

MENU

CURATED MEALS, HOME COOKED & PURPOSEFUL FOR EVERY 'BODY'

'FUEL' MEALS

Start your journey with flavour-packed meals.



Southern Charred – A smoky, spiced fusion of quinoa, pickled radish, and broccoli, igniting your taste buds



Birria Shredded Chicken / Jackfruit – Slow-cooked to perfection, paired with sweet potato hash & kale



Plain Jane x Chimichurri – Wholewheat couscous and grilled kale enlivened by a chimichurri kick.



Boerewors (COMING SOON) – A South African-inspired feast of garlic veggie brown rice & gochujang

£12.50 PER BOX
550-600KCAL
PER BOX

For those who move with purpose, these meals power your body with essential nutrients.

'RECOVERY' MEALS

£12.50 PER BOX
480-550KCAL
PER BOX

Thai Grilled Chicken Thighs – The perfect balance of protein & carbs, served with egg noodles or white rice & broccoli

Jerk Chicken Grilled Breast – Bold Caribbean flavours meet balance, with coconut rice, pickled radish & broccoli

Pesto Chicken – Comforting yet energising, featuring smashed potatoes & broccoli



Email:

Website:

PACK SETS

Whether you need balance, high-energy performance, or lighter meals, our curated packs help you thrive.

Fuel or Recovery Pack – 3 Recovery OR 3 Fuel Meals

£45

Balanced Pack (Mixed) – A selection of 3 Fuel + 2 Recovery meals to support your daily rhythm.

£65

Athlete Pack (High-Energy) – A performance-driven 5 Fuel meal pack for those who demand more.

£60

Recovery Pack (Lighter Meals) – A 5-meal pack tailored for replenishment and wellness.

£60

Vegan/Custom Pack - Options with plant-based swaps.

£60

DoubleUP' for the Month – x10 Meals 50% OFF (Athlete or Recovery Pack) £240 for 40 meals!

OPT 1 MEAL OUT FOR 'SOUP OF THE WEEK'

Tom Yum x Dumpling Soup

Cream of Tomato Soup

ADD ONS (SUBSTITUTES) | SOUP

featuring signature sauces - Red Pepper Sauce & Guava Sweet Chilli

Seabass (Substitute chicken with fish)

£8

Extra Chicken (x2 pieces)

£7

Plantain

£1.50

Baked sweet Potato

£3

Crispy potato

£2

Rice

£2

Jackfruit / Cauliflower

£1.50