

## SHACK BOX

### Step 1 - Choose your Protein

Small - £3.95 / Regular - £5.95 / Large - £7.95

#### Grilled Steak + '1.50

Small - Kcals: 99.5 P: 11.78g F: 5.6g Carbs: 0g  
Regular - Kcals: 199 P: 23.56g F: 11.2g Carbs: 0g  
Large - Kcals: 298.5 P: 35.34g F: 16.8g Carbs: 0g

#### Chicken

Small - Kcals: 93 P: 15g F: 2.3g Carbs: 0g  
Regular - Kcals: 186 P: 30g F: 4.5g Carbs: 0g  
Large - Kcals: 310 P: 50g F: 7.5g Carbs: 0g

#### Halloumi

Small - Kcals: 126.5 P: 8.4g F: 9.6g Carbs: 0.7g  
Regular - Kcals: 253 P: 16.7 F: 19.7 Carbs: 1.3g  
Large - Kcals: 379.5 P: 25.1g F: 29.3g Carbs: 2g

#### King Prawns + '1.50

Small - Kcals: 55 P: 11.2g F: 0.9g Carbs: 0.6g  
Regular - Kcals: 110 P: 22.3g F: 1.9g Carbs: 1.1g  
Large - Kcals: 165 P: 33.5g F: 2.8g Carbs: 1.7g

#### Salmon + '1.50

Small - Kcals: 76 P: 10.9g F: 3.6 Carbs: 0g  
Regular - Kcals: 152 P: 21.7g F: 7.1g Carbs: 0g  
Large - Kcals: 228 P: 32.6g F: 10.7g Carbs: 0g

#### Tuna + '1.50

Small - Kcals: 70 P: 12.5g F: 0.8g Carbs: 0g  
Regular - Kcals: 140 P: 25g F: 1.5g Carbs: 0g  
Large - Kcals: 210 P: 37.5g F: 2.3g Carbs: 0g

#### Tofu

Small - Kcals: 31 P: 4.1g F: 1.2g Carbs: 1.2g  
Regular - Kcals: 61 P: 8.1g F: 2.3g Carbs: 2.3g  
Large - Kcals: 91 P: 12.2g F: 3.5g Carbs: 2.5g

#### Falafel + 1.50

Small - Kcals: - P: -g F: -g Carbs: -g  
Regular - Kcals: - P: -g F: -g Carbs: -g  
Large - Kcals: - P: -g F: -g Carbs: -g

### Step 2 - Choose your base

#### Brown Rice

Small - Kcals: 58 P: 1.5g F: 0.6g Carbs: 12.5g  
Regular - Kcals: 116 P: 2.9g F: 1.1 Carbs: 25g  
Large - Kcals: 174 P: 4.4g F: 1.7g Carbs: 37.5g

#### Sweet Potato Mash

Small - Kcals: 47 P: 1.5g F: 0g Carbs: 11.1g  
Regular - Kcals: 94 P: 3g F: 0g Carbs: 22.1g  
Large - Kcals: 141 P: 4.5g F: 0g Carbs: 33.2g

#### Quinoa & Bulgur Wheat Mix

Small - Kcals: 65 P: 2.6g F: 1.5g Carbs: 11.5g  
Regular - Kcals: 130 P: 5.2g F: 3g Carbs: 23g  
Large - Kcals: 195 P: 7.8g F: 4.5g Carbs: 34.5g

#### Egg Noodles

Small - Kcals: 51.5 P: 2.2g F: 1g Carbs: 8.9g  
Regular - Kcals: 103 P: 4.3g F: 2g Carbs: 17.8g  
Large - Kcals: 154.5 P: 6.5g F: 3g Carbs: 26.7g

#### Cous Cous

Small - Kcals: 88 P: 3g F: 0.3g Carbs: 16g  
Regular - Kcals: 176 P: 6g F: 0.5g Carbs: 32g  
Large - Kcals: 264 P: 9g F: 0.8g Carbs: 48g

### Step 4 - Choose your shack made sauce

- Blueberry BBQ
- Chilli Kick
- Lemon & Garlic Drizzle
- Parsley Pesto
- Honey Mustard
- Spicy Tomato
- Peanut Satay +50p

### Step 3 - Choose your side

Choose from our selection or have a bit of everything - sides are unlimited! Sides change regularly, just ask what we have extra

- |                       |                   |
|-----------------------|-------------------|
| Green beans           | Shack slaw (+25p) |
| SkInny hummus (+25p)  | Spinach           |
| Nuts n Seeds          | Broccoll          |
| Mixed roasted peppers | Jalapenos         |
| Mixed roasted onions  | Corn              |
| Spring onion          | Kale              |
| Sesame seeds          | Mixed beans       |
| Cherry tomato         |                   |

### Shack Box - Add an extra protein for '1.20

Have your protein cooked differently in one of our special daily marinades +50p

- Monday - Masala
- Tuesday - Teriyaki
- Wednesday - Chimichurri
- Thursday - Thal
- Friday - Jerk
- Saturday - Bravas

### We do a meal deal



Small box  
Small bottle of fitness water, coffee or tea & Phit Food Co. Pronut  
**4.95**

Small box  
Small bottle of fitness water, coffee or tea & Phit Food Co. Pronut  
**7.95**

Large box  
Large bottle of fitness water, coffee or tea & Phit Food Co. Pronut  
**9.45**

## Burgers

### Shack Burger - '7.50

Locally sourced grilled steak, grilled halloumi served inside a toasted wholemeal bun. Loaded with crunchy mixed leaf salad and a choice of our delicious tomato relish dressing or shack made honey & mustard sauce. Served with a portion of sweet potato fries.

Kcals: 546 P: 52.3g F: 21.9g Carbs: 22.4g

### Chicken Burger - '6.50

Locally sourced grilled butterfly chicken breast, grilled halloumi served inside a Dr. Zaks whole wheat, high protein, low carb, low sugar bun. Loaded with crunchy mixed leaf salad and a choice of our delicious tomato relish dressing or shack made honey & mustard sauce. Served with a portion of sweet potato fries.

Kcals: 524 P: 42.7g F: 18.4g Carbs: 22.4g

Upgrade your fries to loaded fries for an extra £2.00

### Veggie Burger - '6.50

Seasoned Chickpea Patty. Served inside a Dr. Zaks whole wheat, high protein, low carb, low sugar bun. Loaded with crunchy mixed leaf salad and a choice of our delicious fresh tomato or honey mustard sauce. Served with a portion of seasoned sweet potato fries

## Fries, Chicken & Kebabs

### Seasoned Sweet Potato Fries - '2.50

Make them cheesy fries with some grated halloumi - £2.50  
Add a dipping sauce for £0.50  
Tomato, blueberry BBG, honey & mustard, chilli kick, peanut satay.

### Loaded Fries - '5.95

Seasoned sweet potato fries loaded with pulled BBQ chicken, covered in grated halloumi and our shack made peanut satay sauce, sprinkled with chopped spring onions

### Breaded chicken strips & fries - '6.50

Strips of locally sourced chicken breast coated in a breaded crust made with gluten free flour and a blend of southern spices. Served with seasoned sweet potato fries & shack slaw.

### Pulled BBQ Chicken & Halloumi Wrap - '7.50

Slow cooked BBQ pulled chicken with grated Halloumi served with seasoned sweet potato fries.

### Shacks Loaded Kebab - 7.75

Wholemeal pitta stuffed with locally sourced grilled, steak chicken. Added halloumi, salad mix and lashings of our shack made spicy tomato sauce or chilli sauce. Served with a side of seasoned sweet potato fries.

### Shack Mixed Grill - '10.50

Succulent flavoured diced chicken breast with seared Rump Steak and fresh King Prawns served with potato fries and baby leaf salad.

### Breaded Chicken Strips - '3.95

Strips of locally sourced chicken breast coated in a breaded crust made with gluten free flour and a blend of southern spices.

### Halloumi Bites - '3.50

Breaded pieces of halloumi bites perfect for sharing.

### Stir Fries

Small - £3.50  
Regular - £5.50  
Large - £6.95

Step 1: Choose between egg noodles & brown rice

Step 2: Choose your protein

Step 3: Add our stir-fry veg mix

Step 4: Add our daily special sauce

### Wraps - '4.50

Customise your own wrap from the same proteins, sides and sauces as our shack box

Step 1: Choose your protein

Step 2: Choose your sides

Step 3: choose your sauce

## Discounts

10% Student Discount  
15% Emergency / Military Services



Official Away Match  
Player Food Supplier

### Hot Drinks

High quality, freshly ground Italian coffee

#### Coffee

Espresso - £1.45  
Cappuccino - £1.95  
Latte - £1.95  
Americano - £1.95  
Tea - £1.45

#### Teas with a twist - '1.55

Mr. grey, china green, red berry splash, mojito mint, lemon & ginger, passion fruit & orange, rooibos, camomile flowers or St. Georges.

### Fruit Smoothies - '3.50

#### Berry Bonanza

Mixed berries, banana, low fat yoghurt, orange juice & honey

#### Nutty Delight

Banana, almond milk, cinnamon, peanut butter, almonds, granola & honey

#### Caribbean Twist

Mango, passion fruit, lime, low fat yoghurt & soya milk

#### Strawberry Kiss

Strawberries, banana, low fat yoghurt, soya milk & honey

#### Green Bomb

Apple juice, kale, spinach, low fat yoghurt and honey

### Protein Smoothies - '4.50

#### Nuts about the Shack

Almond milk, chocolate whey protein, flax seed and peanut butter

#### Berry Sweet

Almond milk, strawberries, mixed berries, strawberry whey protein & chia seeds

#### Oreo Shake

Almond milk, banana, vanilla whey protein & oreo cookies

#### Chunky Chocolate Monkey

Almond milk, banana, cocoa powder, sesame seeds, chocolate whey protein and a reese peanut butter cup

### Cold Drinks

#### Fitness water

FITNESS WATER

High alkaline water  
Small (500ml) - £1.30  
Large (1Ltr) - £2.00



#### Nocco - '2.50

Nocco is a tasty drink with BCAA's, Sugar free, sweetened with sucralose and enriched with vitamins. Orange, Red Berries, Citrus & elderflower, peach or pear

### Guilt Free Deserts & Treats

#### Phit Food Co. Brownies - '2.75

Original Brownie  
Salted Caramel  
Peanut Butter  
Raspberry and White Chocolate

#### Phit Food Co. Pronuts - 1 for '1.75, 2 for '2.75

White Chocolate  
Dark Chocolate  
Malt White Chocolate  
Malt Dark Chocolate

#### Protein Pancakes & Waffles

Pancakes - choose between strawberry, chocolate, vanilla or banana flavoured.  
Small - £2.50 Large - £3.50

Sugar free syrup included, choose from: - maple, butterscotch, chocolate, pineapple & coconut, raspberry, blueberry.

#### Add a topping

1 topping + £1.00  
2 toppings + £1.75  
Strawberries  
Mixed Berries  
Banana  
Shackella  
Honey  
Greek Yoghurt

#### Add a syrup

1 Syrup + 25p  
Vanilla  
Blueberry  
Chocolate  
Maple  
Strawberry  
Butterscotch

### Breakfast

#### Omelettes - '4.00

Customise your omelette by adding any fillings from our sides selection. Add a protein for 75p



### Shack's Mission

All our produce is locally sourced and delivered fresh every day. We firmly believe in supporting local farms and communities and sustainable sourced products. We only buy Grade A from the highest quality meats to the highest quality ingredients so that your food at the shack is at the very best it can be.

We do not use any refined sugars, preservatives or chemicals in any of our food.

Free from GM foods and free from nasty oils. Gluten and wheat free options available.

National information is based on standard weights, even though these may vary slightly, our staff are trained to be as accurate and consistent as possible with portion sizes.

Allergen information is available upon request. Please inform a member of staff if you have an allergy before ordering as we use separate equipment to avoid any cross contamination.

# #TheHealthShack



### Contact us:

Email: [info@thehealthshack.co.uk](mailto:info@thehealthshack.co.uk)  
Web: [www.thehealthshack.co.uk](http://www.thehealthshack.co.uk)  
Address: Miller Arcade,  
Lancaster Road, Preston. PR1 2QY

### MEAL PREP plans

1 Meal a Day, 5 Days a Week - 29.95  
2 Meals a Day, 5 Days a Week - 59.95  
2 Meals a Day, 6 Days a Week - 69.95  
3 Meals a Day, 5 Days a Week - 79.95  
3 Meals a Day, 6 Days a Week - 89.95

Visit our website to find the full set menu and place your orders online.



We offer a home delivery service. Either call us or we can be found on Just Eat.