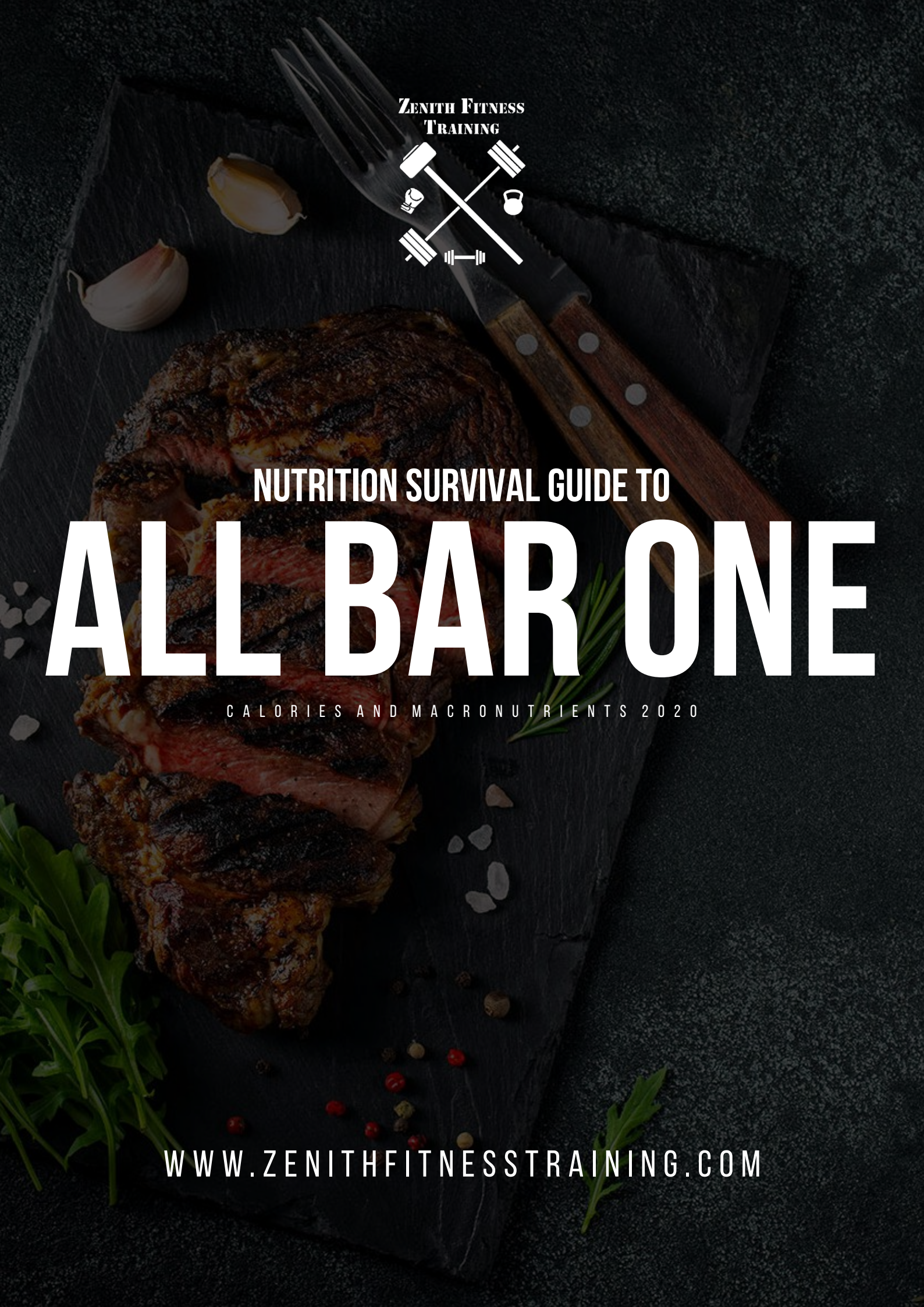

NUTRITION SURVIVAL GUIDE TO

ALL BAR ONE

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFASTS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Full Breakfast	1,255	56	22	-	7	104	6
Smoked bacon rustic roll	716	29	97	-	32	23	5
Goji berry granola pot	328	7	46	-	30	12	0
Buttermilk pancakes	536	12	95	-	56	11	2
Top with smoked back bacon	77	10	0	-	0	4	2
Eggs Benedict	733	35	38	-	5	49	3
Add half a sliced avocado	276	2	2	-	1	24	0
Eggs Royale	807	35	38	-	5	57	4
Eggs Florentine	733	27	39	-	6	51	2
Poached egg pot	527	28	3	-	1	43	2
Sausage Sandwich(2)	774	26	49	-	7	52	2
Smoked Bacon Sandwich	716	29	97	-	32	23	5
Lobster, bacon & avocado club.	875	29	41	-	5	64	6
Severn & Wye Smoked salmon	722	38	17	-	2	56	3
Poached free range eggs with sea	461	18	17	-	1	35	2
Smashed avocado with crumbled	601	13	21	-	3	45	2
Sour Dough - Build Your Own	85	3	16	-	0	1	0
Smoked back bacon	77	10	0	-	0	4	2
Seasonal mushrooms	230	3	2	-	0	23	1
Smashed avocado	417	4	4	-	2	37	0
Beetroot houmous	115	4	11	-	6	6	1
Grilled halloumi	270	19	3	-	2	20	2
Crumbled feta	194	12	1	-	1	16	2
Poached free range eggs	154	13	0	-	0	11	0
Scrambled free range eggs	453	20	2	-	2	41	1
Chorizo	94	5	0	-	0	8	1

SMOOTHIES

Berry Blast	123	0	28	-	28	0	0
Broccoli boost	162	3	35	-	30	1	0
Super C	172	0	41	-	23	0	0

STARTERS AND SHARERS

Stonebaked Garlic Flatbread	1,053	27	101	-	8	59	4
Buttermilk Chicken Wings	657	58	46	-	25	26	3
Halloumi Fries (V)	533	30	11	-	4	41	4
Salt And Pepper Calamari	503	9	19	-	47	17	3
Chilli Non Carne Tacos (VE)	480	12	49	-	8	22	2
Chorizo & Halloumi Skewers	515	13	7	-	4	48	4
Houmous Duo (V)	501	15	51	-	8	25	1
Pan fried king prawns	410	23	37	-	2	18	3
Crushed Avacado Bruschetta	335	6	34	-	3	17	1
Seasonal mushroom tempura	627	4	32	-	15	53	2
Ginger Teriyaki Chicken Skewers	335	42	31	-	21	5	3
Lobster mac n cheese	388	20	31	-	4	20	3

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NUTRITIOUS POWER FOODS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The power of 5	295	10	40	-	26	10	1
Morrocan Squash salad (VE)	429	10	63	-	17	10	0
Supergreen Laksa (VE)	460	11	42	-	11	11	3
Avocado & black rice salad (VE)	765	21	45	-	6	21	1

MAINS

Chimichurri beef fillet skewers	1,031	47	97	-	8	49	4
Tempura onion rings	861	1	61	-	3	67	5
Pan-fried king prawns	104	21	1	-	0	2	2
Fish & Chips	918	38	78	-	4	50	3
Smoked haddock & mustard fishc	370	16	45	-	7	13	2
Chicken Burrito	936	38	81	-	12	49	4
Chicken katsu	702	33	67	-	11	32	3
Add Garlic and lemon marinated halloumi	270	19	3	-	2	20	2
Add Chicken breast	196	42		-	0	3	0
Pad Thai	523	19	82	-	37	11	3
Sliced beef fillet	252	24	13	-	2	11	1
Add Tempura Seasonal Mushroom	512	3	17	-	0	48	1
Chicken, greens & grains	964	72	92	-	18	31	1
Grilled Salmon Caesar Salad	934	51	18	-	3	73	2
Grilled Chicken Caesar	732	50	17	-	3	52	2

LUNCH

Chicken Quesadilla	448	19	46	-	8	20	2
Fillet Steak Sandwich	606	34	76	-	12	17	2
Grilled Chicken Focaccia	610	51	58	-	7	18	3
Lobster Mayonnaise sandwich	875	29	41	-	5	64	6
Rainbow Wrap	439	10	45	-	10	20	2
Fish Finger Wrap	558	18	52	-	4	30	2

BURGERS

The Mexican	1,292	46	113	-	14	72	4
The Bacon & Cheese	1,362	47	101	-	11	85	5
The Vegan	889	23	120	-	11	33	4
The Classic	1,065	35	101	-	11	57	3
The Skinny Burger	702	30	31	-	9	48	1
The Chicken Burger	1,019	43	128	-	8	37	3
Plantbased Burger	1,056	36	77	-	10	62	4
Extra patty	304	37	2	-	0	17	1
Smoked back bacon	77	10	0	-	0	4	2
Smoked Cheddar	166	10	0	-	0	14	1

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Grilled halloumi	169	13	1	-	1	13	1
Crushed avocado	139	1	2	-	1	12	0
Camembert	147	10	1	-	0	12	1
Caramelised onions	37	0	8	-	6	0	0
Fried egg	92	7	0	-	0	7	0
Red Onion Chutney	52	0	12	-	12	0	0
Add Beetroot Houmous	58	2	6	-	6	3	1

SHARING BOARDS

Box-baked Camembert & Charcuterie	1,266	74	59	-	11	81	7
The Mezze Board	1,926	71	216	-	56	80	8
The Grazing Board	**2,265**	87	186	-	27	123	14

EXTRAS

All Bar One Nachos	912	34	70	-	8	54	6
All Bar One Nachos with Cilli Non	1,078	39	87	-	13	61	7
Trio of Fries	1,180	17	115	-	18	72	5

KIDS MENU

Breakfast	481	23	30	-	5	29	2
Houmous & dippers	739	22	81	-	6	35	2
Little pad thai	282	13	41	-	18	7	2
Handmade mini beef burger slide	303	23	23	-	5	13	1
Grilled chicken breast	187	41	1	-	0	3	0
Cod goujons	306	14	23	-	2	17	1
Fresh fruit	128	2	27	-	25	0	0
Child raspberry sorbet	158	0	38	-	37	0	0
Child vanilla ice cream	243	4	26	-	26	14	0
Chocolate brownie	459	5	65	-	50	20	0
Add fries (Child)	177	2	24	-	0	8	1
Add salad and fries (Child)	241	4	35	-	4	9	1
Add salad (Child)	96	2	17	-	5	2	0
Add steamed rice (Child)	179	3	38	-	-	2	1

SIDES

Fries	399	5	54	-	1	18	1
Sweet potato fries	505	3	55	-	15	30	1
Fries with smoked paprika and saffron aioli	483	6	57	-	2	26	2
Fries with Parmesan, truffle oil and rosemary	518	12	55	-	1	28	2
Fries with burnt end chilli & monteray jack melt	590	19	58	-	3	31	2
Tempura onion rings	861	1	61	-	3	67	5
Lobster mac n cheese	388	20	31	-	4	20	3
Mixed salad	191	5	33	-	10	4	0
Add Grilled Salmon Fillet	378	40	2	-	0	24	0
Add grilled flatbread	191	8	38	-	3	1	0

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DESSERTS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Churros	867	16	159	-	94	19	1
Belgian Chocolate Brownie	727	7	101	-	74	32	0
Chocolate & Avocado pot	281	3	30	-	28	15	0
Ajay's cheesecake	523	5	50	-	41	34	0
Raspberry & Coconut Sorbets	538	5	70	-	67	26	0
Croissant	223	0	0	-	0	25	0
Pain Au Chocolate	425	6	47	-	14	23	1
Belgium Triple Choc Flpot Muffin	505	6	63	-	40	25	1
Blueberry Cheesecake Muffin	463	6	63	-	31	23	1
Carrot Cake Flower Pot Muffin	459	6	55	-	31	24	1
Lemon White Choc Muffin	462	6	60	-	37	22	0
Raspberry & Pistachio Traybake	150	2	20	-	12	7	0