



Chef Theo

Personal. Professional. Passionate.



THE FITNESS ACADEMY CAFÉ

LUNCH MEAL PREP MENU

Salads

All with Crisp Salad Leaves, Soft Boiled Egg, Sweet Cherry Tomato, Cucumber, Red Onion, Salad Peppers and Balsamic Vinegar

	Seared BBQ Chicken	£4.95		
Kcal: 348	Pro: 39g	Carbs: 17g (Sugars: 10g)	Fat: 13g (Sat. Fat: 3g)	Fibre: 3g
	Cajun Roasted Basa Fillet	£5.25		
Kcal: 320	Pro: 40g	Carbs: 15g (Sugars: 10g)	Fat: 10g (Sat. Fat: 2)	Fibre: 3g
	Prawn & Edamame (Soya Bean)	£6.25		
Kcal: 280	Pro: 37g	Carbs: 15g (Sugars: 9g)	Fat: 8g (Sat. Fat: 1.5g)	Fibre: 3g
	Grilled Chicken & Baby Beets	£5.25		
Kcal: 310	Pro: 42g	Carbs: 19g (Sugars: 11g)	Fat: 9g (Sat. Fat: 2g)	Fibre: 4g

Wraps

All with Crunchy Lettuce, Diced Tomato & Red Onion on Protein Wrap with Small Side Salad

	Salt 'n' Pepper Chicken	£5.50		
Kcal: 340	Pro: 34g	Carbs: 27g (Sugars: 3g)	Fat: 13g (Sat. Fat: 3g)	Fibre: 9g
	Sesame & Soy Glazed Salmon	£5.95		
Kcal: 420	Pro: 45.5g	Carbs: 22g (Sugars: 6g)	Fat: 18.5g (Sat. Fat: 3g)	Fibre: 5g
	Slow Roast Ham & Egg	£5.25		
Kcal: 350	Pro: 28g	Carbs: 28g (Sugars: 5g)	Fat: 12g (Sat. Fat: 3g)	Fibre: 6g
	Roast Chicken & Avocado	£5.50		
Kcal: 395	Pro: 26g	Carbs: 23g (Sugars: 1.5g)	Fat: 24g (Sat. Fat: 3.5g)	Fibre: 7g

Soups

	Chicken Noodle	£3.95		
Kcal: 380	Pro: 37.5g	Carbs: 48g (Sugars: 6g)	Fat: 9g (Sat. Fat: 1.5g)	Fibre: 6g
	Chicken & Sweetcorn	£3.95		
Kcal: 415	Pro: 39g	Carbs: 45g (Sugars: 10g)	Fat: 10g (Sat. Fat: 2g)	Fibre: 6g
	Beef & Soya Bean Broth	£4.25		
Kcal: 350	Pro: 36g	Carbs: 22g (Sugars: 5g)	Fat: 14g (Sat. Fat: 4g)	Fibre: 8g
	Vegetable & Barley	£3.75		
Kcal: 364	Pro: 19g	Carbs: 52g (Sugars: 8.5g)	Fat: 12g (Sat. Fat: 2g)	Fibre: 15g

(Macro values sourced from UK-based nutritional databases, including the Eatwell Guide and NHS sources.)



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DINNER MEAL PREP MENU

Stir-Frys

All made with Shredded Pak Choi, Baby Corn, Beansprouts and Vermicelli

	Soy & Ginger Glazed Beef	£7.50	
Kcal: 662	Pro: 32.5g Carbs: 85g (Sugars: 12g)	Fat: 20g (Sat. Fat: 4g)	Fibre: 5g
	Salt 'n' Pepper Chicken Strips	£6.95	
Kcal: 520	Pro: 36g Carbs: 52g (Sugars: 3.5g)	Fat: 19g (Sat. Fat: 3g)	Fibre: 4.5g
	King Prawn with Sesame	£7.95	
Kcal: 525	Pro: 33g Carbs: 51g (Sugars: 3g)	Fat: 21g (Sat. Fat: 3g)	Fibre: 4.5g
	Sweet Soy Chicken	£6.95	
Kcal: 600	Pro: 36.5g Carbs: 70g (Sugars: 5g)	Fat: 19g (Sat. Fat: 3g)	Fibre: 4g

Curries

*All made with Coconut Milk, Diced Onion, Sweet Potato, Peppers and Wholegrain Rice
(MI=mild, MD=medium, H=hot)*

	Thai Green Basa & Baby Corn (H)	£6.95	
Kcal: 470	Pro: 40g Carbs: 49g (Sugars: 8g)	Fat: 15g (Sat. Fat: 7g)	Fibre: 4g
	Thai Red Chicken & Cashew (H)	£7.95	
Kcal: 510	Pro: 44g Carbs: 59g (Sugars: 6g)	Fat: 21g (Sat. Fat: 8g)	Fibre: 3g
	Chickpea & Lentil Katsu (MD)	£6.25	
Kcal: 510	Pro: 26g Carbs: 62g (Sugars: 6g)	Fat: 15g (Sat. Fat: 7g)	Fibre: 9g
	Chicken Katsu (MD)	£7.50	
Kcal: 475	Pro: 33g Carbs: 47g (Sugars: 6g)	Fat: 17g (Sat. Fat: 7.5g)	Fibre: 3g

Classic Meals

	Beef & Mushroom Casserole	£7.25	
Slow Braised Beef, Pearl Onions, Mushrooms with Sweet Potato Puree and Seasonal Tenderstem Broccoli	Pro: 40g Carbs: 46.5g (Sugars: 15g)	Fat: 11g (Sat. Fat: 3g)	Fibre: 8.5g
	Chicken Pesto & Tomato Penne	£6.95	
Italian Herbed Tomato Sauce and Basil Pesto Chicken Strips tossed with Wholegrain Penne Pasta	Pro: 39.5g Carbs: 50g (Sugars: 7g)	Fat: 21g (Sat. Fat: 6g)	Fibre: 6.5g
	Spicy Turkey Meatballs	£6.75	
Cooked in Passata with Sauteed Vegetables and Wholegrain Fusilli Pasta	Pro: 45g Carbs: 50g (Sugars: 8g)	Fat: 9g (Sat. Fat: 2g)	Fibre: 10g
	Citrus Steamed Salmon	£7.95	
With Baby Potatoes and Grilled Asparagus	Pro: 34g Carbs: 22.5g (Sugars: 3g)	Fat: 30g (Sat. Fat: 5g)	Fibre: 5g

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