

Katherine Horstmann Nutrition

Healthy 'On The Go' Breakfast Options

Pure.

- Super Eggs with Sauteed Mushrooms (PP, GF)
- Super Eggs with Avocado/Goats (PP, GF, O3)
- Super Eggs with Smoked Salmon (PP, O3)
- Super Start Toasted Wrap (PP)
- Smoked Salmon Wrap (PP, O3)
- Mushroom & Avocado Bagel (PP)
- Almond Milk Porridge with Energy Crunch (PP, GF, DF)
- Coconut & Chia Porridge (GF, O3, DF)
- Energy Crunch Bircher (FB, PP, AO)
- Green Birchia (DF, AO)

LEON

- Ham & Truffle Egg Pot (PP, GF, DF)
- Smoked Salmon & Avocado Egg Pot (PP, O3, DF)
- Halloumi Mushroom Egg Pot (PP, DF)
- Big Breakfast Box (PP, O3, GF, DF)
- It's LIVE Yoghurt Pot (GF, AO)
- The Red Ruby Porridge (DF, AO)
- Porridge with Banana & Cinnamon (PP)



- Mango & Banana Sunshine Bowl (AO, GF, DF)
- Five Berry Bowl (AO, DF)
- Breakfast Egg & Avocado Pot (PP, GF, O3, DF)
- Poached Egg, Mushroom & Bean Pot (GF, PP, DF)
- Pret Coconut Porridge (DF)
- Acai & Almond Butter Bowl (DF, AO, GF)
- Bircher Musli (GF, AO)

EAT. THE REAL FOOD COMPANY

- Coconut & Quinoa Porridge (GF, DF)
- Mango & Coconut Chia Pot (DF, AO, O3)
- Almond Chia Oats (DF, O3)
- Biolive Berry Pot (PP, AO)
- BBQ Beans, Poached Egg & Ham Hock (PP, O3, GF)
- BBQ Beans, Poached Egg & Feta (PP, O3, GF)



- Berry Good Bircher (PP, AO)
- Berry Crunch (AO)

PP- Protein Packed
O3- Omega 3s
GF- Gluten Free
DF- Dairy Free
AO- Anti-Oxidants

Other great pit-stops!



Farmstand- Covent Garden
Redemption- Notting Hill,
Shoreditch
SO Pure Café- Soho
Rude Health- Fulham

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Healthy 'On The Go' Lunch Options

Pure.

- Pure Santorini Salad (PP, AO)
- Sorrento Chicken (PP, GF)
 - Celebrity Skin (PP, O3)
- Red Thai Chicken Hot Box (PP, GF)
- Miso Salmon Deli Pot (PP, O3, GF, DF)

M&S

EST. 1884

- Balance For You Harissa Chicken Breast & Couscous (PP, DF)
- Nutty Super Wholefood Salad (PP, O3, DF)

LEON

- Original Super Salad (GF, AO, O3)
- Squash Sage & Kale Salad (DF, GF, AO)
- Naked Satay Chicken Burger (PP, GF)
- Brazilian Black Bean (PP, GF, DF)
- Thai Green Chilli Hot Box (PP, GF, DF)
- Vegan Meatless Meatballs (DF, GF)



- Sesame Salmon & Black Rice (GF, DF, O3)
- Buffalo Mozzarella & Pesto Salad (GF)
- Pret's Protein Box (PP, GF, O3, DF, AO)
- Roast Beet, Squash & Feta Veggie Box (GF, PP, AO)
- Sweet Potato Falafel & Smashed Beets Veggie Box (PP, DF, GF, AO)

EAT.
THE REAL FOOD COMPANY

- Smoked Salmon & Egg Fit Box (PP, O3, GF, DF)
- Super Nutty Fit Box (PP, AO, GF, DF)
- Middle Eastern Tabbouleh (PP, AO)
- Roast Chicken & Avocado Salad (PP, GF, DF, O3)
- Spicy Chicken Noodle Soup (PP, DF)



- Chargrilled Chicken Udon Soup (PP, GF)
- Thai Veggie Coconut Soup (DF, GF, AO)
- Veggie Club Roll Sushi (O3, DF, GF, AO)
- Omega 3 Sushi (DF, OA, AO)
- Mixed Sushi Sashimi (PP, OA, GF, DF)
- Health & Happiness Sushi (O3, DF)

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