



THE KITCHEN AT **Hamiltons Fitness**

MENU

Steak Meal

Grilled 6oz steak with jacket potato and mixed vegetables £7.25
(cal 504, pro 47.4g, carb 54.3g, fat 9.3g)

Alternative: swap the jacket potato for rice or oven baked wedges,
swap the mixed vegetables for baked beans

Chicken Breast Meal

Grilled chicken breast with jacket potato and mixed vegetables £6.25
(cal 472, pro 44.5g, carb 54.3g, fat 7.3g)

Alternative: swap the jacket potato for rice or oven baked wedges,
swap the mixed vegetables for baked beans

Cod Meal

Poached cod steak with basmati rice and mixed vegetables £6.75

Alternative: swap the rice for jacket potato or oven baked wedges.

Hamiltons 'Burger' Meal

Grilled quarter pound 100% beef burger in a sesame seed bun with salad and relish, served with oven baked potato wedges £5.00

Alternative: swap the 100% beef burger for a 6oz steak extra £1.50

Veggie 'Burger' Meal

Grilled quarter pound veggie burger in a sesame seed bun with salad and relish served with oven baked potato wedges £5.00

Vegetable Chilli Meal

Low fat Vegetable Chilli and Rice £4.50

Chicken Curry Meal

Low fat Chicken Curry and Rice £4.50

Jacket Potato

Plain, served with butter. £2.50

Additional sides:

Beans, cheese, sweetcorn, mixed vegetables, £1.00 each

Tuna, Tuna mayo, sweetcorn mayo £1.50 each

Low fat Chicken Curry or Vegetable Chilli £2.50 each

FOOD HYGIENE RATING



VERY GOOD

Allergy information

Because of the wide range of fresh and frozen ingredients that we use there is always a possibility that our food could contain any of the following: Gluten, peanuts, nuts, milk, soya, mustard, eggs, fish and sesame seeds.



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Custom build your own meal

6oz Sirloin Steak	£4.00
Steamed Cod Steak	£3.50
Grilled Chicken Breast	£3.00
100% beef burger, quarterpounder	£2.50
¼ lb Veggie Burger	£2.50
Scrambled Eggs (2 yolks – 2 whites)	£1.50
Double loaded scrambled eggs (2 yolks – 4 whites)	£2.20
Baked Beans	£1.00
2 Slices Wholemeal Toast	£1.50
Whole or Sliced Banana	£0.50
Porridge	£2.00
Oven Baked Potato Wedges	£2.00
Mixed Vegetables	£1.25
Salad	£1.00
Vegetable Chilli	£2.50
Chicken Curry	£2.50
Basmati Rice	£2.00
Jacket potato, plain with butter	£2.50
Tuna	£1.00
Tuna Mayo	£1.50
Sweetcorn Mayo	£1.50
Beans and Cheese	£2.00

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