

Ham & Cheese Toastie	Milk , Wheat (gluten) , Soy
Chicken & Bacon Toastie	Milk , Wheat (gluten) , Soy
Ham & Cheese Panini	Milk , Wheat (gluten) , Soy
BBQ Chicken Panini	wheat (gluten) , milk , soy , soybeans.
Sweet Chilli Chicken Panini	Wheat (Gluten) , milk.
Chicken Bites	Wheat (Gluten) , Celery
Chicken Burger	Wheat (Gluten) , Eggs , Milk
Chicken Burger with Cheese	Wheat (Gluten) , Eggs , Milk
Beef Burger	Wheat (Gluten) , Eggs , Milk , Soya
Beef Burger with Cheese	Wheat (Gluten) , Eggs , Milk , Soya
Veggie Burger	Wheat (Gluten) , Eggs , Milk
Sausage Bap	Wheat (Gluten) , Eggs , Milk , Soya
Bacon Bap	Wheat (Gluten) , Eggs , Milk
Strawberry Cream	Wheat (Gluten) , Eggs , Milk
Plain Pancakes	Wheat (Gluten) , Eggs , Milk
Raspberry Protein Pancakes	Wheat (Gluten) , Eggs , Milk , Soya , Sulphur Dioxide
Chocolate Orange Protein Pancakes	Wheat (Gluten) , Eggs , Milk , Soya
Oreo Pancakes	Wheat (Gluten) , Eggs , Milk , Soya , Sulphur Dioxide
Biscoff Pancakes	Wheat (Gluten) , Eggs , Milk , Soya , Nuts , Peanuts , Sesame seeds , Sulphur Dioxide
Apple Cinnamon Pancakes	Wheat (Gluten) , Eggs , Soya , Sulphur Dioxide
Brownies	Wheat (Gluten) , Eggs , Milk , Soya , May contain nuts.
Rocky Roads	Wheat (Gluten) , Eggs , Milk , Soya , May contain nuts.
Scones	Wheat (Gluten) , Eggs , Milk , May contain nuts.
Muffins	Wheat (Gluten) , Eggs , Milk , Soya , May contain nuts.
Caramel Squares	Wheat (Gluten) , Milk , Soya , May contain nuts.

Blondies	Wheat (Gluten) , Eggs , Milk , Soya , May contain nuts.
Cookies	Wheat (Gluten) , Eggs , Milk , Soya , May contain nuts.
Protein Balls	Wheat (Gluten) , Eggs , Milk , Soya , May contain nuts.
Jam + Honey Granola	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Biscoff Granola	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Oreo Granola	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Kinder Granola	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Biscoff Overnight Oats	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Kinder overnight oats	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Oreo Overnight oats	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Protein Pistachio Oats	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Protein Raspberry Oats	Wheat (Gluten) , Eggs , Milk , Soya , nuts.
Baked Potato with Beans + cheese	Milk
Baked potato with Bacon + Cheese	Milk
Katsu Curry	Soya
Tomato Pesto Pasta	
Chicken Caesar Pasta	Wheat (Gluten) , Eggs , nuts.
Protein Salad	Eggs , Milk , Nuts , Soya
Chicken Gojouns	Wheat (Gluten)
Ham	
Tuna	Fish
Chicken Caesar Salad	Wheat (Gluten) , Milk , Mustard , Nuts , Soya
Protein Buster Shake	Wheat (Gluten) , Milk , Nuts , Peanuts , Sesame Seeds
Berry Builder Protein	Wheat (Gluten) , Milk , Nuts , Sesame Seeds

Orange + Mango Protein Refresher	Wheat (Gluten) , Eggs, Milk , Soya , Sulphur Dioxide
Blue Razz Protein Refresher	Wheat (Gluten) , Eggs, Milk , Soya , Sulphur Dioxide
Pineapple Grapefruit Protein Refresher	Wheat (Gluten) , Eggs, Milk , Soya , Sulphur Dioxide
Strawberry Watermelon Protein Refresher	Wheat (Gluten) , Eggs, Milk , Soya , Sulphur Dioxide
Apple + Blackcurrant Protein Refresher	Wheat (Gluten) , Eggs, Milk , Soya , Sulphur Dioxide
Fruit Pastille Protein Refresher	Wheat (Gluten) , Eggs, Milk , Soya , Sulphur Dioxide
Kinder Milkshake	Milk , Nuts
Biscoff Milkshake	Wheat (Gluten) , Milk , Soya
Oreo Milkshake	Wheat (Gluten) , Milk , Soya
Strawberry Milkshake	Milk , Soya
Caramel Milkshake	Wheat (Gluten) , Eggs , Milk
Mint Milkshake	Milk
Orange Milkshake	Milk
White Chocolate Milkshake	Milk , Nuts , Soya
White Chocolate Matcha	Milk , Nuts
Blueberry Matcha	
Strawberry Matcha	
Acai	
Granola	Nuts
Dark Choc Buttons	Milk , Soya
White Choc Buttons	Milk , Soya
Death By Burpees Smoothie	
Nooo Lighter smoothie	
Last few seconds smoothie	
And Chilaax Smoothie	

Kale Kick Smoothie	
1 more rep smoothie	
Coconut Crunches smoothie	
Wild Wild Zesty smoothie	