

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 curried roast sweet potato, grilled tomato, roast broccoli & our salsa verde

**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

**SATAY PRAWNS**  
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 curried roast sweet potato, roast broccoli & our salsa verde

**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

**LEMON HERB CHICKEN**  
with tenderstem broccoli slaw, romesco sauce & a pearl barley & pea salad

**HOT SMOKED SALMON**  
with roast peppers & baby potatoes, pickled courgettes & a dill & lemon yogurt

---

**LEAN**

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

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

**GRILLED STEAK**  
with roast broccoli, celeriac, herb grilled tomato & our salsa verde

**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

**LEMON HERB CHICKEN**  
with tenderstem broccoli slaw, romesco sauce & an asparagus & pea salad

**HOT SMOKED SALMON**  
with roast peppers, roast chick peas & soy beans, pickled courgettes & a dill yogurt

---

**VEGETARIAN**

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

**FUEL**  
**GOATS CHEESE FRITTATA**  
with sweet potato, tenderstem & radish slaw & siracha yogurt

**LEAN**  
**GOATS CHEESE FRITTATA**  
with asparagus & pea salad, tenderstem & radish slaw & siracha yogurt

# NATURAL FITNESS FOOD

## BREAKFAST & SNACKS

---

### EGG WRAPS

---

Sriracha Chicken  
Satay Chicken  
Peri Peri Halloumi  
Hot Smoked Salmon

### WRAPS & BAGELS

---

Smoked Salmon &  
Cream Cheese  
Chicken Caesar Wrap  
Bang Bang Chicken  
Steak, Spinach & Red Pepper

### SNACK POTS

---

Chicken Strips  
& Sriracha  
Spiced Chicken  
& Romesco Sauce  
Smoked Salmon & Boiled Egg

---

### BOTTLED SHAKES

---

Snickers  
Blueberry Almond  
Oreo  
Strawberry & Banana  
Pistachio Greens  
Mango Sunrise

### SALAD BOXES

---

Bang Bang Chicken  
Chicken Caesar  
Greek Salad  
Hot Smoked Salmon  
& Pearl Barley

### 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

---

Gochujang Pasta  
Grilled Chicken Breast  
Grilled Steak  
Hot Smoked Salmon  
Chilli & Garlic Prawns

### HEALTHY TREATS

---

Chocolate Hazelnut Cookie  
Classic Breakfast Cookie

---

#naturalfitnessfood

---