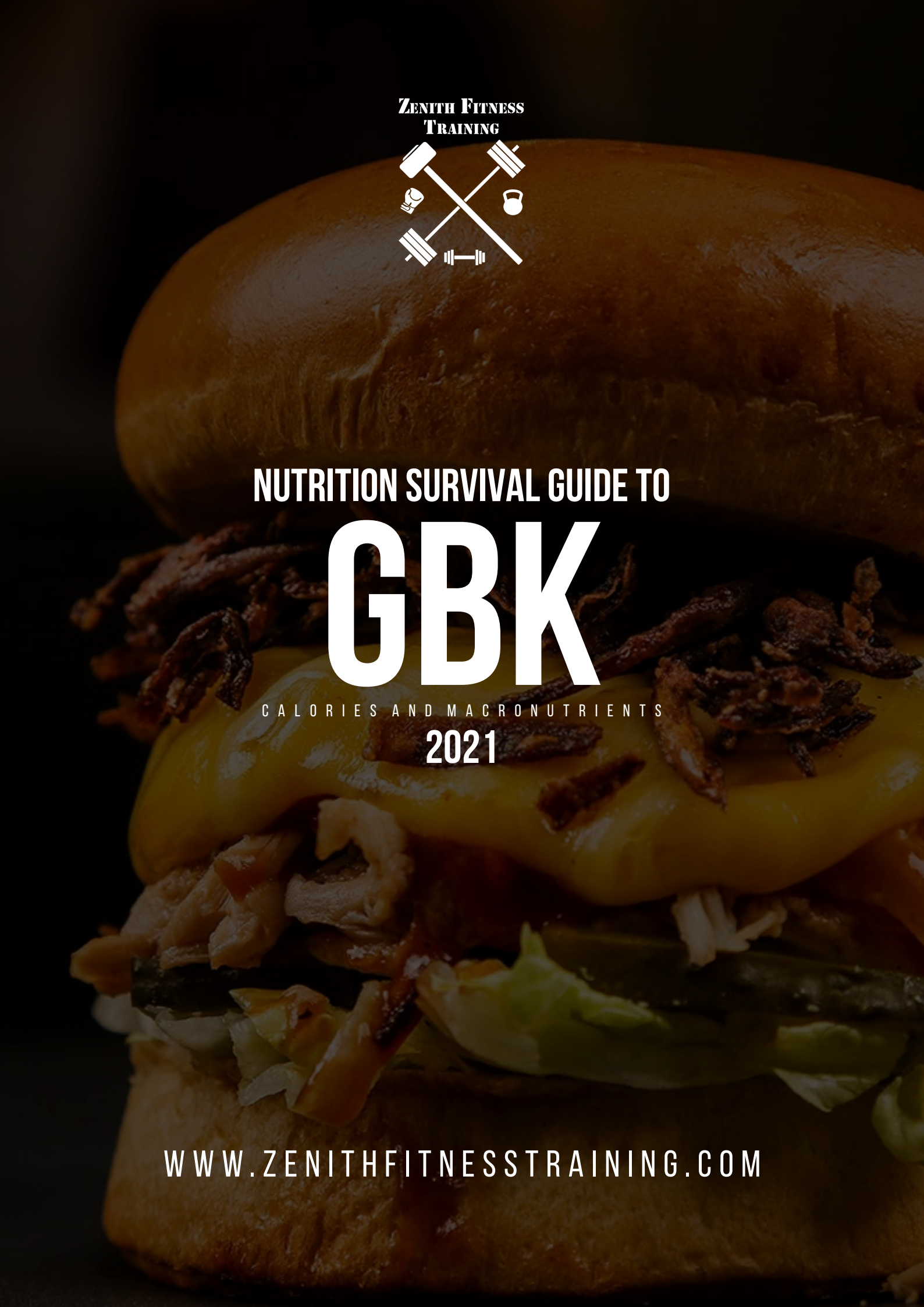

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

GBK

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

BEEF

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Classic Burger	692	38.2	51.9	2.3	11.2	41.8	2.1
Classic Small	533	27.6	50.2	2.1	9.8	29.5	1.7
Classic Small with American Cheese	595	30.5	52.1	2.1	9.8	34.3	2.5
Classic Small with Cheddar	614	32.6	50.2	2.1	9.8	36.4	2.1
Classic Small with Smoked Applewood	696	37.5	50.2	2.1	9.8	43.4	2.4
Classic with American Cheese	815	44	55.7	2.3	13.5	51.2	3.6
Classic with Cheddar	855	48.2	51.9	2.3	11.3	55.5	2.9
Classic with Smoked Applewood	855	48.2	51.9	2.3	11.3	55.6	2.8
Blue Cheese with Blue Cheese Mayo	935	40.9	55.1	1.9	14.9	66.5	2.6
Blue Cheese with Cheese Slice	817	44.7	56.3	2.4	16	50.7	2.2
Blue Cheese with Blue Cheese Mayo Small	645	28.9	50.5	2.2	10	41.5	1.9
Blue Cheese with Cheese Slice Small	582	30.7	50.3	2.2	9.9	33.6	1.7
Cheese & Bacon with American Cheese	942	51.3	55.7	2.3	13.5	62.1	5.1
Cheese & Bacon with Cheddar	982	55.5	51.9	2.3	11.3	66.4	4.4
Cheese & Bacon with Smoked Applewood	982	55.5	51.9	2.3	11.3	66.4	4.3
Avo Bacon	875	45.9	51.1	1.8	10.1	59	3.8
Major Tom	922	55.3	50.3	3.3	9.8	60.5	5.3
Taxidriver	875	45.8	67.5	2.6	15.8	52.1	4.6
The Mighty	1328	87.1	51.3	1.8	10.2	90.9	5.5
Every Day I'm Trufflin'	722	39.8	55.7	2.4	7.5	42.7	2.7
Rocket Man	879	47.9	57.7	2.8	13.7	55.8	4.7
Major Tom	797	47.9	51.7	3.5	11.5	52.4	4.7
The Legend - Applewood	717	40.3	50.5	1.7	9.9	47.4	2.5
The Legend - American	704	37.9	54.2	1.7	12.1	45.3	3.4
The Legend - Cheddar	717	40.4	50.5	1.7	9.9	47.4	2.6

30 DAY DRY AGED

Major Tom	797	47.9	51.7	3.5	11.5	52.4	4.7
The Legend - Applewood	717	40.3	50.5	1.7	9.9	47.4	2.5
The Legend - American	704	37.9	54.2	1.7	12.1	45.3	3.4
The Legend - Cheddar	717	40.4	50.5	1.7	9.9	47.4	2.6

SPECIAL

All Wrapped Up	811	48.8	53.7	3.1	13.9	49.7	2.6

CHICKEN

Hey Pesto	909	58.8	55.5	2.2	11.4	66.5	5.3
Hey Pesto Panko	1076	58.4	65.3	2.8	12.1	69.9	4.1
Chick Chick Boom Panko	638	22.3	62.4	4.2	7.6	39.1	3.1
Chicken Classic	445	39.4	53.4	2.1	11	23.8	2.8
Chicken Classic Panko	627	40	64.1	2.7	11.9	28.4	1.7
Chicken Classic Small	360	28	49.7	1.6	8.3	17.4	2.1
Chicken Classic Small Panko	579	39.5	60.9	2.2	9.2	24.5	1.5
Satay	552	42.3	60.7	3	14.6	31.6	3.5

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Classic	445	39.4	53.4	2.1	11	23.8	2.8
Chicken Classic Panko	627	40	64.1	2.7	11.9	28.4	1.7
Chicken Classic Small	360	28	49.7	1.6	8.3	17.4	2.1
Chicken Classic Small Panko	579	39.5	60.9	2.2	9.2	24.5	1.5
Satay	552	42.3	60.7	3	14.6	31.6	3.5
Satay Panko	795	43.5	75.8	4.1	16.7	40.8	2.4
Chicken Camembert Cranberry Panko	810	48.4	81.8	3	29.6	37.1	2.4
Chicken Camembert Cranberry Grilled	628	47.8	71.1	2.3	28.6	32.5	3.6

VEGGIE

Californian (Vegan)	503	12.9	45	9.8	10.3	29.3	2.4
Falafel	508	13.1	70.4	8.7	9.2	22.8	4.4
Falafel Portion	230	8.4	33.1	8.9	2.3	9.2	2.9
Vegan Classic	513	17.7	80.1	9.6	13.2	17.7	2.6
Vegan Classic Small	406	13.4	67.9	6.7	11	13.5	2

FIRST BITES, FRIES & SIDES

Chilli Fried Chicken Bites	289	20.5	20.2	2.1	1.6	14.5	2.2
Chunky Fries	858	10.4	119.4	13.2	1.4	40.6	1.4
Halloumi Bites	418	0.1	8	0.1	3.4	30	0
Homemade Onion Rings	514	9.2	64.6	4.1	9	27.4	3.6
Skinny Fries	908	9.6	107.8	10.6	1	51.2	4.4
Sweet Potato Fries (with Baconnaise)	632	5.9	53.7	6.2	19	47.3	1.787
Sweet Potato Fries (without Baconnaise)	405	3.6	53.1	6.1	18.5	23	1.1
Truffle Cheese Fries	756	14.5	92.4	10	2.5	38.8	1.2
Simple Salad	83.2	2	3.1	1.1	2.1	7.3	0.3
Blue Cheese Slaw	412	6.6	8.4	4.5	6.3	39.7	1
Falafel Bites	343	6.8	31.8	9	3.8	19.1	2.8
Wings of Fire	949	72.2	7.5	4.3	2.8	69.3	2.1
Caesar Salad	267	10.2	5.4	2.4	2.9	23.2	0.9
Falafel Bites	355	7.4	31.2	10.4	2	20.1	2.5

JUNIOR MENU

Junior Beef	538	32.3	47.7	2	8	29	2.1
Junior Chicken Grilled	348	28.2	46.6	1.9	5.8	17.4	1.9
Junior Chicken Panko	499	32	55	2.4	6.5	21.7	1.2
Junior Veggie	467	18.3	63.2	6.5	7.1	20.2	2.1
Banana Milkshake	313.5	8.3	43.15	0.3	40.2	11.8	0.3
Chocolate Milkshake	376	9.8	43.35	2.4	40.35	17.65	0.3
Oreo Milkshake	425	10.5	56.6	1	46.05	17.2	0.6
Salted Caramel Milkshake	340.5	7.85	45.45	0.15	42.6	14.05	0.6
Strawberry Milkshake	315.5	8	45.15	0.6	41.65	11.2	0.3
Vanilla Milkshake	312	8.9	39.85	0.3	37.6	12.85	0.3
Small Skinny Fries	454	4.8	53.9	5.3	0.5	25.6	2.2
Small Kids Chunky Fries	429	5.2	59.7	6.6	0.7	20.3	0.7

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Double Belgian Chocolate Milkshake	752	19.6	86.7	4.8	80.7	35.3	0.7
Oreo Milkshake	850	21	113.2	2	92.1	34.4	1.2
Peanut Butter Milkshake	912	29.9	89	4.6	75.5	50.9	1.5
Sea-Salted Caramel Milkshake	681	15.7	90.9	0.3	85.2	28.1	1.2
Strawberry Milkshake	631	16	90.3	1.2	83.3	22.4	0.6
Madagascan Vanilla Milkshake	624	17.8	79.7	0.6	75.2	25.7	0.7
Vegan Chocolate Milkshake	704	15.4	92.3	4.4	86.1	33.3	0.2

SAUCES & EXTRAS

Onion Ring	171	3	21.5	1.4	3	9.1	1.2
Dill Pickle	13	1	1.4	0	0	0.2	1.1
Jalapeños	22	0.9	3.7	0.9	1.6	0.2	0
Smoked Applewood	163	10	-	0	-	13.8	0.7
American Cheese	123	5.8	3.8	0	2.3	9.5	1.4
Cheddar	163	10	-	0	-	13.8	0.8
Crispy Bacon	54	4	-	0.1	-	4.2	0.4
Blue Cheese Mayo	225	2.6	0.5	-	0.4	24	0.4
Garlic Mayo	241	0.6	0.9	0.2	0.5	26.6	0.6
Sriracha Mayo	219	0.4	2.4	0.2	1.8	23.5	0.9
Basil Mayo	245	1.2	1	0.1	0.5	26.7	0.6
Baconnaise	227	2.3	0.6	0.1	0.5	24.3	0.6
Smoked Chilli Mayo	202	0.5	2.9	0.3	2.2	21.3	0.6
Sweetcorn - 1 piece with chipotle butter	63	0.8	1.8	0	0.5	5.8	0.1
Homeslaw	49	2.4	9	4.6	7.9	0.7	0.9
Vegan cheese - extra	95	0	6.6	-	0	7.6	0.4
Vegan Harrisa Mayo	236	0.4	1.7	0.6	0.6	25.3	0.5

FIZZ

Elderflower Fizz	81	0	19.9	0	19.7	0	-
Ginger & Lemongrass Fizz	82	0.1	20	0	20	0	-
Rhubarb & Vanilla Fizz	83	0.1	20.4	0	19.9	0	-
Strawberry & Elderflower Fizz	82	0.1	20	0	19.9	0	-
Cloudy Lemonade	84	0.2	20.5	0	20.4	0	-

SOFT DRINKS & JUICES

Coca Cola	142	0	35	0	35	0	0
Diet Coke	1	0	0	0	0	0	0
Sprite	92	0	21.8	0	21.8	0	0
Coke Zero	2	0	0	0	0	0	0.1
Cloudy Apple Juice	138	0.3	32.4	1.8	28.8	0.3	0.1
Orange Juice	116	1.5	26.4	0.3	26.4	0.3	0

COCKTAIL COOLERS

Fevertree Ginger Ale	69	0	16.8	0	14.2	0	0

1-200 CAL
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fevertree Indian Tonic Water	71	0	17.8	0	16	0	0
Vodka & Elderflower Cooler	162	0.1	19.9	0	19.7	0	-
Vodka, Rhubarb & Vanilla Cooler	82	0.1	0.1	0	0	0	-
Gin, Ginger & Lemongrass Cooler	158	0.1	18.2	0	18.1	0	-
Gin, Strawberry & Elderflower Cooler	174	0.1	20.1	0	19.9	0	-

COFFEES

Americano	56	2	6.5	0	2.3	2.4	0.1
Cappuccino	122	5.9	9.3	0.1	8.8	6.9	0.2
Flat White	118	5.8	8.6	0	8.1	6.9	0.2
Latte	118	5.8	8.6	0	8.1	6.9	0.2

ICE-CREAM

Yeo Valley Ice Cream Pots - Strawberry - 100ml pots	91	3.1	15.2	0	15.2	1.9	0.1
Yeo Valley Ice Cream Pots - Madagascan Vanilla - 100ml pots	112	2.4	11.4	0	11.4	6.3	0.1
Yeo Valley Ice Cream Pots - Double Belgian Chocolate - 100ml pots	212	4.6	26.2	1.6	24.2	9.5	0.2
Yeo Valley Ice Cream Pots - Banana - 100ml pots	171	3.6	26.1	0.2	24.1	5.6	0.2
Yeo Valley Ice Cream Pots - Sea-Salted Caramel - 100ml pots	189	3.3	27.6	0.1	25.7	7.1	0.4
Vegan Chocolate Ice Cream Portion	252	3	36	1.2	33.6	12	-

GO NAKED & GF DIFFERENCES

GF Bun (bun only)	204	2.2	42.5	1.3	2.3	2.8	1.2
Naked - Salad Option	132	2.9	8.8	2.3	7.2	9.6	0.8
Naked - Corn Option	101	2.1	9.3	2.9	5.1	6.5	0.5
Standard Bun Option (bun only)	309	6.6	45.7	1.9	5.8	16.1	1.1

BEER & CIDER

Urban Orchard Cider	215	0.5	21	0.5	8.5	0.5	-
Hollow's Ginger Beer	220	-	-	-	-	-	-
Brewdog Punk IPA	158	1.3	12.5	0.3	0.3	0.3	-
Budvar	-	-	-	-	-	-	-
San Miguel	149	-	-	-	-	-	-
Brewdog Punk IPA	152	-	-	-	-	-	-
San Miguel Gluten Free	161	1.3	3.9	-	1.3	0	0
Hackney Hopster	112	1.3	7.3	-	0	0	0

WINES (175ml)

Afrikan Ridge Chenin Blanc	-	-	-	-	-	-	-
Garganega Pinot Grigio	150	-	-	-	-	-	-
Afrikan Ridge Merlot	-	-	-	-	-	-	-
La Bonita Malbec	-	-	-	-	-	-	-
Vinoir Syrah Rose	-	-	-	-	-	-	-