

BREAKFAST

Homemade Granola Pots with Yogurt

Melon, Pineapple & Grape Salad

Vanilla Protein pancakes,
mixed berries, yogurt & a drizzle of honey

Overnight oats

White chocolate & raspberry

Vanilla, banana & honey

Spanish Omelette



MAINS

Turkey Burger, with sweet potato wedges, tomato salsa, baby corn & Mange Touts

Fish Pie with sweet potato mash & mixed veg

Sticky Chilli Beef served with jasmine rice, mixed peppers & vegetable

Vegan Beetroot, walnut & spinach burger with sweet potato wedges & kale

Lean Beef Burger, Cajun roasted new potatoes, red pepper & chilli relish, baby corn & dry slaw

Katsu Chicken Curry served with steamed rice, peppers, onions & broccoli.

Vegan Shepherd's Pie served with sweet potato wedges, baby corn, mange tout.

Sweet Chilli chicken stir fry with noodles and greens

Chick Pea, spinach & lentil dahl with sultana & coconut rice.

Cajun Chicken Steak served with homemade honey & mustard dressing,
rice & peas, soy beans, broccoli, toasted mixed seeds

Vegan Pasta Bolognese served with Sundried Tomatoes & Basil

Vegan Super Green Risotto with Asparagus, Peas, Green Beans, Mint & Basil

Beef Lasagne with mixed greens

Teriyaki salmon, served with stir fry vegetables & noodles

Chicken Balti With Jasmine Rice, Mange Tout, Mixed Peppers And Onions

MEN & WOMEN LOW CAL OR BALANCED

ATHLETE PERFORMANCE

5 MEALS	£25
10 MEALS	£45
15 MEALS	£63.75
20 MEALS	£80.00

5 MEALS	£30
10 MEALS	£55
15 MEALS	£78.75
20 MEALS	£95

ALL
WRAPS
£3.50

WRAPS

Tuna & cucumber with coriander, lettuce, tomato, peppers & lemon mayo

Grilled Halloumi wrap with roasted red pepper, baby gem sweet chilli jam

Breakfast wrap - Chicken sausages, pork rashers,
scrambled egg, cherry tomatoes & avocado, with smokey tomato sauce

Sweet chilli chicken with red pepper & baby gem

SNACKS

Selection of Grenade Snack bars

Fruit salad pot

Homemade Energy protein balls

ALL
SNACKS
£2.50

ALL BREAKFAST £2.50 • ALL WRAPS £3.50 • ALL SNACKS £2.50

HOW IT WORKS

1. Choose Your Package
2. Decide How Many Meals
3. Add Breakfast/snacks/wraps
4. Orders Must Be Placed Via Website By Friday 4pm for Sunday
& 4.30pm on Monday for Wednesday
5. Delivery/pickup Sunday & Wednesday

*FOR THOSE OF YOU THAT WILL BE ORDERING THE 15 OR 20 MEAL PLAN,
COLLECTION WILL BE AVAILABLE SUNDAYS & WEDNESDAYS, ENSURING YOUR MEALS REMAIN FRESH & TASTY!

PICK UP

Sunday From **THE BLACK OX** Between 2pm-4.30pm

Deliveries Across Carmarthen **FREE**

St Clears / Laugharne / Crosshands **£5**