



MENU	PROTEIN	CARBS	FAT	CALS
BBQ CHICKEN RICE & VEG	33G	33G	13G	364
CASHEW CHICKEN STIR FRY	39G	25G	21G	445
CHICKEN WITH SWEET POTATO MASH & VEG	34G	32G	12G	372
CHILLI & GINGER TURKEY MINCE & POTATOES	37.6G	20G	7.2G	348
CHILLI CHICKEN COURGETTI IN SPICY TOMATO SAUCE	35.4G	11.7G	8.4G	264
CHILLI PANEER WITH ORIENTAL MIXED VEG	28.5G	14G	27G	413
FILLET OF FISH WITH PEA & MINT MASH	26.9G	40G	13.3G	388
GARLIC & CHILLI CHICKEN WITH NOODLES & VEG	34G	16.5G	16G	346
GARLIC & CHILLI SALMON WITH NOODLES & VEG	34.2G	16.5G	20G	379
GARLIC CHICKEN QUINOA & GREEN BEANS	33G	17.4G	8.2G	276
HALOUMI SALAD WITH COUS COUS	11G	20G	28G	360
HOI SIN CHICKEN STIR FRY	35.1G	15.6G	10.2G	295
PESTO CHICKEN WITH STUFFED PEPPERS & COUS COUS	34G	24G	12G	340
PESTO PASTA WITH SALMON & BROCCOLI	34G	30G	24G	472
PIRI PIRI CHICKEN WITH RICE & VEG	33G	33G	13G	364
RED PESTO CHICKEN WITH ORIENTAL VEG & FETA	36G	14G	26G	434
SALMON & GREEN BEAN SALAD WITH WILD RICE	28G	38G	14G	390
SPAGBOL	25.9G	36G	16.6G	397
STEAK WITH SWEET POTATO & KALE	35.5G	33.7G	20.7G	462
SWEET CHILLI TUNA STEAKS WITH BABY POTATOES & VEG	30.G	29G	14G	362
TANDOORI CHICKEN WITH BABY POTATOES & VEG	34G	33G	9G	349
TERIYAKI CHICKEN WITH RICE & VEG	33G	33G	13G	364
TURKEY MEATBALLS WITH SPAGHETTI	32G	38G	10.4G	374
WHITE FISH WITH CHORIZO, WILD RICE & VEG	35G	25G	13G	359
CHICKEN SHISH	36G	24G	13G	357
LAMB SHISH	35G	26G	17G	397
MIXED LAMB & CHICKEN SHISH	36G	36G	16G	384
THE NAKED BURRITO	40G	28G	18G	434