

Chicken Burger

Grilled Chicken with Melted Cheddar Cheese

Grilling reduces added fats compared to frying. Chicken offers lean protein for muscle repair and maintenance, while cheddar contributes calcium and flavour

Fried Red Onion

Provides a savoury, caramelised flavour and slight crunch. Though higher in fat due to frying, used in moderation for a sensory enhancement. They also contain an antioxidant with anti inflammatory and immune supporting properties.

Garlic Mayonnaise

Adds creaminess and flavour depth. Garlic contributes antimicrobial properties, however, mayo should be portion controlled due to its fat content. Use of garlic infused light mayo can maintain taste while reducing saturated fats.



Brioche Buns

These buns are made primarily from refined wheat flour, offering quick release carbohydrates which provide immediate energy. While not a rich source of fibre compared to wholemeal alternatives, they support energy needs, especially in active individuals.

Tomato

A rich source of vitamin C and antioxidants such as lycopene contributing to immune function and health

Lettuce

Adds crispness and a fresh element. Contributes to hydration and is a source of folate and Vitamin C

Avocado

A nutrient dense ingredient, supplying monounsaturated fats beneficial for heart health, along with potassium and fibre