

# THE SKINNY KITCHEN

## PROTEIN BOWLS

### ♦ PUMPIN IRON 12 (swap chicken for steak +3)

Grilled chicken breast, mozzarella, sweet potato and chive mash, broccoli, grilled tomato, grilled pepper, raw spinach and pesto

cal 260 . protein 34.6g . carb 22.1g . fat 3.2g

### PRAWN TACO 14

Grilled prawns, lemon and herb quinoa, avocado, mango, salsa, feta, green leaf salad and yogurt, mango and mint dressing with a toasted wrap

cal 378 . protein 27g . carb 41g . fat 9g

### PLANT PROTEIN 12 (ADD FALAFEL +2)

Roasted chickpeas and lentils, lemon and herb quinoa, avocado, broccoli, skinny blushed tomatoes, beetroot and mint hummus, green leaf salad, toasted seeds and skinnychurri dressing

cal 854 . protein 25.8g . carb 37.5g . fat 63g

### FALAFEL AND HALLOUMI 14

Falafel, halloumi, lemon and herb quinoa, roasted chickpeas, lentils, avocado, tomato, salsa, green leaf salad and yogurt, mango and mint dressing

cal 735 . protein 35g . carb 79.3g . fat 31.2g

### WINTER GAINS 14 (ADD CHICKEN +2)

Mixed grains, cauliflower rice, roasted beets, broccoli, sprouts and sweet potato topped with a coconut fried egg, grilled asparagus, spring onions and a lemon and parsley dressing

cal 499 . protein 26.2g . carb 68g . fat 11g

**VEGANS AND VEGGIES** . . . Ask our staff how you can mix up our meals, swap the meaty options for animal friendly tofu, falafel or halloumi!

## SKINNY PIZZAS

### ♦ MEATHEAD 13

Grilled chicken, bacon, feta, jalapenos, cherry tomatoes, rocket, chilli flakes and pesto dressing

cal 447 . protein 24.6g . carb 38.8g . fat 23.3g

### BUFF BASIL 11 (ADD CHICKEN +2)

Mozzarella, cherry tomatoes, fresh basil, skinny blushed tomatoes, olives and fresh chilli

cal 438 . protein 22.2g . carb 64.4g . fat 14g

### ♦ FRESH BEETZ 11

Feta, roasted beetroot, cherry tomatoes, red onion, walnuts, fresh basil, rocket, toasted seeds and skinnychurri dressing

cal 401 . protein 12.4g . carb 62g . fat 18g

### NO FOOD WITH A FACE 11

Beetroot and mint hummus based pizza with falafel, red onion, cherry tomatoes, toasted seeds and skinnychurri dressing

cal 556 . protein 30.1g . carb 77.5g . fat 13.9g

### WHAT MAKES IT A SKINNY PIZZA?

All our pizzas come on a 12inch, low carb, extra skinny base. Top that with tomato sauce that has zero added salt or sugar, plus protein packed toppings and you have a skinny pizza!

## MAIN GAINS

### ♦ SATAY CHICKEN BURGER 14

Grilled satay chicken breast, tomato, red onion and baby gem lettuce in a wholegrain seeded bun with sweet potato fries and skinny slaw

cal 524 . protein 44.6g . carb 56g . fat 11.2g

### BODY BUILDER 20

7oz grilled rump steak, grilled chicken breast, hotlime wings and roasted tomato with sweet potato fries, skinnychurri dressing and chipotle sauce

cal 667 . protein 76g . carb 48g . fat 19g

### ♦ LEAN NOODLES WITH: TOFU 10 . CHICKEN 12 . PRAWNS 13

Courgette and carrot noodle stir fry, with broccoli, peppers, mushrooms, fresh ginger, chilli, lime, soy and toasted cashews

cal 190 . protein 6g . carb 19.6g . fat 4g

### CLEAN AND JERK 13

Grilled jerk chicken breast with spicy rice, grilled corn on the cob and spicy jerk sauce

cal 562 . protein 41g . carb 60g . fat 9g

### MEAT FREE BURGER 14

Cauliflower and quinoa burger with kale, sriracha slaw, avocado and jalapeno sauce served with sweet potato fries

cal 553 . protein 14.8g . carb 70g . fat 21.5g

HAVING A BURGER . . .  
and want to drop the calories?  
Drop your bun for a lettuce bun!

### CHILLI BEAN 13

Chipotle chilli bean topped with skinny slaw, avocado, mozzarella, jalapenos and sweet potato fries

cal 396 . protein 40.3g . carb 27.7g . fat 15.1g

### SKINNY BALLS 12 (ASK TO MAKE THIS VEGAN OR VEGGIE!)

Extra lean steak meatballs in tomato sauce with courgette and carrot noodles topped with parmesan, buffalo mozzarella and fresh basil

cal 490 . protein 25g . carb 25.6g . fat 27g

### SERIOUSLY STACKED BURGER 15

Lean mince beef OR soya burger with grilled halloumi, sweet onions, baby gem lettuce, tomato and chipotle sauce served with sweet potato fries

cal 616 . protein 50g . carb 58g . fat 19.3g (based on beef burger)

### PULSE RAISER 12 (ADD CHORIZO +2)

Kale and lentil dahl served with cauliflower rice, natural yogurt and corriander

cal 324 . protein 23.7g . carb 40g . fat 3.8g

### COD AND CHORIZO POT 14

Cod, chorizo and chickpeas in a rich tomato sauce, served with warm olive bread and grilled lemon

cal 400 . protein 12g . carb 37g . fat 22.7g

### HUEVOS RANCHEROS 8.50 (ADD BACON +2)

Baked corn tortillas with black beans, avocado, coconut fried egg, feta, salsa, jalapenos and chives

cal 603 . protein 38.4g . carb 51g . fat 21g



contains nuts

We cannot safely guarantee our food is nut free, as we work with a variety of nuts in many of our dishes. If you have a food allergy of any kind please speak with a member of the team. Nutritional information is carefully calculated, and correct at time of publication, to the best of our knowledge but may be subject to seasonal variation or variation in the cooking process. Icons made by freepic from [www.flaticon.com](http://www.flaticon.com).

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## POWER BITES

WINTER DETOX SOUP 6 (ADD CHORIZO +2)  

Lemon, kale and white bean soup served with a wedge of bread and butter

cal 254 . protein 8.2g . carb 37.6g . fat 6.5g

HOTLIME WINGS FIVE WINGS 7, TEN WINGS 12  

Hot lime chicken wings with fresh chilli and coriander

cal 418 . protein 30.4g . carb 10.4g . fat 30g

♦ SALT AND CHILLI PEPPERS 4   

Grilled padron peppers with almonds, salt and chilli

cal 159 . protein 5.2g . carb 6.1g . fat 11.5g

HUMMUS AND OLIVE BREAD 5 

Beetroot and mint hummus with olive bread and olives

cal 435 . protein 16.9g . carb 72.5g . fat 11.6g

♦ SUPERSET SKEWERS 7  

Chicken satay skewers with a mango and salsa salad

cal 229 . protein 29.4g . carb 1.4 . fat 11.4g

PROTEIN BOMB 7   

Baked corn tortillas, topped with black beans, smashed peas, feta and a coconut fried egg

cal 438 . protein 26.7g . carb 51g . fat 10.9g

GRILLED SARDINES 7  

Toasted bread with a fresh tomato salsa, grilled sardines and a lemon and parsley dressing

cal 620 . protein 69g . carb 24g . fat 27.2g

QUESADILLAS 8.50 ADD CHICKEN OR CHORIZO +2  

Spinach, mozzarella and mushroom served with salsa and avocado and jalapeno dip

cal 304 . protein 8.1g . carb 35g . fat 13.1g

Black beans, avocado and feta served with salsa and avocado and jalapeno dip

cal 605 . protein 27.7g . carb 59g . fat 23g

## BUILDING SIZE

THIS SECTION ON OUR MENU IS DESIGNED FOR YOU TO BUILD YOUR OWN MEAL WITH YOUR PERSONAL HEALTH AND FITNESS GOALS IN MIND OR IF YOU CANT DECIDE AND YOU FEEL LIKE MIXING IT UP!

Grilled chicken breast 5

7oz rump steak 7

Grilled prawns 5

Satay skewers 6

Grilled sardines with lemon and parsley dressing 5

Falafel 3

Halloumi 4

Smashed chilli and lime peas 3

Grilled corn on the cob 3

Broccoli 2

Skinny slaw 3

Sriracha slaw 3.50

Side salad 3.50

Fanned avocado 2.50

Creamy black beans 3

Boiled eggs 3

Marinated olives 3

Cauliflower rice 3

Cauliflower egg fried rice 3.50

Spicy rice 3

Sweet potato fries 4

Zucchini fries with avocado and jalapeno dip 4.50

Sweet potato and chive mash 3.50

## SAUCE POTS 1

CHIPOTLE YOGURT  
AVOCADO AND JALAPENO  
TOMATO KETCHUP  
BBQ  
SPICY CHIPOTLE  
SRIRACHA

♦ PROTEIN AND CHIA SEED PANCAKES OR PROTEIN AND FLAXSEED WAFFLES 9.50

CHOOSE PROTEIN WAFFLES OR PANCAKES THEN PICK A TOPPING

PANCAKES: cal 193 . protein 17g . carb 20g . fat 5g WAFFLES: cal 246 . protein 24g . carb 26g . fat 6g

We use Ph.D. diet whey protein in our pancakes and waffles

PhD 

### PEANUT BUTTER

Organic peanut butter, honey and fresh strawberries and banana

### CHOCOLATE HAZELNUT

Dark chocolate sauce with banana, honey and crushed hazelnuts

### BERRIES AND YOGURT

Berry compote, vanilla yogurt and honey with toasted almonds and coconut

### FIG AND MAPLE

Roasted fig and walnuts with maple syrup cinnamon and coconut cream

### CARAMELISED BANANA AND TOASTED COCONUT

Caramelised banana with toasted coconut shavings, popcorn and coconut cream

### EGG AND BACON

Free range scrambled eggs with crispy bacon and maple syrup



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