



CHELSEA  
HEALTH CLUB & SPA

# MENU

## ENERGY BOWLS

**Falafel** – 6.00 GF K 321, C 36g, F 9.9g

Spinach and kale falafel, house pickled vegetables, baby leaves spinach, tzatziki, coriander and baby leaves

**Chimichurri Chicken** – 11.00 GF K 791, C 98g, F 24g

Cuban Chimichurri chicken, sticky rice, red onion, carrot, radish, kimchi, cucumber, coriander, hot sauce dressing

**Shoyu Ahi Tuna** – 12.50 GF K 455, C 47g, F 13g

Yellowfin tuna, sushi rice, red and green onion, coriander, pickled radish, red cabbage, carrot, yuzu dressing

**Salmon Fillet** – 16.00 GF K 535, C 3g, F 36g

Salmon fillet grilled with Cuban Chimichurri sauce, served with your choice of 2 sides from below

## SIDES

**Sweet Potato Wedges** – 3.00 GF, V, VG K 155, C 34g, F 0.5g

**Sticky Rice** – 3.00 GF, V, VG K 276, C 57g, F 3g

**Spinach** – 3.00 GF, V, VG K 184, C 0.5g, F 18g

**Avocado** – 3.00 GF, V, VG K 217, C 2g, F 21g

**Carrots** – 3.00 GF, V, VG K 53, C 10g, F 1g

**Red Quinoa** – 3.00 GF, V, VG K 235, C 35g, F 3g

**Broccoli** – 2.50 GF, V, VG K 31, C 3g, F 0.5g

**Courgette** – 2.00 GF, V, VG K 15, C 2g, F 0.5g

**Edamame Beans** – 3.00 GF, V K 100, C 8g, F 3.7g

## WRAPS

All served with roasted vegetables in a soft wheat bran tortilla wrap with Greek yoghurt, matured Cheddar, our signature sauce, guacamole and tomato salsa, finished with our Chelsea Club side salad

K 505, C 41g, F 29.2g

**Chicken** – 12.00 K 225, C 0g, F 2.3g

**Turkey** – 12.00 K 242, C 0g, F 2g

**Falafel** – 10.00 V K 181, C 15.7g, F 9.7g

## BURRITO

All served with with fried peppers and red onions in a toasted wheat bran tortilla wrap with natural yoghurt, quinoa, black beans, mozzarella, hot sauce, guacamole and tomato salsa, finished with our Chelsea Club side salad

K 669, C 75g, F 26.6g

**Chicken** – 12.00 K 225, C 0g, F 2.3g

**Turkey** – 12.00 K 242, C 0g, F 2g

**Vegetables and Halloumi** – 11.00 V K 384, C 11g, F 25.9g

## SALADS

**Muscle Builder** – 12.00 GF K 687, C 20g, F 34g

Grilled chicken, bacon, avocado, sweet potato, cherry tomatoes, red onions, Cheddar and baby leaf salad with a honey and mustard dressing

**Chicken Caesar** – 12.00 K 680, C 12.6g, F 51g

Pulled English chicken, cos gem heart lettuce, free-range egg, sourdough croutes, Parmesan cheese, anchovies and Caesar dressing

**Tuna Niçoise** – 13.00 GF K 553, C 13g, F 26g

Grilled tuna loin, fine beans, anchovies, olives, cherry tomatoes, new season potatoes, spring onion and boiled free-range egg, baby leaves, herb emulsion

**Quinoa Salad** – 11.00 GF, V, VG K 618, C 30g, F 44g

Edamame beans, cannellini beans, pomegranate seeds, avocado, red onion, courgette, aubergine and peppers

**Greek Salad** – 9.00 GF, V K 411, C 7.5g, F 34.7g

Baked feta, olives, vine tomatoes, cos gem heart lettuce, red onion, lemon, cucumber and an oregano dressing

## BREAKFAST

**Omelette** - Choice of 3 toppings served with either white, granary, wholemeal toast - **7.00**

Grilled bacon, chestnut mushrooms, tomatoes, red onion, mixed peppers, spinach, Cheddar

Add smoked salmon 50g - **3.50 GF**

(For nutritional information please speak to staff)

### **Chilli Avocado on Toast**

- small **7.00** / large **10.50 v,vg** K 355, C 25g, F 23g

### **Smoked Salmon, Avocado and Egg on Toast**

- small **8.00** / large **12.00** K 413, C 21.1g, F 25.5g

## BREAKFAST SUPER BOWLS

**Nut and Seed Granola** - **5.00 v,GF** K 539, C 58g, F 26g

Layers of organic English natural yoghurt, mixed berries, blossom honey, house nut seed granola mix

**Organic Oat Porridge** - **4.50 GF** K 362, C 62g, F 6.3g

Cinnamon, banana, blueberries, blossom honey

Made with your choice of milk

## DRINKS

### Juices (small/large)

- Freshly Squeezed Orange Juice** – 4.50/5.50 K 102, C 23g, F 0g  
**Double Detox** – 5.00/6.50 K 226, C 49g, F 1.6g  
Carrots, apple, orange, ginger and beetroot  
**Power Charger** – 5.00/6.50 K 252, C 55g, F 1.9g  
Carrots, apple, ginger and orange

### Smoothies (small/large)

- Blueberry Explosion** – 5.00/6.50 K 170, C 35g, F 2.1g  
Blueberries, apple, lemon, carrots and chia seeds  
**Berry Bliss** – 5.00/6.50 K 189, C 22g, F 6.8g  
Acai, banana, raspberries, strawberries, hemp seeds and almond milk  
**Almond Berry** – 5.00/6.50 K 144, C 22g, F 3.2g  
Chia seeds, banana, blueberries, strawberries and almond milk  
**Green King** – 5.00/6.50 K 231, C 19g, F 16g  
Apple, avocado, spinach, lime juice

### Juice shots

- Ginger and Apple** – 2.50 K 20, C 4g, F 0.5g  
**Beetroot and Lemon** – 2.50 K 16, C 3.2g, F 0g

### Coffees & Tea

Kimbo BIO Organic & FairTrade is the new refined blend of the finest quality beans. Made up of washed Arabica and Natural Robusta, both holding FairTrade and Organic certification. From a light roast and intense aroma, Kimbo Bio has a strong floral aroma, with a flavour of almond and a hint of spicy. The combination gives a definite sweetness to the espresso and a great

<b>Flat White</b> – 3.00	<b>Breakfast Tea</b> – 2.60
<b>Americano</b> – 2.80	<b>Specialty Teas</b> – 2.70
<b>Latte</b> – 2.80	
<b>Cappuccino</b> – 2.80	With your choice of milk:
<b>Mocha</b> – 3.00	Full fat, semi skimmed, skimmed
<b>Espresso</b> – 2.20	Almond – 0.30
<b>Double Espresso</b> – 2.60	Oat – 0.30
<b>Macchiato</b> – 2.70	Coconut – 0.30
<b>Iced Coffee</b> – 3.50	Soya – 0.30

Allergen information available on request. Calorie count is an average per meal.

GF – Gluten Free V – Vegetarian VG – Vegan

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