

NATURAL  
FITNESS  
FOOD

OCTOBER - 2021

## FUEL+

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

### PERI PERI CHICKEN

with a spiced vegetable rice, macho peas, red pepper slaw & peri peri yogurt

### MISO & CHILLI SALMON

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

## FUEL

Higher in protein & carbohydrates with delicious flavour combinations & interesting ingredients; Fuel is *the* category to support your lifestyle.

### JERK TURKEY

with a cabbage & chilli slaw, roast plantain, tomato rice & beans & a pineapple ketchup

### BAVETTE STEAK

with a beetroot, sweet potato & goat's cheese salad, cavolo nero & a red pepper chimichurri

### SESAME TUNA FILLET

with a pak choi slaw, vegetable vermicelli rice noodles, grilled limes & sesame tamari dressing

### SATAY CHICKEN

with jasmine rice, a pea, ginger & edamame bean salad & a peanut & chilli yogurt

### HERB ROAST COD

with crushed mint peas, baked potato rosti & tartar yogurt

## LEAN

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

### JERK TURKEY

with a cabbage & chilli slaw, spiced broccoli rice & beans & a pineapple ketchup

### BAVETTE STEAK

with a beetroot, swede & goat's cheese salad, cavolo nero & a red pepper chimichurri

### SESAME TUNA FILLET

with a pak choi slaw, roast vegetable stir-fry, grilled limes & sesame tamari dressing

### SATAY CHICKEN

with sesame roast broccoli, a pea, ginger & edamame bean salad & a peanut & chilli yogurt

### HERB ROAST COD

with crushed mint peas, curried roast swede & tartar yogurt

## VEGETARIAN

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

## FUEL

### KALE & CAULIFLOWER FRITTATA

with a cabbage & chilli slaw, beetroot, sweet potato & goat's cheese salad & harissa yogurt

### PERI PERI HALLOUMI

with a peanut & egg white rice, macho peas, red pepper slaw & peri peri yogurt

## LEAN

### KALE & CAULIFLOWER FRITTATA

with a cabbage & chilli slaw, beetroot, swede & goat's cheese salad & harissa yogurt

### PERI PERI HALLOUMI

with a peanut & egg white cauliflower rice, macho peas, red pepper slaw & peri peri 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

### JERK TOFU

with a cabbage & chilli slaw, roast plantain, tomato rice & beans & a pineapple ketchup

### BEAN BURGER

with a beetroot, sweet potato salad, cavolo nero & a red pepper chimichurri

## LEAN

### JERK TOFU

with a cabbage & chilli slaw, spiced broccoli rice & beans & a pineapple ketchup

### BEAN BURGER

with a beetroot, sweet potato salad, cavolo nero & a red pepper chimichurri