

NATURAL
FITNESS
FOOD

JANUARY - 2023

FUEL+

A larger version of our popular dishes incorporating a larger portion of protein, carbohydrates as well as an extra portion of veg!

BUFFALO SALMON

with sweet potato, kale slaw, smoked crushed corn, pickles & buffalo yogurt

MISO & CHILLI CHICKEN

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

GOCHUJANG STEAK

with kimchi rice, raw vegetable salad, grilled pineapple, with a gochujang dressing

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

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 kimchi rice, raw vegetable salad, grilled pineapple, with a gochujang dressing

BUFFALO CHICKEN

with sweet potato, kale slaw, smoked crushed corn, pickles & buffalo yogurt

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

GOCHUJANG CHICKEN

with kimchi cauliflower rice, raw vegetable salad, grilled pineapple, gochujang dressing

BUFFALO CHICKEN

with a kale slaw, smoked crushed corn, pickles & buffalo yogurt

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

BUFFALO CAULIFLOWER & HALLOUMI

with sweet potato, kale slaw, smoked crushed corn, pickles & buffalo yogurt

LEAN

BUFFALO CAULIFLOWER & HALLOUMI

with a kale slaw, smoked crushed corn, pickles & buffalo 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

GOCHUJANG TEMPEH

with kimchi rice, raw vegetable salad, grilled pineapple, gochujang dressing

LEAN

GOCHUJANG TEMPEH

with kimchi cauliflower rice, raw vegetable salad, grilled pineapple, gochujang dressing

NATURAL FITNESS FOOD

BREAKFAST & SNACKS

EGG WRAPS

LEAN

Buffalo chicken

Satay chicken

Buffalo halloumi

EGG WRAPS

FUEL

Ginger chilli salmon

Peri peri chicken

SNACK POTS

Chicken strips
& sweet chilli sauce

Buffalo chicken &
buffalo yogurt

Buffalo cauliflower &
buffalo yogurt

BOTTLED SHAKES

Snickers

Oreo

Superman

Popeye

Breakfast Beat

Forrero Rocher

GRANOLA POT

Strawberry & cherry
compote, Greek yogurt

OVERNIGHT OATS

Raspberry compote with
vanilla baked oats
& toasted coconut

PROTEIN BARS

Snickers

Almond Snickers

ENERGY BALLS

Oat & macadamia

Biscoff

HEALTHY COOKIE'S

Breakfast Cookie