 ⊕ ADD NUTS £1

| KCAL | PRO | CARB | FAT |
|------|-----|------|-----|
| 42 | 1 | 10 | 0 |
| 438 | 28 | 48 | 16 |