

Threadmills

FITNESS

BUILD YOUR MEAL

CHOOSE ANY COMBINATION OF THE ITEMS BELOW AS A MEAL.
OR ADD ANY ITEM BELOW TO OUR BASE MEALS ON THE RIGHT.

PROTEINS £2.25

Proteins are the building blocks of every living organism. Indispensable for growth and the maintenance of every cell in your body.

CHICKEN BREAST 100g 0 0 0 0 0 0

TURKEY BREAST STEAK 100g 0 0 0 0 0 0

LEAN ROAST BEEF 80g 0 0 0 0 0 0

SALMON FILLET 80g 0 0 0 0 0 0

PINTO BEAN QUINOA 160g 0 0 0 0 0 0

CALORIES	PROTEIN	CARBS	FATS
185	25	0	0
135	26	0	0
158	21	0	0
116	22	0	0
159	25	0	0

CARBS £1.25

Carbohydrates provide the body with the fuel for physical activity and proper organ function. When chosen carefully, carbohydrates can give you many health benefits.

SWEET POTATO MASH 1/2 cup 0 0 0 0 0 0

STEAMED RICE 1/2 cup 0 0 0 0 0 0

WHOLE WHEAT PASTA 1/2 cup 0 0 0 0 0 0

SMASHED YAMS 1/2 cup 0 0 0 0 0 0

COUS COUS 1/2 cup 0 0 0 0 0 0

CALORIES	PROTEIN	CARBS	FATS
118	2	21	0
103	2	21	0
90	4	21	0
159	2	21	0
110	4	21	0

VEGETABLES £1.25

Vegetables provide nutrients vital for the maintenance of the body. Eating more fresh veg is one of the simplest choices you can make to improve your overall health.

BROCCOLI FLORETS 1 cup 0 0 0 0 0 0

GREEN BEANS 1 cup 0 0 0 0 0 0

STRINGED COURGETTE 1 cup 0 0 0 0 0 0

ROASTED BELL PEPPERS 1 cup 0 0 0 0 0 0

CAULIFLOWER 1 cup 0 0 0 0 0 0

CALORIES	PROTEIN	CARBS	FATS
31	2	0	0
31	2	0	0
28	2	0	0
16	2	0	0
27	2	0	0

SIDE SAUCES £0.75

Our proteins, carbs and vegetables are all lightly seasoned so a side sauce is not essential, but we recommend adding one unless you are on a strict diet.

SIMPLE SALSA 35ml 0 0 0 0 0 0

HOMEMADE SRIRACHA 35ml 0 0 0 0 0 0

SWEET PEPPER 35ml 0 0 0 0 0 0

PEANUT BUTTER SATAY 35ml 0 0 0 0 0 0

MINT TZATZIKI 35ml 0 0 0 0 0 0

CALORIES	PROTEIN	CARBS	FATS
4	0	0	0
59	0	0	0
26	0	0	0
88	0	0	0
37	0	0	0

SUPER SALADS £5.95

Fresh and healthy salads, packed full of vital nutrients and wholesome vegetables. Served warm.

MIXED BEAN POWER 0 0 0 0

pinto, kidney and lima beans with baby corn, tomatoes, roast peppers and feta, served in a bowl of baby gem with a side of tzatziki.

SUPERFOODS 0 0 0 0

quinoa, broccoli, kale, spinach, green beans, avocado, spring onion, red onion and blueberries, served in a bowl of baby gem with a side of pinto.

PUY LENTIL 0 0 0 0

puy lentils, yellow courgette, aubergine, red onion, peppers and goats cheese, served in a bowl of baby gem with a side of beetroot.

NOW ADD YOUR PROTEIN £2.25 PER PORTION

CALORIES	PROTEIN	CARBS	FATS
237	11	26	4
386	16	37	22
236	16	29	7

SWEET BAKED POTATOES £5.95

Sweet potatoes are a great slow-digesting fuel for almost any fitness goal. Rich sources of vitamin A, B, and C, manganese, copper, and pantothenic acid.

WILTED SPINACH WITH ARTICHOKE & FETA 0 0 0

CURRIED MEDITERRANEAN VEG WITH COTTAGE CHEESE 0 0 0

CHILLI HUMMUS WITH TOMATO & RED ONION 0 0 0

NOW ADD YOUR PROTEIN £2.25 PER PORTION

CALORIES	PROTEIN	CARBS	FATS
552	17	28	26
546	19	21	21
567	22	21	22

GOOD CARB SANDWICHES £4.95

Complex carbs are broken down into glucose more slowly than simple carbohydrates and thus provide a gradual steady stream of energy throughout the day. Choose a bread - then a filling.

WHOLE WHEAT WRAP 0 0 0

FRESHLY BAKED SOURDOUGH 0 0

FRESHLY BAKED GLUTEN FREE 0 0 0

NOW CHOOSE YOUR FILLING

MANGO, SMASHED AVOCADO, PISTACHIO & BASIL 0 0 0 0

ROAST PEPPER, PESTO & GOATS CHEESE 0 0

AUBERGINE WITH ROAST CARROT SWEETCORN & HUMMUS 0 0 0

NOW ADD YOUR PROTEIN £2.25 PER PORTION

CALORIES	PROTEIN	CARBS	FATS
130	4	25	5
137	4	26	2
160	3	30	4
160	3	26	11
204	13	6	8
118	4	22	3

EGG WHITE OMELETTES £4.95

A low-fat and cholesterol-free way to add protein and key nutrients to your diet. 150g whites. Yolks available on request.

POPEYE JUNIOR 0 0 0 0

spinach, feta and baby plum tomatoes.

GARDEN PARTY 0 0

wild mushroom, goats cheese and rocket.

MEXICAN PINATA 0 0 0

sriracha jalapeno, bell peppers and guacamole.

NOW ADD YOUR PROTEIN £2.25 PER PORTION

CALORIES	PROTEIN	CARBS	FATS
232	25	0	0
246	26	7	21
183	25	0	7

PROTEIN PANCAKES £4.95

Breakfast, post-workout or even dessert. A delicious high protein hit for any time of the day.

BLUEBERRY & ALMOND 0 0 0

3 pancakes stacked with fresh blueberries and almond flakes.

STRAWBERRY, MANGO & COCONUT 0 0 0

3 pancakes stacked with strawberry and fresh coconut mango puree.

BANANA & CHOCOLATE 0 0

3 pancakes stacked with sliced banana and 70% cocoa sauce.

NOW CHOOSE YOUR SIDES £0.75

AGAVE SYRUP 35ml 0 0 0 0

100% PEANUT BUTTER 35ml 0 0

GREEK YOGURT 35ml 0 0

CALORIES	PROTEIN	CARBS	FATS
106	9	21	4
288	25	22	4
332	26	34	4
189	0	27	0
208	11	4	16
79	2	2	0

DRINKS

BULLETPROOF COFFEE £3.50 0 0 0

100% arabica coffee with act coconut oil and organic grassfed unsalted butter. Boosts energy, increases cognitive performance and encourages weight loss.

SAVIOUR SPORTS TEAS £2.50

specialty formulated herbal teas, designed for athletes and people with active lifestyles.

ENERGISE green mate, ginseng & ginseng tea. 0 0 0 0

STIMULATE ginseng & hibiscus tea. 0 0 0 0

HYDRATE rooibos & orange tea. 0 0 0 0

SLEEP chamomile, hops & passion flower tea. 0 0 0 0

STILL WATER 500ml £1.95

COCONUT WATER 330ml £2.95

REGULAR COFFEE & CREATINE DRINKS ALSO AVAILABLE

