

Moston Box - Healthy Menu

Step One

Choose your size:

- Lean.....£6.50
(with salmon or steak - £7.50)
- Strong.....£8.00
(with salmon or steak - £9.00)



Step Two

Choose your base:

- Spicy rice
- Sweet potato mash
- Wholewheat pasta
- Baby Potatoes



Step Three

Choose your protein:

- Steamed salmon
- Grilled steak
- Halloumi
- Chicken
- Tofu



Step Four

Choose your salad/veg



Step Five

Choose your sauce

- Pesto
- BBQ
- Sweet chilli
- Hot sauce



Make it a meal deal

Add a protein shake to your meal for an extra £2

Protein shakes menu:

Add a scoop of Nutella - 50p

Double up on protein £1 extra



- Mocha flavour.....£2.50
- Banana (with banana).....£2.50
- Strawberry (with strawberries).....£2.50
- Chocolate.....£2.50
- Mint chocolate£2.50