

MAINS

Turkey Kofta with Spiced Bulgur DF

Calories: 443 Fat:14.9 Carb: 39.4 Protein: 42.9

Baked Seabass with Roasted Potatoes & Pea Pesto GF DF E

Calories: 423 Fat:13.2 Carb: 46.4 Protein: 32.3

Chicken Stir Fry with Egg Noodles E SE S DF

Calories: 432 Fat:7.6 Carb: 41.5 Protein: 52.1

Beef Stir Fry with Egg Noodles E SE S DF

Calories: 432 Fat:7.6 Carb: 41.5 Protein: 52.1

Satay Chicken with Brown Rice N DF F

Calories: 432 Fat:7.6 Carb: 41.5 Protein: 52.1

Herbed Roasted Salmon with Quinoa GF DF E

Calories: 442 Fat: 16.6g Carb: 35.5g Protein: 37.8g

Peri-Peri Chicken with Brown Rice GF DF

Calories: 404 Fat: 4.1g Carb: 45.3g Protein: 49.1g

Sweet Chilli King Prawns with Rice Noodles GF DF E

Calories:335 Fat: 9.3g Carb: 42.8g Protein: 22.4g

Prawn & Chorizo with Brown Rice GF DF F

Cal: 402 Fat:10.2 Carbs: 48 Protein: 32.5g

Lemon & Herb Chicken, Sweet Potato Wedges with Tomato Sauce GF DF

Calories: 404 Fat: 4.1g Carb: 46.4g Protein: 48.7g

Teriyaki Salmon with Egg Noodles E SE S GF DF

Calories: 523 Fat: 18.8g Carb: 61g Protein: 30.5g

Chicken Wrap W DF

Calories: 380 Fat: 6.6g Carb: 40.8g Protein: 41.8g

LOW CARB OPTIONS

Chargrilled Chicken With Grilled Asparagus GF DF

(Choose from our range of home-made sauces)

Cal: 256 Fat: 4.2 Carb: 1.1 Protein: 53.9

Herbed Roasted Salmon served with Steamed

Tender Stem Broccoli GF DF F

(Choose from our range of sauces)

Cal: 286 Fat: 15.0 Carb: 2.8 Protein: 35.1

Baked Cod served with steamed broccoli GF DF F

(Choose from our range of sauces)

Cal: 168 Fat: 1.2 Carb 2.8 Protein: 36.8

VEGAN & VEGETARIAN MEALS

Naked Bean Burger with Sweet Potato Wedges GF DF VG

Calories: 441 Fat: 6.7g Carb: 81g Protein: 18g

Chinese Protein Stir Fry with Rice Noodles SE S GF DF VG

Calories: 598 Fat: 6.8g Carb: 58.3g Protein: 79.5g

Sweet Potato Falafel Wrap Vegan W GF DF VG

Calories: 387 Fat: 17.5g Carb: 49.1g Protein: 12.3g

Grilled Halloumi with Smashed

Avocado Wrap Vegetarian W GF V

Calories: 380 Fat: 6.6g Carb: 40.8g Protein: 41.8g

SAUCES

Tomato V VG GF DF

Per Serving 30g Cals: 27.9 Fat: 2.1g Carbs: 1.9 Protein: 0.4g

Piri-Piri V VG GF DF

Per 30g Cals: 13.5 Fat:1g Carbs: 0.5 Protein: 0.2g

Mint Yogurt V VG

Per 30g Cals: 116 Fat: 11g Carbs: 2.2 Protein: 0.3g

Pea Pesto V VG GF DF

Per 30g Cals: 40 Fat: 3.3g Carbs: 1.5 Protein: 1.2g

Sweet Chilli V VG GF DF

Per 30g Cals: 52 Fat: 0.5g Carbs: 12.9g Protein: 0.2g

SNACKS

Protein Balls V

Calories: 112 Fat 7.0 Carbs 13g Protein: 12g

Sweet Potato Brownie N GF DF VG

Calories: 281 Fat: 7.5 Carb: 44.5 Protein: 12g

Protein Waffles E V

Calories: 181 Fat: 1.5g Carb: 9.1g Protein: 35g

Avocado Mousse GF DF VG

Calories: 218 Fat:16.8 Carbs: 10.4 Protein: 6.4g

DRINKS

Strawberry Apple & Lime per 330ml GF DF VG

Calories 28.9 Fat: 0.3 Carbs: 6.5 Protein: 0.4

Sweet Green Juice per 330ml GF DF V VG

Calories: 23 Fat: 0.3 Carbs: 4.7 Protein: 1.7g

Orange Juice per 330ml GF DF V VG

Calories: 33 Fat: 0g Carbs: 6.4g Protein: 0.8g

Coconut Water 330ml GF DF V VG

Per 100ml Cals: 18 Fat: 0g Carbs: 5g Protein: 0g

Allergy Advice code E egg W wheat SE sesame S soy N nuts GF gluten free
DF dairy free V vegetarian VG vegan friendly F Fish