



WELLBEING

FIGHTER SHOTS

Ginger, Lemon, Filtered Water & Honey £7.50

Pomegranate, Ginger & Lemon £5.00

PRESS COLD PRESS JUICE SMOOTHIES £7.50

Wonder Green Super Smoothie 500ml

Apple, Mango, Banana, Avocado, Spinach, Lemon, Spirulina

Citrus Glow Super Smoothie 500ml

Apple, Banana, Orange, Lemon, Ginger, Turmeric, Black Pepper, Cayenne & Avocado

Berry Bliss Super Smoothie 500ml

Apple, Coconut Water, Blueberry, Raspberry, Strawberry, Banana, Lime & Coconut Milk

FRESHLY SQUEEZED JUICE £6.50

Lemon & lime Ice Tea

Ginger, black peppercorn, anise, peppermint, coriander seeds

Orange & Blood Orange Juice

Rooibos, orange peel, safflowers

NON-ALCOHOLIC

0% Zonion Prosecco Glass £7.00. Bottle £20.90



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These meals combine lean protein sources with nutrient-dense vegetables, keeping the calorie count low while maximising protein & fibre intake for muscle maintenance, fat loss & gut health

£9.75 / 527kcal

Whipped Cottage Cheese & live Cultured Greek Yogurt with Vanilla plant based Protein, Roasted Pineapple, Buckwheat & Almond Granola (v)

Protein: 54g Carbs: 16g Fats: 10.6g

£11.25 / 256kcal

Egg White French Omelette with Spinach and Feta (v)

Protein: 28.7g Carbs: 5.4g Fats: 14g

£13.50 / 368kcal

Tuna Steak, Celery, Olive & Bean Salad with Mint Greek Yogurt

Protein: 59.2g Carbs: 26.5g Fats: 2g

£14.95 / 435kcal

Grilled Chicken Thighs, Tomato, Onion & Cucumber Salad with Harissa Greek Yogurt Dressing

Protein: 47.9g Carbs: 26.1g Fats: 16.7g

£12.95 / 427kcal

Ground Turkey with Chilli & Lime Lettuce Wraps
Served with Beetroot kimchi & Walnuts

Protein: 35g Carbs: 13.9g Fats: 26.5g

Add:

£3.50 -100g Crispy Pancetta **Protein: 18g / 274 kcal**

£4.95 -100g Smoked Salmon **Protein: 24g / 150 kcal**

£9.95 -120g Sliced Rib of Beef **Protein: 23g / 317 kcal**

£2.50 - 100g New Potatoes (v) **Carbs: 17g / 75kcal**

£2.20 - 2 Boiled Eggs (v) **Protein: 13g / 143 kcal**

£1.20 - 15g Toasted Seed Mix **Protein: 5g / 107kcal**

£1.75 - 2 Protein Tortilla Wraps **Protein: 19.69g / 358kcal**