



## TAILORED BOX MEALS

CHOOSE YOUR PROGRAMME: ♂ Male ♀ Female

### FAT LOSS

KCal in deficit  
[5 Portions a day]

### PERFORMANCE

KCal for performance  
macro profile

### MUSCLE BUILD

High KCal for  
lean muscle mass

## CHOOSE YOUR PROTEIN

- Char-grilled Chicken .....£6.49
- Tuna & Superlight Mayo .....£6.49
- Lean Steak [Medium Rare].....£7.49
- Tofu .....£7.49
- Slizzing King Prawn .....£7.99
- Slow baked salmon .....£7.99

## + BASE

- |                       |                   |
|-----------------------|-------------------|
| Sweet Potato Mash     | Mixed Super Veg   |
| Wholegrain Pasta      | Mixed Super Salad |
| Wholegrain Rice       | Wholegrain Wrap   |
| Quinoa & Bulger Wheat |                   |

## + FLAVOUR OR NONE AT ALL [Still extra tasty]

- |                                  |               |
|----------------------------------|---------------|
| Himalayan Rock Salt              | Ranch         |
| Jamaican Jerk                    | Buffalo       |
| Garlic Lovers                    | Chipotle      |
| Lemon & garlic                   | Taco          |
| American Ketchup                 | Honey BBQ     |
| Dynamite                         | Garlic & Herb |
| Cajun Lovers                     | Italian Zest  |
| Fiesta Sweet & Tangy             | Jamacian Jerk |
| Bacon Lovers                     | All Spice     |
| Himalayan Salt & Pink Peppercorn | Super Spicy   |

### MEAL PREP

Personalised meal prep available with our nutritionist ask staff for details from **£5.59** per meal\*

\*When bought with a prep meal package

## SUPER SALADS

### PICK A PROTEIN

- Char-grilled chicken .....£4.99
- Tuna and a little light mayo .....£4.99
- Top side [leanest cut] sirloin steak.....£5.99
- Tasty tofu .....£5.99
- Sizzling king prawn .....£6.99
- Baked salmon .....£6.99

### Choose from any of our 20 special spices

Served on a bed of super food salad mix of...

- |               |                    |
|---------------|--------------------|
| Soya beans    | Feta               |
| Broccoli      | Sweet Potato cubes |
| Sugar snaps   | Quinoa             |
| Green lentils | Pumpkin seeds      |
| Baby Spinach  | Beetroot           |
| Kale          | Red Onion          |
| Arugula       | Tomato             |
|               | & Avocado          |

## STACKED POTATOES

A delicious slow roasted Sweet Jacket Potato served with super leaf salad [kale, spinach & arugula] with a generous amount of either:

- Char-grilled Chicken .....£4.49
- Tuna and a little light mayo .....£4.99
- Top side [leanest cut] Sirloin Steak ....£4.99
- Tasty Tofu .....£4.99
- Sizzling King Prawn .....£5.49
- Baked Salmon .....£7.49

## JUICES

5 new juices every week available check the juice board for details.



## STACKED LUNCH MENU

### PICK A PROTEIN

- Char-grilled chicken.....£5.99
- Top side sirloin steak .....£5.99
- Tasty tofu .....£6.49
- Sizzling king prawn.....£7.49
- Baked salmon .....£8.49

Served on tower of delicious nutritional health stack containing cucumber, tomato, rice, garlic, crushed avocado and herbs and spices

## SAVER MENU

Whether this be a snack or smaller meal still packed with a nutritional punch & great flavour!

ONLY  
£2.99

### CHOOSE PROTEIN

Chicken, Steak, King Prawn, tuna or tofu.

### AND CHOOSE BASE:

Wholegrain Bagel, White or Wholegrain rice, Quinoa **or have on a wrap.**

Add Organic sauces for 75p

- Organic BBQ Sauce
- Organic Hot Pepper Sauce
- Organic Sweet Chilli Sauce
- Homemade Salsa

## SMOOTHIES + SHAKES

Have a look at our special smoothies and shakes board for details



[ Making super foods super tasty ]

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[www.AvocadoHealthBar.co.uk](http://www.AvocadoHealthBar.co.uk)

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