SCAN FOR ALLERGENS

HEALTH & WELLNESS MENU

BREAKFAST & RECHARGE

Overnight Oats 7.5
Oats, Greek yoghurt, chia seeds, berries, banana and toasted seeds.
430 kcal | 22g protein | 56g carbs | 13g fat

Avocado & Poached Eggs 10.5
Sourdough toast topped with smashed avocado, two poached eggs, chilli, lime & seeds.
520 kcal | 23g protein | 43g carbs | 28g fat

Protein Breakfast 12.5
Grilled chicken, poached eggs, avocado, spinach and roasted tomato.
490 kcal | 48g protein | 20g carbs | 24g fat

POWER BOWL

Quinoa and bulgur wheat with avocado, edamame, mixed leaves, tomato, seeds and lemon dressing.

Choose your protein:

Grilled Salmon 15.5
650 kcal | 42g protein | 61g carbs | 26g fat

Grilled Chicken 13.5
610 kcal | 48g protein | 63g carbs | 18g fat

Falafel 12.5
620 kcal | 21g protein | 76g carbs | 26g fat

LIGHT MEALS & POST-WORKOUT

Chicken Recovery Plate 13.5
Grilled chicken, roasted sweet potato, Tenderstem broccoli, greens and herb dressing.
520 kcal | 47g protein | 48g carbs | 16g fat

Steak & Greens 16.5
Grilled rump steak, Tenderstem broccoli, spinach, roasted tomato and herb potatoes.
590 kcal | 46g protein | 45g carbs | 25g fat

SMOOTHIES & SHAKES

Berry Smoothie 5.5
Mixed berries, banana, Greek yoghurt and apple juice.
300 kcal | 9g protein | 55g carbs | 5g fat

Chocolate & Banana Protein Shake 6
Banana, cocoa, protein powder and your choice of milk or oat drink.
330 kcal | 30g protein | 42g carbs | 5g fat

Green Smoothie 5.5
Apple, spinach, avocado, banana and ginger.
250 kcal | 5g protein | 46g carbs | 7g fat

ADD EXTRAS

Avocado	2.5
Grilled chicken	3.5
Smoked salmon	4
Poached egg	1.5
Halloumi	3
Whey protein powder	3

ALL REGENCY HEALTH AND WELLBEING CLUB MEMBERS RECEIVE **20% OFF THIS MENU** WHEN SHOWING THEIR MEMBERSHIP CARD.

ALLERGIES & DIETARY REQUIREMENTS: We kindly request that guests notify a member of our team of any food allergies, intolerances, or specific dietary requirements prior to placing an order. Please be advised that our menus do not list every ingredient, and we are unable to unequivocally guarantee the absolute absence of trace allergens within our kitchen. For a comprehensive breakdown of allergen information, please scan the QR code seen on this menu to access our digital allergen matrix, or visit: www.regencysolihull.disheroapp.co.uk