



THE

**HEALTH SHACK**

EAT FRESH. EAT HEALTHY.

**MENU**



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[WWW.THEHEALTHSHACK.CO.UK](http://WWW.THEHEALTHSHACK.CO.UK)

## CHICKEN DISHES

### CHICKEN TERIYAKI WITH EGG NOODLES

(WEIGHT 450g, KCAL 475, PROTEIN 45g, CARBS 30g, SALT 2g, FAT 8g)

### CHICKEN WITH MUSHROOM SAUCE & SWEET POTATO WEDGES

(WEIGHT 450g, KCAL 500, PROTEIN 45g, CARBS 35g, SALT 3g, FAT 12g)

### CHICKEN ROGAN JOSH & WHITE RICE

(WEIGHT 450g, KCAL 475, PROTEIN 45g, CARBS 35g, SALT 2g, FAT 9g)

### SWEET CHILLI CHICKEN & SWEET POTATO WEDGES

(WEIGHT 450g, KCAL 450, PROTEIN 45g, CARBS 25g, SALT 2g, FAT 11g)

### CHICKEN WITH TOMATO, BASIL SAUCE & WHITE RICE

(WEIGHT 450g, KCAL 470, PROTEIN 45g, CARBS 35g, SALT 2g, FAT 9g)

### BBQ CHICKEN & EGG NOODLES

(WEIGHT 450g, KCAL 470, PROTEIN 45g, CARBS 30g, SALT 2g, FAT 9g)

### PERI PERI CHICKEN & BROWN RICE

(WEIGHT 450g, KCAL 480, PROTEIN 45g, CARBS 40g, SALT 3g, FAT 8g)

### JERK CHICKEN & BROWN RICE

(WEIGHT 450g, KCAL 478, PROTEIN 45g, CARBS 40g, SALT 2g, FAT 7g)

## STEAK DISHES

### STEAK PEPPERCORN SAUCE & SWEET POTATO WEDGES

(WEIGHT 450g, KCAL 500, PROTEIN 35g, CARBS 25g, SALT 2g, FAT 11g)

### STEAK ROGAN JOSH & WHITE RICE

(WEIGHT 450g, KCAL 475, PROTEIN 35g, CARBS 35g, SALT 2g, FAT 8g)

### SWEET CHILLI STEAK & EGG NOODLES

(WEIGHT 450g, KCAL 490, PROTEIN 35g, CARBS 30g, SALT 2g, FAT 9g)

### STEAK TERIYAKI & EGG NOODLES

(WEIGHT 450g, KCAL 480, PROTEIN 35g, CARBS 30g, SALT 3g, FAT 11g)

### STEAK WITH MUSHROOM SAUCE & WHITE RICE

(WEIGHT 450g, KCAL 500, PROTEIN 35g, CARBS 35g, SALT 2g, FAT 12g)

## SEAFOOD DISHES

### SWEET CHILLI SALMON & EGG NOODLES

(WEIGHT 450g, KCAL 470, PROTEIN 30g, CARBS 30g, SALT 2g, FAT 14g)

### SALMON WITH TOMATO & BASIL SAUCE & WHITE RICE

(WEIGHT 450g, KCAL 480, PROTEIN 30g, CARBS 35g, SALT 2g, FAT 14g)

### COD WITH WHITE SAUCE & WHITE RICE

(WEIGHT 450g, KCAL 500, PROTEIN 25g, CARBS 35g, SALT 3g, FAT 8g)

## **VEGETARIAN DISHES**

### **MIXED VEGETABLE CURRY**

(WEIGHT 450g, KCAL 470, PROTEIN 15g, CARBS 35g, SALT 2g, FAT 14g)

### **MIXED VEGETABLE STIR FRY**

(WEIGHT 450g, KCAL 470, PROTEIN 15g, CARBS 30g, SALT 3g, FAT 12g)

### **GRILLED HALLOUMI WRAP**

(WEIGHT 400g, KCAL 470, PROTEIN 15g, CARBS 30g, SALT 3, FAT 9g)

## **WRAPS**

### **BBQ**

(WEIGHT 400g, KCAL 400, PROTEIN 35g, CARBS 30g, SALT 2g, FAT 11g)

### **PERI PERI**

(WEIGHT 400g, KCAL 400, PROTEIN 35g, CARBS 30g, SALT 2g, FAT 12g)

### **SWEET CHILLI**

(WEIGHT 400g, KCAL 400, PROTEIN 35g, CARBS 30g, SALT 2g, FAT 9g)

## **CURRENT OFFERS**

**ANY 10 MEALS FOR £50**

**ANY 15 MEALS FOR £73**

**ANY 20 MEALS FOR £90**

**STUDENT DISCOUNT AND OTHER DISCOUNTS ARE  
AVAILABLE – JUST ASK!**