



CHELSEA  
HEALTH CLUB & SPA

# BREAKFAST

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## Steak & Eggs 13

21-day aged sirloin steak, wilted baby leaf spinach and poached free range eggs

kCal 524 / Protein 59g / Carbs 1.8g / Fat 31g

## Smoked Salmon 11

Severn & Wye Valley smoked salmon served with fresh avocado and a choice of free range eggs

kCal 430 / Protein 33g / Carbs 1.7g / Fat 32g

## Club Eggs 9

Poached free range eggs and homemade hollandaise sauce, served on wholemeal toast with a choice of:

- Home cooked ham
- Wilted baby leaf spinach
- Smoked Severn & Wye Valley salmon

kCal 535 / Protein 34g / Carbs 32g / Fat 31g

## Full English 9.5

Grilled English smoked back bacon rashers, Cumberland sausages, sautéed mushrooms, grilled vine tomato, baked beans and a choice of free range eggs

kCal 1025 / Protein 54g / Carbs 66g / Fat 62g

## Omelette 9

Free range egg omelette with a choice of two fillings:

- Home cooked ham
- Cumberland sausage
- English smoked back bacon
- Severn & Wye Valley smoked salmon
- Wilted spinach
- Vine tomatoes
- Mushrooms
- Onions
- Peppers
- Mature cheddar or goat's cheese

Plain omelette under kCal 229 / Protein 23g  
Carbs 0 / Fat 14.7g

## Organic Porridge 4

Organic porridge oats made with a choice of milk:

- Organic full fat
- Organic semi-skimmed
- Organic skimmed
- Soya
- Almond

Served with a side of fairtrade banana, blueberries and Chelsea seed mix.

kCal 374 / Protein 14.3g / Carbs 33g / Fat 21g

## Smoked Salmon & Scrambled Eggs 8

Scrambled free range eggs mixed with Severn & Wye Valley smoked salmon and spring onions

kCal 301 / Protein 32g / Carbs 1g / Fat 18.8g

## Club Bagel 7

Multi-seed topped wholemeal bagel with a choice of:

- Severn & Wye Valley smoked salmon, lemon cream cheese and cracked pepper
- Avocado, crispy bacon, vine tomato, wild rocket, semi-dried tomato and oregano mayo

kCal 547 / Protein 33g / Carbs 45g / Fat 27g

kCal 621 / Protein 24g / Carbs 47g / Fat 38g

## Protein Pancakes 6.5

Homemade chocolate, vanilla or banana protein-packed pancakes, served with fresh berries, maple syrup, fairtrade banana and peanut butter

kCal 502 / Protein 31g / Carbs 55g / Fat 19g

## Granola 5.5

Greek yoghurt topped with roasted granola, fresh berries and honey

kCal 312 / Protein 11.5g / Carbs 46g / Fat 7.2g

## Boiled Eggs & Soldiers 4.5

Two free range boiled eggs and wholemeal toast

kCal 464 / Protein 27g / Carbs 60g / Fat 14.1g

## Toast 2

Toasted wholemeal or granary bread served with butter and preserves

kCal 163 / Protein 7.2g / Carbs 31g / Fat 1.9g

**Our in-house nutritionist India, has helped put together a healthy menu to fuel your active lifestyle**

# SALADS

## Classic Caesar (V) 9.5

Gem heart and romaine lettuce, shaved parmesan, soft free range egg and toasted sea salt and cracked pepper sourdough croutes  
kCal 543 / Protein 22g / Carbs 11.8g / Fat 46g

## Classic Chicken Caesar 13.5

Chargrilled English chicken breast, gem heart and romaine lettuce, white anchovies, shaved parmesan, soft free range egg and toasted sea salt and cracked pepper sourdough croutes  
kCal 721 / Protein 60g / Carbs 11.8g / Fat 48g

## Club Salad 13.5

Chargrilled English chicken breast, avocado, seasonal salad and baby spinach, parmesan, toasted sea salt and cracked pepper sourdough croutes, with a honey, lemon and grain mustard dressing  
kCal 535 / Protein 45g / Carbs 15.4g / Fat 35g

## Red & White Quinoa (V) 9.5

Edamame beans, cannellini beans, pomegranate seeds, avocado, red onion, courgette, aubergine and peppers  
kCal 385 / Protein 28g / Carbs 16.6g / Fat 26g

## Falafel (V) 11

Roasted pumpkin, sweet potato, pomegranate seeds, walnuts and baby spinach leaf, with a yoghurt and mint dressing  
kCal 343 / Protein 35g / Carbs 12.8g / Fat 17.8g

## Chicken & Pancetta 14

Chargrilled English chicken breast, crisp pancetta, baby salad leaves, cherry tomatoes, spring onions and green beans, with a honey, lemon with a grain mustard dressing  
kCal 451 / Protein 52g / Carbs 10.5g / Fat 24g

## Chelsea Cobb 14

Chargrilled English chicken breast / pulled turkey breast, crisp pancetta, avocado, cherry tomatoes, gem heart, crumbled Cropwell Bishop Stilton and soft free range egg, with a Chelsea Cobb dressing

- Chargrilled English chicken

kCal 588 / Protein 43g / Carbs 28g / Fat 28.4g

- Pulled turkey breast

kCal 516 / Protein 29.3g / Carbs 26.3g / Fat 10.3g

## Superfood 14

Poached Scottish salmon flakes, tender young broccolini, avocado, cashew nuts, spring onion, ripped coriander and mint, pomegranate and Chelsea seed mix, with a lemon and parsley dressing  
kCal 864 / Protein 37g / Carbs 11.8g / Fat 65g

## Beetroot, Puy Lentil & Beans (V) 9.5

Roasted and pickled red beet, puy lentils and Italian beans, baby spinach and watercress, with an aged balsamic dressing  
kCal 367 / Protein 25.2g / Carbs 49g / Fat 3.3g

## Goat's Cheese (V) 9.5

Warm scorched goat's cheese, roasted peppers and red onion, watercress and baby spinach, with a truffle honey dressing  
kCal 380 / Protein 23g / Carbs 9.2g / Fat 28g

# BUILD YOUR OWN

Pick one from each category to build your own meal 12

Protein	Carbohydrate	Vegetables
<b>Chicken Breast</b> kCal 236 / Protein 51g Carbs 0g / Fat 3.5g	<b>Quinoa</b> kCal 203 / Protein 8.7g Carbs 32.2g / Fat 3.1g	<b>Tender Young Broccolini</b> kCal 48 / Protein 4.5g Carbs 3.7g / Fat 1g
<b>Turkey Breast</b> kCal 188 / Protein 42g Carbs 0g / Fat 2.1g	<b>Sweet Potato</b> kCal 114 / Protein 1.4g Carbs 24g / Fat 0.4g	<b>Courgetti</b> kCal 56 / Protein 2.1g Carbs 2g / Fat 5g
<b>Salmon Fillet</b> kCal 287 / Protein 29g Carbs 0g / Fat 23.8g	<b>Brown Rice</b> kCal 132 / Protein 3.6g Carbs 43g / Fat 0.9g	<b>Edamame Beans</b> kCal 144 / Protein 10.9g Carbs 9.9g / Fat 7g
<b>King Prawns</b> kCal 65 / Protein 15g Carbs 0g / Fat 0.1g	<b>Jasmine Rice</b> kCal 313 / Protein 6.8g Carbs 70g / Fat 1g	<b>Avocado</b> kCal 142 / Protein 1.3g Carbs 1.3g / Fat 13.8g

# SANDWICHES, BURRITOS & WRAPS

## Post Workout Burrito 9.5

Quinoa, Greek yoghurt, red kidney beans, cherry tomato, red onion and a rustic herb salsa with a choice of:

- Chargrilled English chicken

kCal 492 / Protein 45.3g / Carbs 35g / Fat 25.1g

- Pulled turkey breast

kCal 469 / Protein 41.6g / Carbs 35g / Fat 17.6g

## Mexican Street Burrito 9.5

Brown rice, Frank's hot sauce, grated Cheddar, red kidney beans, cherry tomato, red onion and a rustic herb salsa with a choice of:

- Chargrilled English chicken

kCal 588 / Protein 43g / Carbs 28g / Fat 28.4g

- Pulled turkey breast

kCal 565 / Protein 31.5g / Carbs 28g / Fat 14.5g

## Club Sandwich 10

Chargrilled English chicken breast or pulled turkey breast, Cropwell Bishop Stilton, avocado, vine tomato, gem heart and semi-dried tomato mayo in a triple layer toasted wholemeal bread

- Chargrilled English chicken

kCal 859 / Protein 59g / Carbs 56g / Fat 46g

- Pulled turkey breast

kCal 811 / Protein 50g / Carbs 56g / Fat 41g

## Tortilla Wrap 9

Seasonal salad and baby spinach leaf, vine tomato, cucumber, red onion, cabbage, sweet chilli sauce, fresh mint and coriander dressing with a choice of:

- Chargrilled English chicken

kCal 449 / Protein 47g / Carbs 39.7g / Fat 9.8g

- Pulled turkey breast

kCal 412 / Protein 40g / Carbs 39.7g / Fat 8.7g

# BURGERS

## Beef (Medium-well) 10

21-day aged English short rib beef patty, Cheddar cheese, gem heart, red onion, tomato, pickle and SW6 burger sauce - served with or without a wholemeal bun

kCal 731 / Protein 37g / Carbs 61g / Fat 39g

## Chicken 10

Chargrilled English chicken breast, gem heart, red onion, avocado, tomato, semi-dried tomato and oregano mayo - served with or without a wholemeal bun

kCal 618 / Protein 49g / Carbs 35.8g / Fat 30.6g

## Korean Chicken 11

Breaded English chicken breast, gem heart, red onion, avocado, tomato and kimchi mayo - served with or without wholemeal bun

kCal 651 / Protein 36g / Carbs 70g / Fat 27g

## Falafel (V) 9.5

Falafel, spinach, halloumi, gem heart, red onion, avocado, tomato, coriander and mint mayo - served with or without a wholemeal bun

kCal 795 / Protein 29.9g / Carbs 50.6g  
Fat 49.5g

All of our wraps and burritos are served in a soft wheat bran tortilla wrap or can be replaced with a bed of crisp iceberg lettuce

# MAINS

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## Malaysian Red Curry

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Served with steamed brown rice, mini poppadoms, coconut and chilli and coriander salad

**Chicken breast 13**

kCal 963 / Protein 56g / Carbs 68g / Fat 50g

**Turkey breast 13**

kCal 927 / Protein 49g / Carbs 68g / Fat 49g

**King prawn 14**

kCal 869 / Protein 36.3g / Carbs 68g / Fat 47.6g

## Salmon 14

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Chilli, lime and ginger salmon served with stir fried vegetables, cherry tomato salsa and steamed brown rice

kCal 360 / Protein 33g / Carbs 18.3g / Fat 33.7g

## Stone Bass 15

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Sea salted and cracked pepper stone bass, served with stir fried vegetables, cherry tomato salsa and steamed brown rice

kCal 334 / Protein 41g / Carbs 25g / Fat 7.2g

## Courgetti, Pesto Genovese

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Baby leaf spinach, pine nuts and parmesan with a choice of:

**Chicken breast 13**

kCal 431 / Protein 49g / Carbs 11.3g / Fat 20.8g

**Turkey breast 13**

kCal 442 / Protein 52g / Carbs 11.3g / Fat 18.2g

**King prawn 14**

kCal 336 / Protein 28.9g / Carbs 11.3g / Fat 18g

**Baby vegetables 12**

kCal 302 / Protein 14.7g / Carbs 15g / Fat 18.7g

## Woks

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Egg noodles, pak choi and shiitake mushrooms with a choice of:

**Chicken breast 13**

kCal 974 / Protein 59g / Carbs 104g / Fat 50g

**Turkey breast 13**

kCal 985 / Protein 63g / Carbs 104g / Fat 49g

**King prawn 14**

kCal 879 / Protein 39.5g / Carbs 104g / Fat 47g

**Baby vegetables 12**

kCal 762 / Protein 19.8g / Carbs 99g / Fat 44g

# SIDES

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## Steamed Brown Rice 2.5

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kCal 132 / Protein 3.6g / Carbs 43g / Fat 0.9g

## Tender Young Broccolini 3

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kCal 48 / Protein 4.5g / Carbs 3.7g / Fat 1g

## Oven Fired Sweet Potato Wedges 3

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kCal 114 / Protein 1.4g / Carbs 24g / Fat 0.4g

## Chelsea Side Salad 3.5

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kCal 268 / Protein 0.7g / Carbs 4.6g / Fat 5g

## Wilted Baby Leaf Spinach & Garlic 3.5

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kCal 152 / Protein 5.4g / Carbs 7.3g / Fat 13.3g

## Puy Lentils 3

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kCal 134 / Protein 1.1g / Carbs 1.3g / Fat 13.8g

## Avocado 2.5

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kCal 142 / Protein 1.3g / Carbs 1.3g / Fat 13.8g

## Quinoa 3

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kCal 203 / Protein 8.7g / Carbs 32.2g / Fat 3.1g

# SNACKS & SWEETS

## Quinoa Sushi Rolls 5

With smoked salmon, avocado and spring onions

kCal 229 / Protein 13.8g / Carbs 16.1g / Fat 11g

## Crudités 4.5

Hummus, carrots, peppers, cucumber and radish

kCal 135 / Protein 3.2g / Carbs 8.7g / Fat 8.6g

## Protein Pot 5

Free range eggs, half chicken breast and fresh baby leaf spinach

kCal 227 / Protein 40g / Carbs 0.1g / Fat 7.2g

## Stuffed Pepper 4.5

Goat's cheese, olives, pesto, red onion, and sun-dried tomato

kCal 285 / Protein 12.6g / Carbs 12.2g / Fat 19.5g

## Fresh Fruit Salad 5

Melon, strawberries, kiwi, fairtrade banana, blueberries and orange

kCal 162 / Protein 0.6g / Carbs 7.9g / Fat 0.2g

## Slim Greek Yoghurt 5

Greek yoghurt, fresh berries and honey

kCal 239 / Protein 12.9g / Carbs 24.2g / Fat 8.8g

# JUICES & SMOOTHIES

Large 5.5 | Small 4

## Wake Me Up

Light, refreshing juices made from fresh fruits and herbs that wake you up and provide a metabolism boost

**Add whey protein for £1** 24g / kCal 111

## Tropical Morning kCal 169

Mango, lime, orange, mint, chia seeds

## Go Pink kCal 358

Pink apple, raspberry, strawberry, coconut milk

## Green Toner kCal 371

Avocado, celery, kiwi, orange, kale, chia seeds

## Day Starter kCal 95

Kiwi, raspberry, ginger, strawberry, cucumber, mint

## Energy

Nutritious juices with high levels of vitamins and fibre

**Add whey protein for £1** 24g / kCal 111

## Sweet & Spicy kCal 289

Pineapple, apple, ginger, chilli, cajun pepper

## Sweet Green kCal 375

Green apple, raspberry, strawberry, coconut milk

## Sunrise kCal 103

Apple, beetroot, mint, ginger, kale

## Go Green kCal 146

Kale, spinach, parsley, celery, cucumber, coconut oil

## From the Garden kCal 155

Lemon, apple, lime, ginger, celery, carrot

## Almond Berry kCal 211

Banana, strawberry, blueberry, chia seeds, almond milk

## Super Salad kCal 110

Cucumber, apple, kale, celery, carrot

## Detox

Juices full of fruits, vegetables and fresh spices that cleanse and refresh your body

**Add whey protein for £1** 24g / kCal 111

## Double Detox kCal 216

Carrot, apple, beetroot, orange, ginger

## Green Detox kCal 115

Lemon, apple, cucumber, beetroot, ginger, celery

## Spicy Apple & Cucumber kCal 88

Green apple, lemon, cucumber, chilli, ginger, cajun pepper

### Extra Care

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Juices rich with vitamins and minerals that boost your immune system

**Add whey protein for £1** 24g / kCal 111

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**Blueberry Explosion** kCal 136

Lime, apple, blueberry, chia seeds, carrot

**Flu Fighter** kCal 144

Orange, lime, mango, chilli, cajun pepper

**Defender** kCal 323

Mango, lime, orange, pineapple, mint

**From the Forest** kCal 174

Raspberry, blueberry, almond milk, honey

**Go Orange** kCal 347

Orange, lemon, pineapple, carrot

## TEA, COFFEE & SOFT DRINKS

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### Kimbo Coffees

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**Flat White** 2.9

**Americano** 2.7

**Latte** 2.7

**Cappuccino** 2.7

**Mocha** 2.9

**Espresso** 2.1

**Double Espresso** 2.5

**Macchiato** 2.5

**Iced Coffee** 3.2

### Twinings Tea

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**English Breakfast Tea** 2.5

**Earl Grey** 2.7

**Speciality Teas** 2.7

**Iced Tea** 3.2

### Soft Drinks

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**Still Water** 300ml / 750ml 2.7 / 4.7

**Sparkling Water** 300ml / 750ml 2.7 / 4.7

**Coconut Water** 3.5

**Quest Shake** 5

**Optimum Nutrition Shake**

(24g of powder) 4.5

(Add extra 24g) 1

Allergen information available on request. Calorie count is an average per meal.  
Almond milk available for an additional 30p per item.