

GYM FUEL

CHOOSE YOUR BASE

RICE BOWL - SALAD BOWL - PITTA BOWL

CHOOSE YOUR PROTEIN

CHICKEN - BEEF CHILLI - TUNA - EGG - AVOCADO

CHOOSE YOUR SAUCE

GARLIC MAYO - LOUISIANA BBQ - SWEET CHILLI - TOMATO AND BASIL
SATAY SAUCE - HOT HONEY - HONEY MUSTARD - SALAD CREAM
CAESAR DRESSING - CAJUN MAYO

CHOOSE 2 TOPPINGS

BACON - SAUSAGE - VEGAN SAUSAGE - HAM - HALLOUMI - MUSHROOMS
CHICKEN TENDERS - PIGS IN BLANKETS - HASH BROWNS - CHEDDAR
GREEK YOGURT - SPINACH - SMOKED SALMON - ALMONDS
PEANUT BUTTER - CHIA SEEDS - BANANA - MIXED VEGETABLES

YOUR MEAL, YOUR WAY - CHOOSE FROM OUR
SELECTION OF BASES, PROTEIN, TOPPINGS AND
SAUCES ALL FOR JUST £12

SERVED IN OUR CAFE BAR FROM 3:30 - 7:30

Bannatyne

