

SUPPA

1 PROTEIN & 2 VEG

6.00

+ EXTRA PROTEIN SIDE 2.50



3 ALL VEG

4.65

+ EXTRA VEG SIDE 1.50

LEAN PROTEIN

ROASTED ROSEMARY CHICKEN LEG

GF|DF 386 CALS PROTEIN 36g

PERI PERI CHICKEN BREAST

GF|DF 260 CALS PROTEIN 46g

HONEY & LIME CHICKEN SKEWERS

GF|DF 245 CALS PROTEIN 46g

TURKEY MEATBALLS WITH CRANBERRIES

GF|DF 223 CALS PROTEIN 32g

SWEET POTATO FALAFEL WITH SESAME

V|VG|GF|DF 231 CALS PROTEIN 10g

GOAT CHEESE WITH WALNUTS & CHIVES

V|GF 193 CALS PROTEIN 11g

VEG

BLACK RICE WITH RAISINS & PINE NUTS

V|VG|GF|DF 254 CALS

WHOLEGRAIN GIANT COUSCOUS WITH POMEGRANATE

V|VG|GF|DF 107 CALS

QUINOA WITH PISTACHIO & APRICOT

V|VG|GF|DF 173 CALS

BAKED AVOCADO WITH PLUM TOMATOES

V|VG|GF|DF 152 CALS

CRUNCHY CHICKPEAS & KALE SALAD

V|VG|GF|DF 78 CALS

ROASTED CAULIFLOWER WITH TURMERIC

V|VG|GF|DF 47 CALS

MIXED ROASTED VEGETABLES

V|VG|GF|DF 79 CALS

SWEET POTATO & KALE SALAD

V|VG|GF|DF 95 CALS

DRESSING

LIME & MINT

V|VG|GF|DF 166 CALS

BALSAMIC VINAIGRETTE

V|VG|GF|DF 130 CALS

SOY, SESAME & GINGER

V|VG|GF|DF 94 CALS

MANGO CHILLI & LIME

V|VG|GF|DF 76 CALS