



MENU

CHICKEN WRAPS

PERI PERI	£4.49
SWEET CHILLI	£4.49
CHIPOTLE MAYO	£4.49
MAYO	£4.49
BBQ	£4.49
SRIRACHA	£4.49

MAKE YOUR WRAP A BURRITO BY
ADDING RICE FOR 50P

MAKE YOUR WRAP INTO A MEAL DEAL.
WRAP + GRENADE BAR + SHAKE
£8.99

JACKET POTATOES

WITH BUTTER	£3.50
WITH TUNA MAYO	£4.50

ADD EXTRA TOPPINGS FOR 75P EACH

EXTRAS

CHEESE	75P
EGG	75P
HAM	75P

TOASTIES

CHEESE	£2.00
(347 CAL)	
CHEESE & HAM	£2.50
(464 CAL)	
TUNA CHEESE MELT	£4.00
(355 CAL)	

DRINKS

WATER	80P
REIGN	£1.50
MONSTER	£1.50
CAN OF POP	£1.00
LUCOZADE	£1.50
POWERADE	£1.50
PRE WORKOUT	£1.50

INSTANT COFFEE	£2.00
TEA	£2.00
CAPPUCCINO	£2.50
ESPRESSO	£2.50

ORDER YOUR HOT DRINK TO
GO OR TO DRINK IN.

HIGH PROTEIN

CHEESEBURGER **£3.99**

(501 CALS) 31G PROTEIN

A BEEF PATTY ON A BREAD BUN, WITH CHEESE, LETTUCE, ONION & TOMATO. SERVED WITH CRISPS & SIDE SALAD.

STATION BURGER **£7.99**

(766 CALS) 48G PROTEIN

2 BEEF PATTIES ON A BREAD BUN, A LAYER OF GRILLED CHICKEN, 2 CHEESE SLICES, LETTUCE, ONION, TOMATO, MAYO & KETCHUP. SERVED WITH SIDE SALAD & CRISPS.

CHICKEN QUESADILLA **£6.99**

(594 CALS) 51G PROTEIN

150G OF CHICKEN SERVED ON A TOASTED TORTILLA WRAP, GRATED CHEESE, LETTUCE, TOMATO, ONION, JALAPENOS, SOUR CREAM & SALSA. SERVED WITH SIDE SALAD & VEG CRISPS

CHICKEN & RICE **£3.99**

(364 CALS) 42G PROTEIN

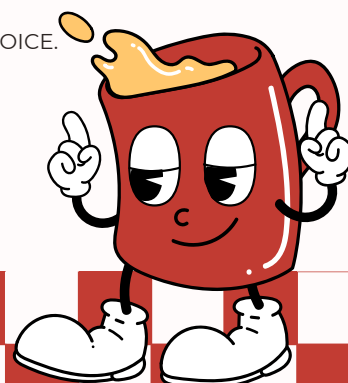
150G OF GRILLED CHICKEN, 125G OF BASMATI RICE. SERVED WITH ANY SAUCE OF CHOICE.

CHICKEN ZINGER BURGER **£6.99**

TWO OF OUR SPICY CHICKEN ZINGER BURGERS ON A BREAD BUN SERVED WITH CHEESE, SALAD AND SAUCE OF YOUR CHOICE!

CHICKEN ZINGER WRAP **£6.99**

TWO OF OUR SPICY CHICKEN ZINGER BURGERS SLICED, IN A WRAP, SERVED WITH CHEESE, SALAD AND SAUCE OF YOUR CHOICE!





BREAKFAST

MUFFINS

DOUBLE SAUSAGE AND EGG **£4.39**

TWO SAUSAGE PATTIES, EGG WITH TWO SLICES OF CHEESE IN AN ENGLISH BREAKFAST MUFFIN

DOUBLE BACON AND EGG **£4.39**

BACON, EGG WITH TWO SLICES OF CHEESE IN AN ENGLISH BREAKFAST MUFFIN

2 SLICES OF TOAST **£1.00**

(192 CAL)

2 EGG BAGEL **£2.50**

(348 CAL)

3 EGG OMELETTE **£2.50**

(196 CAL)

CEREAL **£1.50**

MAKE YOUR BREAKFAST MUFFIN
A MEAL DEAL

ADD A CAN OF POP FOR £4.99

PRE ORDER TO EAT IN OR
TAKEAWAY WHEN YOU'VE
FINISHED TRAINING!



PROTEIN SHAKE WITH MILK **£2.50**

PROTEIN SHAKE WITH WATER **£2.00**

EXTRA SCOOP **£1.00**

ORDER TO DRINK IN OR
TAKEAWAY

RASPBERRY CREAM

COCONUT & CREAM

WHITE CHOCOLATE

TRIPLE CHOCOLATE

COOKIES AND CREAM

CARAMEL BISCUIT

STRAWBERRY

BANANA SPLIT

VANILLA

CHOCOLATE MINT

SALTED CARAMEL

