

THE HEALTH HUT

EAT CLEAN TRAIN DIRTY



WEEKLY & MONTHLY MEAL PLANS AVAILABLE TOO!

**DELICIOUS
HEALTHY
DELIVERED**

We think healthy eating should be simple – getting great-tasting food that fills you up and doesn't contain a bunch of processed junk shouldn't be so hard. Everyone eats differently day to day but there is no better feeling than fuelling your body mid-way through a busy day with some good nutritious food and drink! Well you now have a service that brings it to you, wherever you are! Designed to perfectly nourish anyone who wants to build strength, lose weight sensibly, and boost their general wellbeing, our meal boxes help!

ORDER NOW!

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PLACE AN ORDER

2



WE DELIVER

3



YOU ENJOY!

We make our food with passion at our Chester City centre shop using seasonal produce that is as locally and ethically-sourced as much as possible. Each one of our nutritionally balanced meals is packed with protein & macronutrients to support and improve your body & mind, the perfect way to refuel during a long day. Eat your way to peak performance!



WE DELIVER TO YOUR OFFICE, GYM OR HOME FOR BRUNCH, LUNCH AND DINNER OPEN 10-3PM AND 6-9PM MONDAY TO SATURDAY

BREAKFASTS

Protein pancakes	£4.20
Almond milk, whey protein, egg whites and buck-wheat flour topped with low fat natural yogurt, fruit and honey (ask without if you prefer) & cinnamon	
Power pancakes	£4.00
Oats, banana, eggs and almond milk these delicious fluffy pancakes are served with either honey or proper American maple syrup.	
Granola & Low Fat Yogurt	£3.50
Fresh fruit, yoghurt & granola pot.	
Oats 2 Proats	£3.50
Nutty chocolate oats soaked in almond milk, almond butter, whey protein, chia seeds, raw cacao, topped with grated dark chocolate & honey.	
All day breakfast pot	£2.50
Greek Yoghurt, shredded apple, oats and a mixture of berries	

NUTRITIOUS MAINS

– served cold in a sealed salad box
see website for macros of each dish

Sesame Chili chicken	£5.50
with a rice noodle salad and a soy and lime dressing	
Vietnamese Pork Balls	£5.50
with Asian Slaw and peanuts	
Chipotle Turkey burgers	£5.50
with roasted Veg and Sweet Potato with a pineapple relish	
Spicy Chicken summer salad	£5.50
Roasted Squash & barley salad	£5.50
Harissa chicken with roasted root veg	£5.50
Roasted sweet pot with a lemon yogurt dressing	
Rainbow Super Salad	£5.00
edamame soya beans, green lentils, red peppers, pomegranate seeds, spinach, couscous and chickpeas and a honey and lime dressing	
Chicken, rice and goodness	£5.50
roast chicken breast, brown rice, kale, grated carrot and a clean zesty dressing	
Blackened Cajun salmon	£6.50
roasted salmon fillet, brown rice and greens with a sweet chili sauce	
Shredded Tuna and sultana salad	£5.50

WRAPS

Our Wraps	£3.95
Tuna, feta cheese, carrot, mixed leaves, natural yogurt & balsamic	
Poached chicken, roasted peppers, spinach, natural yoghurt & egg.	
Houmous, carrot, tomato, mixed leaves, natural yogurt & fruit chutney.	
White bean mash, peppers, mixed leaves, natural yogurt & pickle.	

TREATS

Protein Bites	£2.00
Whey Protein Ice Cream	£2.50
Muscle Mousse Dessert	£2.00
Raw Veg Sticks	£2.00
Salad Shaker	£3.50
Bounce Balls	£2.00
Homemade protein treat of the day	£2.00

SHAKES

Body Builder	£3.99
Banana, strawberries, peanut butter, flaxseed, almond milk & whey protein	
Pre Workout	£3.99
Espresso, banana, coconut oil, almond milk & whey protein.	
Chocolate Heaven	£3.50
Cocoa, banana, vanilla, frozen yogurt & almond milk.	
Add a shot	£0.80
• Raspberry Ketone • Vitamin • Nutri-Greens • Branched chain amino acids. • Monthly Special	
Fresh cold pressed Juices	£3.50
Ask for daily specials	

We can help you with tailored diet plans to suit your training need. We can deliver your breakfast, lunch, dinner and snacks for £20 per day. We can make 'eating the right food at the right time' easy & convenient for you!

01244 320 644

Lunch and evening delivery

@THEHEALTHHUTUK



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TWEET WHAT YOU EAT!