



# MEAL PREP MENU

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18 CONWY ROAD, COLWYN BAY, CONWY, NORTH WALES, LL29 7HS

[www.eat-fit.co.uk](http://www.eat-fit.co.uk)

## PROTEIN PANCAKES

Protein pancake with a pot of Protein fat free yogurt, blueberries and topped off with a drizzle of honey.

## THE SIZZLER WRAP

A fat free chicken sausage, slice of bacon medallion and a free range egg served in a low fat wrap.

## BREAKFAST BAGEL

A fat free chicken sausage, slice of bacon medallion and a free range egg served in our house bagel.

## THE POACHER

Chicken breast pieces tossed in gluten free pasta, peas and our famous clean pesto sauce.

## ALL BEEFED UP

Rump steak, sweet potato mash, peas and mange tout topped off with a drizzle of our mirren and soya glaze.

## BANGERS AND SWEET MASH ONION REDUCTION

Chicken fat free sausages, sweet potato mash, peas and mange tout finished off with our house onion gravy.

## CHICKEN PAD THAI

Chicken breast pieces, rice noodles, a medley of green veg all mixed together with our house Asian sauce.

## HALLOUMI PAD THAI

Halloumi pieces, rice noodles, a medley of green veg all mixed together with our house Asian sauce.

## TOFU PAD THAI

Tofu pieces, rice noodles, a medley of green veg all mixed together with our house Asian sauce.

## CHICKEN CURRY

Chicken breast pieces, rice, mange tout and peas finished with our house curry sauce.

## HALLOUMI CURRY

Slices of Halloumi, rice, mange tout and peas finished with our house curry sauce.

## TOFU CURRY

Tofu pieces, rice, mange tout and peas finished with our house curry sauce.

## CHICKEN SATAY

Chicken breast pieces, rice, mange tout and peas finished with our house peanut butter satay sauce.

## KATSU CURRY

Chicken breast pieces, rice, mange tout and peas finished with our house Katsu sauce.

## CHARRED RUMP STEAK

Rump steak pieces, sweet potato mash, mange tout and peas finished with a tomato emulsion.

## CHARRED HALLOUMI DINNER

Halloumi slices, sweet potato mash, mange tout and peas finished with a tomato emulsion.

## CHARRED TOFU DINNER

Marinated Tofu slices, sweet potato mash, mange tout and peas finished with a tomato emulsion.

## ROAST CHICKEN DINNER

Chicken breast served on top of sweet mash potatoes, a mixture of vegetables with a topping of our house onion gravy.

## ROAST BEEF DINNER

Rump steak slices served on top of sweet mash potatoes, a mixture of vegetables with a topping of our house onion gravy.

## HALLOUMI DINNER

Halloumi slices served on top of sweet mash potatoes, a mixture of vegetables with a topping of our house pesto

## TOFU DINNER

Marinated Tofu slices served on top of sweet mash potatoes, a mixture of vegetables with a topping of our house pesto

## LASAGNE

Our take on a classic Lasagne.

## BANG BANG CHICKEN

Chicken breast pieces smothered in sesame seeds coated with an Asian sauce which packs a punch. Served with rice and a medley of green vegetables.