

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!

CAJUN SALMON

with cavolo nero pesto pasta, roast cabbage & tenderstem broccoli

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

CAJUN CHICKEN

with cavolo nero pesto pasta, roast cabbage, peppers & tenderstem broccoli

LEMON HERB CHICKEN

with tenderstem broccoli slaw, romesco sauce & a pearl barley & pea salad

MISO & CHILLI SALMON

with a peanut & turmeric rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

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

CAJUN CHICKEN

with cavolo nero pesto grilled courgettes, roast cabbage, peppers & tenderstem broccoli

LEMON HERB CHICKEN

with tenderstem broccoli slaw, romesco sauce & an asparagus & pea salad

MISO & CHILLI SALMON

with a peanut cauliflower rice, broccoli & red peppers, roast cabbage & miso & ginger sauce

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

PLANT-BASED

Our vegan range of products now offering a Fuel & Lean version of each dish showing that dishes can be delicious & fulfill your needs

FUEL

CAJUN MUSHROOM SLIDERS

with cavolo nero pesto pasta, roast cabbage, peppers & tenderstem broccoli

LEAN

CAJUN MUSHROOM SLIDERS

with cavolo nero pesto grilled courgettes, roast cabbage, peppers & tenderstem broccoli

NATURAL FITNESS FOOD

BREAKFAST & SNACKS

EGG WRAPS

LEAN

Siracha chicken

Satay chicken

Peri peri halloumi

EGG WRAPS

FUEL

Ginger chilli salmon

Peri peri chicken

SNACK POTS

Chicken strips
& siracha yogurt

Spiced chicken
& romesco sauce

BOTTLED SHAKES

Snickers

Oreo

Superman

Popeye

Breakfast Beat

Forrero Rocher

GRANOLA POT

Strawberry & rhubarb
compote, Greek yogurt
& NFF Granola

OVERNIGHT OATS

Chocolate & banana oats topped
with ManiLife cacao peanuts

Vanilla oats with apple & cinnamon
compote topped with NFF biscuit base

PROTEIN BARS

Snickers

Almond Snickers

ENERGY BALLS

Ferrero Rocher

Biscoff

HEALTHY TREATS

Chocolate Hazelnut Cookie

Classic Breakfast Cookie

Protein Rice Krispie Bar

#naturalfitnessfood
