

The Good stuff box. Pick your:

None vegetarian protein: hellboy chicken, hulk chicken, turkey protein balls, steak, salmon, tuna, ostrich, white fish.

Vegetarian protein: quorn, tofu, vegan falafel, kidney beans, black beans, chickpeas.

Carbs: spicy rice, white rice, brown rice, sweet potato mash, sweet potato baked fries, quinoa, rice noodles, brown pasta (add our protein pasta for only £1 extra and gluten free pasta).

Vege: spinach, kale, carrots broccoli, field greens, peas, cabbage, edamame beans or a salad mix.

Fats: nuts, peanut sauce, seeds, olives, avocado.

Small £4.95
50g protein & carbs, 1 small cup vege, small portion of side & fats.

Medium £7.95
150g protein & carbs + bottle of drink, 2 medium cup of vege, medium portion of goodslaw & fats.

The Big Box £9.95
200g protein & carbs + choice of juice or smoothie, 3 large cup of vege, large portion of goodslaw & fats, healthy desert.

Double vege, carbs or fats — £1.50, double protein — £2.00.

Or mix and match the sizes and source

BREAKFAST

- Black bean breakfast burrito** £5.75
Breakfast burrito, scrambled egg, avocado, black beans, bacon, cheddar.
- Breakfast wrap** £5.25
Scrambled eggs, spinach, roasted pepper, mushrooms, cheddar.
- Omelette of champions** £6.25
4 egg whites and two whole eggs, a good balance between fats and protein. Spinach, tomatoes, mushrooms, peppers, cheddar, tuna.
- Oatmeal starter** £5.75
Blueberry's, walnuts, almonds, cinnamon and drizzle off sugar free syrup.
- Early bird pizza** £9.95
Breakfast pizza, avocado, bacon, fried egg, mushroom, mozzarella.
- Greek yogurt boost** £5.75
Greek yogurt, granola, honey, blueberries, banana, coconut flakes.
- High protein granola** £5.95
With banana, blueberries and coconut flakes chocolate flavour.
- High protein granola** £5.95
With banana, blueberries and coconut flakes vanilla swirl flavour.

Meal deal £6.75 £7.25
Hot drink, fresh orange juice or bottled drink Juice



PIZZA'S

- Hummus delight** £9.95
Vege Hummus sauce pizza, zucchini, summer squash, portabella mushroom, broccoli, red onions, peppers, crushed red peppers. **Monday only.**
- Nutty chicken** £9.95
Thai chicken-Peanut butter sauce, chicken, mozzarella cheese, green onions, shredded carrots, freshly shredded basil leaves, cilantro leaves. **Tuesday only.**
- BBQ black bean** £9.95
BBQ sauce, mozzarella, onions, roasted sweet potatoes, green peppers, black beans, goat cheese, parmesan cheese. **Wednesday only.**
- Mexican cheesy jalapeño** £9.95
Mexican - Refried black bean sauce, Red onions, corn, jalapeno peppers, fresh cilantro, cheddar, Monterey jack, and asadero, shredded romaine. **Thursday only.**
- Protein mania** £9.95
Tomato sauce, chicken sausage, pepperoni turkey, sundried tomatoes, onions, mozzarella. **Friday only.**
- All day breakfast** £9.95
Breakfast pizza, avocado, bacon, fried egg, mushroom, mozzarella.

Meal deal £11.95 £12.25 £14.95
Pizza, side. Bottled drink Juice Protein mania

KEBAB'S

- Turkeyball** £6.95
Lean turkey kofta kebabs mixed in our own herbs and spices in our low carb/fat high protein nan bread.
- Hellboy Chicken** £6.75
Lean chicken kebabs mix in our own chilli, herbs and spices in our low carb/fat high protein nan bread.
- Hulk chicken** £6.75
Lean chicken breast marinated in coriander and spices.
- Vegan Falafel** £6.75
Falafel kebab made with fresh high protein chickpeas in our own herbs and in our low carb/fat high protein nan bread.

Meal deal £7.45 £7.75
Kebab, side. Bottled drink Juice



SOUPS

- Mung lentil soup** £5.75
Mondays only
- Masoor lentil soup** £5.75
Tuesday only
- Veggie broth** £5.75
Vegetable broth, naked noodles, spinach, sweet corn, edamame, carrots, celery. **Wednesday only.**
- Chicken broth** £5.75
chicken broth, brown rice, broccoli, tomatoes, corn, aged cheddar. **Thursday only.**

Meal deal £6.75 £6.95
Soup, side. Bottled drink Juice

JUICES

- Sweet and Sour** £3.95
Beets, ginger, lemon, apples, carrots.
- Detox Delight** £3.95
Apple, spinach, cucumber, lemon.
- Happy Go Green** £3.95
Orange, carrots, ginger.
- Pineapple Sour** £3.95
Pineapple, apple, cucumber, celery, ginger.

PROTEIN POTS

- Peanut and Noodle** £6.25
Rice noodles, crispy wontons, carrots, broccoli, cabbage, green onions, peanut sauce
- Red hot protein pot** £6.25
Quinoa and half field greens, red onions, Kalamata olives, feta cheese, cucumbers, roasted red peppers, tomatoes, cilantro, almonds, red pepper sauce
- The Teriyaki** £6.25
Brown rice or white rice, broccoli, carrots, edamame, cucumber, green onions, sesame seeds, crispy noodles, teriyaki sauce

Meal deal £7.25 £7.75
Protein bowl, side. Bottled drink Juice

WRAPS, SALADS OR SANDWICHES

1 Fire starter

£5.75
Romaine, red onions, avocado, radish, red and green peppers, tomatoes, feta cheese, hot sauce, salt and pepper, lemon.

2 Green lantern

£5.95
Field greens, spinach, kale, mangos, carrots, edamame, almonds, goats cheese, balsamic vinaigrette.

3 Ninja

£5.95
Spinach and romaine, cabbage, edamame, carrots, cucumbers, cilantro, crispy noodles, Asian sesame dressing.

4 Daredevil

£5.95
kale, spinach, cucumber, tomatoes, redslaw, avocado, croutons, carrots, quinoa, avocado, honey mustard.

5 Gladiator

£5.95
Greens, black beans, avocado, blue cheese, bacon, sweet corn, tomato onion mix, lime vinaigrette.

6 Superman

£6.25
Greens and spinach, brown rice, avocado, redslaw, apples, dried cranberries, carrots, honey mustard.

Meal deal
Salad, side

£6.75 £7.25
Bottled drink Juice

LOYALTY SCHEME

We know, that you know, that eating well is important and that's why we want to make it easier and more exciting! By joining our loyalty scheme, you will:

★ 6th box free

for every 5 that you buy

★ Free meal

on your birthday

★ Discountt

offers

★ First to hear

about promotions or events we are running

📍 16 Cowgate, Peterborough, Cambs, PE1 1NA

☎ 01733687600

🕒 Monday-Saturday 7:30 am - 9:00 pm • Sunday 10:00 am - 4:00 pm



CURRY POTS

In our freshly made good stuff curry sauce with our very own authentic herbs and spices, with a bed of white or brown rice and high protein low carb nan bread and a crispy poppadum and sprinkle off crispy onions in a pot.

None vege

- 1. Salmon £6.75
- 2. Fish £6.75
- 3. Chicken chilli £6.75
- 4. Protein turkeyball £6.95

Vegetarian

- 1. Spicy veggie £6.75
- 2. Chickpea £6.75
- 3. Kidney bean £6.75
- 4. Black bean £6.75
- 5. Protein falafelball £6.75

Meal deal	£7.45	£7.95
Curry pot, side.	Bottled drink	Juice

BURGERS

A massive 100g off lean protein source in each burger, enough to fill you up for the rest of the day.

- 1. The Good Turkey protein £6.75
Turkey burger made with lean mince turkey breasts in our own herbs and spices topped with our low-fat yogurt slaw finished with our high protein low fat/carb bun.
- 2. The Good chicken £6.75
Chicken burger made with lean chicken breasts in our own herbs and spices topped with our low-fat yogurt slaw finished with our high protein low fat/carb bun.
- 3. The Good vegan falafel £6.75
Falafel burger made with fresh high protein chickpeas in our own herbs and spices topped with our low-fat yogurt slaw finished with our high protein low carb/fat bun.
- 4. The colossal double protein £7.75
Ash's world champion signature burger infused with high protein melted cheese. **A massive 200g of turkey.**

Add our high protein low fat cheese for only £1.00

Meal deal	£7.25/8.25	£7.75/8.75
Burger, side.	Bottled drink	Juice

SAUCES

- Green Chilli
- Sugar free caramel
- Sugar free chocolate
- Ranch
- BBQ
- Light mayonnaise
- Sugar free ketchup
- Balsamic vinegar
- Siracha
- Hot pepper
- Yogurt mint
- Sesame
- Teriyaki
- Peanut butter £0.50

HOT DRINKS

- 1. Cappuccino £2.25
- 2. Latte £2.25
- 3. Hot chocolate £1.45
- 4. Tea £1.45
- 5. Green tea £2.25
- 7. Protein coffee £2.50

Add our sugar free coffee creamer for only £1.00

BURRITOS

- 1. Avocado madness £6.45
Brown rice or white rice, black beans, corn, avocado, aged cheddar, salsa, Pico de gallo.
- 2. Mexican £6.45
Spicy rice, black beans, red onions, tomatoes, corn, aged cheddar.
- 3. The Heat Wave £6.45
Spicy rice, Refried black bean sauce, Red onions, sweet corn, jalapeno peppers, fresh cilantro, cheddar, shredded romaine.
- 4. The good burrito £6.45
Brown rice, spinach, cucumber, mushrooms, carrots, cabbage, mix peppers.

Add our high protein low fat cheese for only £1.00

Meal deal	£7.25	£7.75
Burrito, side.	Bottled drink	Juice



SMOOTHIE'S

- 1. Banana Nut Crunch £4.75
Frozen banana, almonds, peanut butter, semi skimmed milk, frozen yogurt.
- 2. Mango Mint Twist £4.75
Coconut milk, fresh two mangoes, low fat frozen yogurt and vanilla flavoured, one cup milk low fat, one tablespoon of mint.
- 3. Happy Go Green £4.75
Spinach, kale, kiwi, frozen yogurt, banana, grapes, cucumber, celery, apple, water.
- 4. Strawberry Breese £4.25
Banana, strawberries, low fat frozen yogurt.
- 5. Tropical Dream £4.25
Mango, strawberry, pineapple, coconut milk, frozen yogurt.

AMINO ACIDS DRINKS

Different flavour each day

£3.69

Bcaas
Glutamine
Pre-workout

SIDES

- 1. Roasted Sweet Potato Fries £2.99
- 2. Sweet potato mash £1.99
- 3. Rita £1.99 Vegetarian
- 4. Redslaw £1.99
- 5. Spicy rice £2.99
- 6. White rice £1.99
- 7. Brown rice £1.99
- 8. Goodslaw £2.99
- 9. Quinoa £1.99
- 10. Rice noodles £1.99
- 11. Brown pasta £1.99
- 12. Spinach £1.49
- 13. Kale £1.49
- 14. Carrots £1.49
- 15. Broccoli £1.49
- 16. Field greens £1.49
- 17. Peas £1.49
- 18. Cabbage £1.49
- 19. Edamame beans £1.49
- 20. Rice noodles £1.49
- 21. Salad mix £1.99
- 22. Mixed Nuts £1.99
- 23. Olives £1.49
- 24. Avocado £1.49
- 24. Peanut butter sauce £0.50

DESSERTS

- 1. Fruit or Nut Frozen Yogurt £3.95
- 2. Protein Pancakes and waffles £3.95
- 3. Sweet potato energy boost £3.95
Mashed Sweet potato in oats and chocolate whey protein.
- 4. Rice desert £3.95
White rice and whey protein.

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