

Sample Menu!

Breakfast Options:

Nut and Seed Raw Granola with Coconut Milk - Our Raw Granola is a genuinely healthy alternative to the traditional recipe and contains puffed millet, nuts, pumpkin seeds, flaxseed and coconut and no sugar. Served with a protein-rich, dairy-free alternative to milk.

Smoked Salmon and Egg - Flavoured with tangy lemon juice and finished with slices of free range boiled egg, our salmon dish is a fantastic breakfast option for those looking to skip carbs in the morning.

Quinoa and Coriander Kedgeree - We've added extra protein to create our quinoa take on this traditional breakfast dish, along with a mix of eggs, coconut-poached fish, tomatoes and spices.

Main Meal Options:

Turkey Burgers - Spiced Turkey Burgers served with Honey Roasted Parsnips, mixed green vegetables and a paleo sweet chili dressing.

Red Pesto Chicken - Red Pesto Baked Chicken With Courgette Spirals and Mediterranean Vegetables.

Thai Chicken Stir Fry - served with pak choi and peppers; The PT Kitchen's own take on a Thai spiced chicken stir fry is absolutely epic.

Shepherds Pie - Our take on a traditional Shepherds Pie recipe - minced beef and tomato base topped with swede mash and served with Mixed Green Vegetables, an awesome low carb option!

Tuna Nicoise Salad - Tuna, Egg and Green Beans on a mixed leaf salad base served with a healthy French dressing.

Tandoori Salmon with Sweet Potato and Mixed Greens - Josh's Favourite! A mild, aromatic and guilt free sauce tops our salmon served with our amazing sweet potato mash and mixed green veg! It's our favourite way to end the day.

Extra Sides:

Brown Rice / Quinoa / Sweet Potato Mash / Root Veg / Broccoli / Green Beans / Halloumi + **£2 each**

Snacks*:

Guilt Free Chocolate **Brownies**
Raw Cheesecake **Dessert Pots**
Raw **Chocolate Mousse**
Chocolate **Protein Balls**
Hummus & Carrot Sticks
Superfood Millionaire Shortbread

* Additional snacks are **£3 each**

Juices - Why not add a juice to your plan for £3 per juice? It's cheaper than a Starbucks coffee!

Mean Green
Green 1
Green 2
Green 3
Red 11