

NEW

# MENU



PREP

MAKING DIETING & HEALTHY EATING EASIER

*Cooked Fresh Daily!*

## High Calorie Range

**ALL MEALS £6.95 – £8.95**

### Mega Meatballs

Nine deliciously soft homemade meatballs bursting with flavour mounded on top of spaghetti covered in our homemade marinara sauce and cheddar cheese.

Kcal – 919 Carb – 81 Pro – 54 Fat – 33 Saturated – 12

### Cajun Creamy Chicken Pasta ✓

Chicken thighs marinated overnight then cooked in a blend of cajun spices, fresh cream, spinach, garlic and fresh parmesan cheese to give you a deliciously rich and creamy pasta dish.

Kcal – 1,012 Carb – 113 Pro – 53 Fat – 33 Saturated – 12

### Jerk Chicken with Creamy Garlic Mash and Broccoli

Slow cooked Jerk chicken, bold, sweet-and-spicy, full of flavour. Marinated in our own blend of jerk spices, served with creamy garlic mash and broccoli.

Kcal – 868 Carb – 49 Pro – 59 Fat – 47 Saturated – 17

### Thai Green Curry with Jasmine Rice

A medium spiced dish, Tender chicken breast cooked in a delicious combination of coconut milk, fresh ginger, garlic, lemongrass and extra herbs and spices to make a delicious meal with lots of character.

Kcal – 612 Carb – 42 Pro – 53 Fat – 24 Saturated – 13

## Healthy Desserts and Snacks

Whey Protein Double Chocolate £5.50

Banana Cake Loaf

Whey Protein Cheesecake £5.50

Whey Protein Chocolate 4 FOR £6.00

Brownie Muffins

Garlic Parmesan Drumsticks £5.50

Sriracha Drumsticks £5.50

Cajun Drumsticks £5.50

## Low Calorie Range

✓ = Vegetarian Version Available

### Coconut Chicken Curry and Rice ✓

A customer favourite, chicken breast marinated in a blend of herbs and spices then slow cooked in coconut milk, fresh ginger, garlic, onions and coriander.

Kcal – 541 Carb – 40 Pro – 56 Fat – 18 Saturated – 8

### Sweet and Sour Chicken with Jasmine Rice

The perfect balance of sweet and sour, packed with flavour. Tender chicken breast cooked in our delicious homemade sweet and sour marinade of fresh ginger, garlic, red pepper and fresh pineapple

Kcal – 555 Carb – 60 Pro – 52 Fat – 11 Saturated – 2

### Beef Casserole with Creamy Garlic Mash

Slow cooked, meltingly tender beef enveloped in a rich, deeply flavoured sauce with a generous dollop of our amazing creamy garlic mash.

Kcal – 505 Carb – 60 Pro – 31 Fat – 15 Saturated – 8

### Teriyaki Salmon with Egg Fried Rice

A deliciously succulent fresh Atlantic Salmon marinated in our own Teriyaki sauce complemented by a fragrant serving of egg fried rice, cooked with herbs and spices, red onion, garden peas and fresh spring onions.

Kcal – 514 Carb – 59 Pro – 40 Fat – 14 Saturated – 2

## More Meals and Special Deals available online

High Calorie, Low Calorie and Maintenance meals available online

Easy to order, call us on 01422 646790 or order through our website  
[www.nutritiondoneright.co.uk](http://www.nutritiondoneright.co.uk). Meals require ordering 48 hours in advance