



FRESH. HEALTHY. NUTRITIOUS



SCAN HERE TO ORDER ONLINE

## GALLERY OF GAINS

### RAMEN

RICH BROTH OF NOODLES, VEGGIES & HERBS WITH A BOILED EGG  
CHOICE OF:

#### CHICKEN

342 KCAL / 9 FAT / 1 SAT / 27 CARB / 1 SUGAR / 33 PROTEIN

#### PULLED BEEF

460 KCAL / 18 FAT / 5 SAT / 27 CARB / 1 SUGAR / 42 PROTEIN

#### KING PRAWN

269 KCAL / 7 FAT / 1 SAT / 28 CARB / 1 SUGAR / 21 PROTEIN

#### SEITAN

VEGETARIAN VEGAN

446 KCAL / 16 FAT / 3 SAT / 47 CARB / 3 SUGAR / 27 PROTEIN



£8.00

£8.50

£8.50

£8.00

### PROTEIN POWER PEANUT CHICKEN

CHICKEN BREAST, BROWN RICE, SPINACH, CRUNCHY KALE,  
SATAY SAUCE, CHILLI'S, SPRING ONIONS & TOASTED SEEDS

523 KCAL / 18 FAT / 2 SAT / 42 CARB / 3 SUGAR / 44 PROTEIN



£8.00

### KOREAN BEEF TEPPANYAKI

KOREAN BEEF, NOODLE, STIR FRY VEGGIES WITH A  
SWEET & SPICY SAUCE, SEEDS & SPRING ONION

615 KCAL / 28 FAT / 3 SAT / 54 CARB / 10 SUGAR / 35 PROTEIN



£8.00

### BANG BANG PRAWN

KING PRAWN, NOODLES, STIR FRY VEGGIES,  
SESAME & BANG BANG SAUCE

423 KCAL / 16 FAT / 2 SAT / 49 CARB / 6 SUGAR / 19 PROTEIN



£8.50

### BBQ STEAK

SKIRT STEAK COOKED TO YOUR LIKING WITH QUINOA,  
BULGAR WHEAT, SEASONAL GREENS & BBQ SAUCE

530 KCAL / 20 FAT / 5 SAT / 46 CARB / 3 SUGAR / 40 PROTEIN



£8.50

### MR LEE'S SEITAN

SEITAN, RICE, GARLIC & CHILLI BROCCOLI WITH,  
A SWEET & STICKY 5 SPICE SAUCE

445 KCAL / 11 FAT / 1 SAT / 72 CARB / 30 SUGAR / 19 PROTEIN



VEGETARIAN  
VEGAN

£8.00

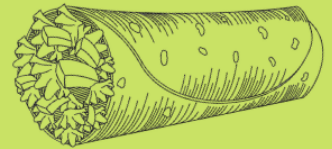
### FISH OF THE DAY

DAILY SPECIAL ASK INSTORE FOR DETAILS

£8.00

## WRAPS

ALL MADE WITH A WHOLE GRAIN TORTILLA



### CHICKEN SHAWARMA

SHAWARMA SPICED CHICKEN,  
ONION CORIANDER, HOT SAUCE & RANCH DRESSING

474 KCAL / 15 FAT / 3 SAT / 52 CARB / 3 SUGAR / 36 PROTEIN



£6.00

### KOREAN BEEF

CRISPY KOREAN BEEF WITH A CRUNCHY CURRY SLAW

601 KCAL / 24 FAT / 3 SAT / 57 CARB / 3 SUGAR / 36 PROTEIN



£6.00

### FALAFEL

FALAFEL, SPINACH, JALAPENOS, ONION CORIANDER

658 KCAL / 17 FAT / 4 SAT / 108 CARB / 12 SUGAR / 27 PROTEIN



£6.00

### FAJITA

FAJITA SPICED PEPPERS,  
SPINACH, ONIONS, SALSA & RANCH



CHOICE OF

#### CHICKEN

£6.50

#### KOREAN BEEF

£6.50

#### HALLOUMI

£6.50

#### SEITAN

£6.50

#### FALAFEL

£6.50

#### PRAWN

£7.00

#### PULLED BEEF

£7.00

### BURRITO

BROWN RICE, SALSA, HOT SAUCE  
& RANCH



## BURGERS & BAGELS

ALL SERVED ON A SESAME BAGEL

### LOCKED N LOADED

KOREAN BEEF, HALLOUMI,  
SPINACH, SALSA & HOT SAUCE

723 KCAL / 35 FAT / 14 SAT / 49 CARB / 5 SUGAR / 48 PROTEIN



£6.50

### THE CLUB

CHICKEN BREAST, TURKEY BACON,  
LEAF, TOMATO & RANCH

502 KCAL / 12 FAT / 1 SAT / 52 CARB / 7 SUGAR / 50 PROTEIN



£6.50

### BAA BAA BURGER

6oz LEAN LAMB MINCE BURGER, CURRY SLAW,  
ONION CORIANDER & RANCH

668 KCAL / 26 FAT / 6 SAT / 52 CARB / 6 SUGAR / 56 PROTEIN



£7.00

### DOUBLE CLUCKER

2 CHICKEN BREASTS, CURRY SLAW & HOT SAUCE

603 KCAL / 19 FAT / 1 SAT / 50 CARB / 5 SUGAR / 52 PROTEIN



£7.00

### ANABOL BURGER

8oz LEAN MINCE BURGER, TURKEY BACON, PROTEIN CHEESE,  
LEAF, TOMATO & BBQ SAUCE

724 KCAL / 20 FAT / 1 SAT / 53 CARB / 8 SUGAR / 82 PROTEIN



£8.00

## PIZZA

ON A WHOLE GRAIN TORTILLA BASE

### BEEF & BROCCOLI

LEAN MINCED BEEF, BROCCOLI,  
JALAPENOS, RANCH & SEEDS

765 KCAL / 36 FAT / 18 SAT / 54 CARB / 2 SUGAR / 58 PROTEIN



£7.50

### CHICKEN SHAWARMA

SHAWARMA SPICED CHICKEN,  
ONION CORIANDER, HOT SAUCE & RANCH DRESSING

708 KCAL / 31 FAT / 18 SAT / 53 CARB / 3 SUGAR / 55 PROTEIN



£7.50

### VEGGIE

BROCCOLI, CORN, ONION CORIANDER,  
PEPPERS & SWEET CHILLI

598 KCAL / 27 FAT / 18 SAT / 58 CARB / 8 SUGAR / 29 PROTEIN



VEGETARIAN

£7.50





3 RADCLIFFE NEW ROAD, WHITEFIELD, M45 7QX

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WWW.NUTRIGAINSKITCHEN.COM

# BRUNCH

**BREAKFAST QUESADILLA**     **£7.50**  
TURKEY BACON, EGGS, SPINACH & MOZZARELLA  
BAKED IN A WHOLE GRAIN TORTILLA  
753 KCAL / 33 FAT / 17 SAT / 55 CARB / 5 SUGAR / 62 PROTEIN

**SALMON KEDGEREE**     **£8.50**  
SALMON FILLET, CURRIED RICE, BOILED EGG & GREENS  
513 KCAL / 22 FAT / 3 SAT / 38 CARB / 2 SUGAR / 39 PROTEIN

**PEANUT BUTTER & BANANA BAGEL**  **£4.50**  
PEANUT BUTTER, BANANA, TOASTED SEEDS   **VEGETARIAN VEGAN**  
809 KCAL / 37 FAT / 7 SAT / 84 CARB / 23 SUGAR / 33 PROTEIN

**NUTRI GAINS BREAKFAST** **£7.50**  
TURKEY BACON, SCRAMBLED EGG, MUSHROOM,  
SPINACH, SALSA & A TOASTED BAGEL     
493 KCAL / 17 FAT / 4 SAT / 50 CARB / 6 SUGAR / 35 PROTEIN

**VEGGIE HASH** **£6.50**  
FALAFEL, SWEET POTATO, ONION CORIANDER,  
JALAPENOS, RANCH & A FRIED EGG   **VEGETARIAN**  
678 KCAL / 17 FAT / 4 SAT / 93 CARB / 22 SUGAR / 37 PROTEIN

# NUTRI BOX

BUILD YOUR OWN

**KIDS SMALL** £3.00 **SHRED REGULAR** £6.00 **KETO NO CARB** £7.00 **BULK LARGE** £8.50

## PICK YOUR PROTEIN

CHICKEN BREAST, CHICKEN SHAWARMA,  
KOREAN BEEF, HALLOUMI, FALAFEL, SEITAN  
**+£1.50 STEAK, PULLED BEEF, SALMON, KING PRAWN**  
**+£1.50 ADDITIONAL PROTEIN**



## PICK YOUR CARB

BROWN RICE, WHITE RICE, PASTA, NOODLE,  
BULGAR WHEAT & QUINOA, SWEET POTATO

## PICK YOUR VEGGIES

BROCCOLI, SPINACH, KALE, PEAS, CORN,  
MIXED LEAF STIR FRY MIX, CURRY SLAW,  
SWEET POTATO, PEPPERS, ONION CORIANDER,  
MUSHROOMS, SALSA, JALAPENOS, GERKIN



## PICK YOUR SAUCE

HOT, SWEET CHILLI, BBQ, RANCH,  
SATAY, KOREAN, BANG BANG

## PICK YOUR GARNISH

CHILLIS, SPRING ONION, TOASTED SESAME SEEDS OR  
ALL OF #THE GOOD GEAR

# SMOOTHIES & SHAKES

**NUTRI BERRY**  **VEGETARIAN VEGAN** **£3.50**  
RASBERRY, BLUEBERRY, SPINACH, BANANA,  
HONEY & ALMOND MILK  
130 KCAL / 6 FAT / 3 SAT / 11 CARB / 11 SUGAR / 6 PROTEIN

**CHUNKY MONKEY**   **VEGETARIAN VEGAN** **£3.50**  
BANANA, PEANUT BUTTER & CHOCOLATE SOY MILK  
480 KCAL / 22 FAT / 4 SAT / 54 CARB / 39 SUGAR / 18 PROTEIN

**TROPICAL** **VEGETARIAN VEGAN** **£3.50**  
PINEAPPLE, MANGO, PAPAYA, COCONUT & ORANGE  
180 KCAL / 1 FAT / 1 SAT / 38 CARB / 37 SUGAR / 3 PROTEIN

**ICED COFFEE**  **£4.00**  
ESPRESSO, VANILA PROTEIN, MILK & ALGAVE NECTAR  
312 KCAL / 9 FAT / 5 SAT / 25 CARB / 25 SUGAR / 34 PROTEIN

## PROTEIN SHAKES

WITH A CHOICE OF WATER, SEMI SKIMMED OR ALMOND MILK

**BANANA**  **£3.50**  
299 KCAL / 9 FAT / 5 SAT / 21 CARB / 21 SUGAR / 34 PROTEIN

**CHOCOLATE**  **£3.50**  
299 KCAL / 9 FAT / 5 SAT / 21 CARB / 21 SUGAR / 34 PROTEIN

**VANILA**  **£3.50**  
299 KCAL / 9 FAT / 5 SAT / 21 CARB / 21 SUGAR / 34 PROTEIN

**STRAWBERRY**  **£3.50**  
299 KCAL / 9 FAT / 5 SAT / 21 CARB / 21 SUGAR / 34 PROTEIN



# DRINKS


## HOT DRINKS

TEA **£1.50**  
AMERICANO **£2.00**  
CAPPUCCINO **£2.20**  
ESPRESSO **£1.60**  
LATTE **£2.20**  
HERBAL TEA **£2.00**

## COLD DRINKS

WATER **£1.00**  
SOFT DRINK **£1.20**  
ENERGY DRINK **£2.50**  
CBD DRINK **£2.50**  
PRE WORK OUT **£3.00**

# SNACKS & SIDES

**SOUP OF THE DAY** **£3.00** **BEEF JERKY** **£2.00**  
**SWEET POTATO** **£3.00** NEW FLAVOURS  
**MIXED GREENS**  **£3.50** DAILY, ASK IN  
**CURRY SLAW**   **£3.00** STORE FOR DETAILS  
**SIDE SALAD**  **£2.50** **PROTEIN SNACKS** **£3.00**  
**HALLOUMI**  **£3.00** NEW FLAVOURS DAILY, ASK  
**FALAFEL** **£3.00** IN STORE FOR DETAILS  
**SEITAN**  **£3.00** **FLAPJACK**   **£3.00**  
MIXED DRIED FRUIT & SEEDS

