



TITAN FITNESS



Lunch Menu

(One drink option per meal Coffee or Tea or Water)

Chicken Buddha Bowl 🍲

Packed full of Spinach, Quinoa, Grilled Chicken, Cherry Tomato, Avocado, Curry Maionese, Chickpeas, Sesame seeds, chives, Coleslaw and a dash of vinaigrette

Protein: 37,3g **Carbs:** 30,9g. **Fats:** 31,8g
Total Calories: 560,9cal

Teriyaki Chicken Rice Bowl

Rice, stacked with Carrot, Edamame, Red cabbage, Cherry tomato, Avocado, Mango, Radish, Teriyaki sauce,

Protein: 37,3g **Carbs:** 57,9g. **Fats:** 31,8g
Total Calories: 648,7,9cal

Salmon Buddha Bowl 🍲

Packed full of Spinach, Quinoa, Grilled Salmon, Cherry Tomato, Avocado, Curry Maionese, Chickpeas, Sesame seeds, chives, Coleslaw and a dash of vinaigrette

Protein: 33,4g **Carbs:** 30,9g. **Fats:** 46,6g
Total Calories: 678,2cal

High Protein Chicken fried rice

Egg Fried rice sautéed with veggies soy sauce and Chicken breast, fried onion, Cucumber, chives

Protein: 41g **Carbs:** 59,7g. **Fats:** 6,7g
Total Calories: 463,2cal

Tofu Buddha Bowl # 🌱

Packed full of Spinach, Quinoa, Tofu sautéed with soy sauce, Cherry Tomato, Avocado, Chickpeas, Beetroot dip#, Sesame seeds, chives and a dash of vinaigrette

Protein: 23,4g **Carbs:** 33,6g. **Fats:** 25,4g
Total Calories: 454,9cal

High Protein Vegetable fried rice 🌿

Egg Fried rice sautéed with veggies soy sauce fried onion, Cucumber, chives

Protein: 29g **Carbs:** 60,4g. **Fats:** 14,2g
Total Calories: 485,7cal

Warm Chicken Hummus Sandwich

Tender Chicken Breast Sandwich, with Hummus and Vegetables

Protein: 43,2g **Carbs:** 88,3g. **Fats:** 10,4g
Total Calories: 619,6cal

Little Reminder

For Vegetarians or Vegans please let us know so we may change the Protein source for Tofu or remove any sauces to make it suitable for you.

Please inform our staff of any allergies you may have! As we often use a mixture of seeds, chives and Alfafa to finalize our dishes.

Vegan 🌱

Vegetarian 🌿

Gluten free 🍷

Spicy 🌶️

Contains Nuts #



TITAN FITNESS



Breakfast Menu

(One drink option per meal Coffee or Tea or Water)

Power Toast

Smashed avocado on brown bread with Cherry tomato, Feta and 2 poached eggs

Protein: 25,1g **Carbs:** 49,5g. **Fats:** 29,2g
Total Calories: 561,4cal

Salty but Spicy

Smashed avocado on brown bread with Cherry tomato, Bacon, 2 poached eggs and kick of Chili flakes

Protein: 27g **Carbs:** 49,9g. **Fats:** 39,1g
Total Calories: 659,4cal

Açaí Bowl

Açaí with Whey protein, Banana, fresh fruit, Granola, Chia seeds, Coconut, Goji Berries

Protein: 29,5g **Carbs:** 73,9g. **Fats:** 32,6g
Total Calories: 706,8cal

Big S Toast

Smashed avocado on brown bread with Smoked Salmon, Walnuts and 2 poached eggs

Protein: 27g **Carbs:** 48,3g. **Fats:** 26,2g
Total Calories: 536,8cal

High Protein Pancakes

Protein Pancakes, Wild berry coulis, Greek yoghurt, Roasted Almonds, Fresh fruit

Protein: 31,3g **Carbs:** 86,2g. **Fats:** 5,1g
Total Calories: 515,6cal

Shroomie Toast

Smashed avocado on brown bread with sautéed Mushrooms, Spinach, Parmesan Cheese and 2 poached eggs

Protein: 24,4g **Carbs:** 45,6g. **Fats:** 27,8g
Total Calories: 541,7cal

Scrambled Eggs

Scrambled eggs on Brown bread

Protein: 35,4g **Carbs:** 35,3g. **Fats:** 15,9g
Total Calories: 426cal

High Protein Berry Porridge

Steel cut Oats boosted with whey Protein, Oatmilk, Wild berry coulis, Roasted almonds, Chia seeds

Protein: 37,2g **Carbs:** 80,1g. **Fats:** 15,9g
Total Calories: 612,8cal

Breakfast served all day

Vegan 

Vegetarian 

Gluten free 

Spicy 

Contains Nuts #