




meal couture

ON DEMAND

Slim Cut collection

Cold Sandwiches



Flip N Chicken

180 Calories	Carbs 23g	Protein 12g	Fat 4g
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Chicken Breast, Asparagus, Broccoli, Cheese, Cherry Tomatoes, Sweet Corn, Lettuce, Thyme and our Yummy Sauce



Tuna Turner

145 Calories	Carbs 20g	Protein 10g	Fat 2g
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Tuna, Cucumber, Carrots, Sweet Corn, Pickles, Olives, Lemon, Mayo, Cherry Tomatoes and Lettuce



Turkey's Delight

155 Calories	Carbs 21g	Protein 9g	Fat 3g
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Turkey, Cranberries, Walnuts, Cherry Tomatoes, Thyme, Lettuce and our Yummy Sauce



Crab on the Go

150 Calories	Carbs 21g	Protein 7g	Fat 3g
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Crab, Cucumber, Carrots, Sweet Corn, Cream Cheese, Lemon, Olives, Almonds, Lettuce and our Yummy Sauce



Hallumiluah

180 Calories	Carbs 20g	Protein 9g	Fat 7g
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Halloumi, Pesto, Cucumber, Cherry Tomatoes, Broccoli, Lettuce, Walnuts, Olives, Oregano and Black Seeds.



Jam and Cheese

165 Calories	Carbs 20g	Protein 8g	Fat 6g
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White Cheese, Apricot Jam, Lettuce, Peanuts, Flax and Chia Seeds

Salads



Greens and Proteins

155 Calories	Carbs 21g	Protein 9g	Fat 3g
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Chicken, Turkey, Broccoli, Red Beans, White Beans, Cranberries, Cherry Tomatoes, Almonds, Pineapple, Green Leaves, Flax Seeds, Chia Seeds and Sunflower Seeds



Quinoa's Arch

145 Calories	Carbs 21g	Protein 7g	Fat 3g
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Shrimps, Quinoa, Edamame, Green Peas, Kiwi, Cashews, Red Bell Peppers, Cranberries, Cherry Tomatoes, Green Leaves and Sesame Seeds



Chick in Pasta

180 Calories	Carbs 20g	Protein 9g	Fat 7g
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Chicken, Pasta, Parmesan Cheese, Cranberries, Cherry Tomatoes, Green Leaves, Pesto Sauce, Pine Seeds, Hemp Seeds, Flax and Chia Seeds




Choke and Cheese

165 Calories	Carbs 20g	Protein 8g	Fat 6g
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Halloumi Cheese, Mango, Artichokes, Quinoa, Walnuts, Pomegranate, Cherry Tomatoes, Green Leaves, Pumpkin Seeds, Flax Seeds and Chia Seeds

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Snacks

 **Blueberry Plus Que Parfait**

205 *Yogurt, Chia Seeds, Bluberry Jam, Fresh Blueberries, Fresh Raspberries and Muesli*
Calories

 **Mango Plus Que Parfait**

205 *Yogurt, Chia Seeds, Fresh Mango and Muesli*
Calories

 **Drives tMe Nuts**


173 *Mixed nuts and dry fruits*
Calories

RAW

Refuel in Style

Natural Punch

Raw Juices

 **Make My Greens Come True**

Kale, Apple, Cucumber, Avocado, Parsley, Lemon

 **Sweep Me Off My Beet**

Beetroot, Carrots, Apple, Lemon

 **I Carrot Resist You**

Carrots, Ginger, Apple, Lemon


 **Light My Fire**

Apple, Ginger, Lemon

 **Fresh Lemonade**

 **Fresh Orange**

 **Fresh Smoothies**

 *Light and Packed with Superfoods*

Our meals are carefully designed and Calorie-checked by our registered dietitian



For the Rebel Inside

Funky Series

Cold Sandwiches

Chicken

Chicken, Cheddar Cheese, Cherry Tomatoes, Sweet Corn, Cocktail Sauce and Iceberg

Tuna

Tuna, Crips, Cherry Tomatoes, Sweet Corn, Mayo and Iceberg

Turkey

Turkey, Cream Cheese, Cherry Tomatoes, Thyme and Iceberg

Roast Beef

Roast Beef, Cheese, Cherry Tomatoes, Mayo and Iceberg

Crab

Crab, Sweet Corn, Mayo and Iceberg

Feta

Feta, Thyme, Mint, Olives, Cucumber and Iceberg

Cold Clubs

Chicken

Chicken, Cheddar Cheese, Cherry Tomatoes, Sweet Corn, Cocktail Sauce and Iceberg

Turkey.....

Turkey, Cream Cheese, Cherry Tomatoes, Thyme and Iceberg

Roast Beef.....

Roast Beef, Cheese, Cherry Tomatoes, Mayo and Iceberg

Crab

Crab, Sweet Corn, Mayo and Iceberg

Peanut Butter

Crunchy Peanut Butter and Jam

Hipster Salads

Shrimppasta

Shrimps, Pasta, Crab, Cheese and Sweet Corn

Pastuna

Pasta, Tuna, Sweet Corn, Carrots and Olives

Halloum w Pas

Pasta, Halloumi, Pesto, Sweet Corn, Carrots and Olives

Chick & Chips

Chicken, Crispy Chips, Sweet Corn, Cheese and Iceberg



Bon Appétit!