



Eat Fresh - Daily Menu

Breakfast

Strawberry And Spinach Smoothie

Strawberry, Peach, Spinach, Raspberry, Orange, Coconut

Tamagoyaki And Spring Greens Salad

Eggs, Scallions, Bell Peppers, Tomato, Asparagus, Spinach

Turkey Meatloaf With Steamed Broccoli, Mash And Gravy

Turkey Breast Minced, Eggs, Leeks, Celery, Carrot, Onion, Broccoli, Sweet Potato

Morning Snack

Hazelnuts

Dried Banana Slices

Courgette Chips With Mock Hummus

Courgettes, Garlic, Lemon, Sweet Potato, Sesame Paste, Paprika, Chilli, Sumac

Lunch

Quinoa Burger With Fresh Garden Salad

Quinoa, Sweet Potato, Carrots, Scallions, Corriander, Cabbage, Kale, Tomato, Avocado, Portobello, Mixed Greens

Rustic Beef Burger With Fresh Garden Salad

Lean Beef Mince, Onions, Kale, Tomato, Portobello, Sweet Potato

Cajun Chicken Burger With Fresh Garden Salad

Chicken Breast, Paprika, Onions, Kale, Tomato, Portobello, Sweet Potato

Tuna Steak Burger With Fresh Garden Salad

Tuna Steak, Avocado, Onions, Kale, Tomato, Portobello, Sweet Potato

Afternoon Snack

Hazelnuts

Dried Banana Slices

Courgette Chips With Mock Hummus

Courgettes, Garlic, Lemon, Sweet Potato, Sesame Paste, Paprika, Chilli, Sumac

Dinner

Spinach Avocado And Raspberry Salad

Baby Spinach, Roquette, Fennel, Celery, Raspberry, Apple Cider

Grilled Flank Steak With Spinach And Raspberry Salad

Beef Flank, Baby Spinach, Roquette, Fennel, Celery, Raspberry, Apple Cider

Lemon And Herb Chicken Spatchcock With Homestyle Sweet Potato

Fresh Chicken Bone In, Lemon, Mixed Herbs, Paprika, Cumin, Sweet Potato

Seafood Chowder With Quinoa And Green Salad

Salmon, Shrimp, Calamari, Cauliflower, Celery, Paprika, Coconut, Parsley, Quinoa

