

MENU

YOUR GOALS - YOUR RULES
STACK & STYLE IT HOW YOU LIKE IT



FOLLOW US



STEP 1: CHOOSE YOUR BASE

STEP 2: CHOOSE YOUR TOPPINGS



OPTION 1: WAFFLE

OPTION 2: AMERICAN PANCAKE

OPTION 3: CREPE

- Creamy Cookie Crush
- White Chocolate Biscoff
- Galaxy Delight
- Kinda Bueno
- Strawberry Delight

ADD ICE-CREAM/ CREAM AND/OR
ANY EXTRA TOPPING FOR £1



INDULGING SHAKES £6.00

PROTEIN SHAKES £7.00

SMOOTHIES £ 4.90



- Galaxy Whey Delight
- Cookie and Cream Bulk
- Biscoff Bliss Protein
- Kinda Bueno Bulk
- Strawberry Crème Fuel



- Berry Strong
- Mango Madness
- The Piñacolada

ADD PROTEIN, CREATINE,
BCAA OR PRE WORK OUT
TO ANY SMOOTHIE FOR £1



EXTRAS & ADD-ONS

- | | | | |
|------------------------------------|-------|--------------------------|-------|
| ● Strawberry Drip Cup | £7.00 | ● Strawberry Matcha | £4.00 |
| ● Strawberry & Dubai Choc Drip Cup | £8.00 | ● Vanilla Matcha | £4.00 |
| ● Pic'n'Mix Pots | £4.00 | ● Vanilla Protein Matcha | £4.50 |

GUILT-FREE GAINS STARTS HERE. DELICIOUS, NUTRITIOUS, AND GOAL-FRIENDLY.
WE BELIEVE GREAT FOOD SHOULD TASTE AMAZING AND KEEP YOU INFORMED. BECAUSE YOU
DESERVE TO KNOW, FIND ALL INGREDIENTS, CALORIES, AND MACROS ON THE OTHER SIDE OF
THE MENU. **ALL VALUES ARE APPROXIMATE, BASED ON STANDARD SERVING SIZES.**



INGREDIENTS & NUTRITION CHART

BASES	CALORIE/SERV	SMOOTHIES(400ML)	CALORIE/SERV
Crepes	189 KCal P: 7g CHO: 28g F: 5g	Mango Madness	189 KCal P: 7g CHO: 28g F: 5g
Waffles	473 KCal P: 14g CHO: 87g F: 5g	Berry Strong	96 KCal P: 0.9g CHO: 22g F: 0g
American Pancakes	473 KCal P: 14g CHO: 87g F: 5g	The Piñacolada	128 KCal P: 0.2g CHO: 29.4g F: 0.8g
Waffle & American Pancakes with Protein	318 KCal P: 23g CHO: 45g F: 5g		
TOPPINGS	MADE OF		CALORIE/SERV
Creamy Cookie Crush	White chocolate & chocolate sauce topped with Oreo crumbs		236 KCal P: 2.9g CHO: 24g F: 14.7g
White Chocolate Biscoff	White chocolate sauce topped with Biscoff crumbs		281 KCal P: 1.8g CHO: 29.4g F: 15.6g
Galaxy Delight	Chocolate sauce topped with galaxy cookie crumble		236KCal P: 2.9g CHO: 24g F: 14.7g
Strawberry Delight	White chocolate & strawberry sauce, topped with strawberry's and which choc curls		168 KCal P: 1.5g CHO: 21.8g F: 6.3g
Kinda Bueno	White chocolate, milk chocolate and Hazelnut sauce topped with kinda bar and white chocolate curls		281KCal P: 3.3g CHO: 27.6g F: 15.7g
PROTEIN SHAKES(400ML)	MADE OF		CALORIE/SERV
Galaxy Whey Delight	Chocolate protein powder, Galaxy, chocolate ice-cream and skimmed milk with whipped cream and galaxy toppings		343KCal P: 27.7g CHO: 30g F: 13.2g
Biscoff Bliss Protein	White chocolate protein powder, Biscoff spread, vanilla ice cream, skimmed milk with whipped cream and Biscoff toppings		441 KCal P: 30.6g CHO: 36.8g F: 19.3g
Kinda Bueno Bulk	White chocolate protein powder, vanilla ice-cream, kinda bueno bar, skimmed milk with whipped cream and kinda toppings		327KCal P: 29.8g CHO: 24.9g F: 12g
Strawberry CrèmeFuel	Strawberry protein powder, fresh strawberries, strawberry ice-cream, skimmed milk topped with cream and strawberries.		288 KCal P: 27.1g CHO: 23.9g F: 9.2g
Cookie & Cream Bulk	Cookie and cream protein powder, Oreos, vanilla ice-cream, skimmed milk with whipped cream and Oreo toppings.		392KCal P: 28g CHO: 34.9g F: 15.6g

NOTE: The calorie and macro counts listed on this menu reflect the standard recipe for each item. Please be aware that any additions or substitutions, including extra toppings, sauces, or different protein powder amounts, will change the final nutritional value.

INDIVIDUAL NEEDS VARY – AGE, ACTIVITY, AND GOALS MATTER.
Aim for balance, not perfection. Every choice counts. Hydration, sleep, and movement complete the picture.

IF YOU ARE	CALORIES (AVG/DAY)	PROTEIN	CARBOHYDRATES	FATS
Female (average adult)	1,800–2,200 kcal	70–120 g (≈20–25%)	200–275 g (≈45–55%)	50–80 g (≈25–30%)
Male (average adult)	2,400–2,800 kcal	100–160 g (≈20–25%)	275–350 g (≈45–55%)	65–95 g (≈25–30%)
Active Female (training/gym)	2,000–2,400 kcal	120–160 g (≈25–30%)	200–280 g (≈40–50%)	55–80 g (≈25–30%)
Active Male (training/gym)	2,600–3,000 kcal	150–200 g (≈25–30%)	300–375 g (≈45–50%)	70–100 g (≈25–30%)

Disclaimer: The macronutrient and calorie guidelines provided above are general recommendations for healthy adults and are intended for informational purposes only. Individual nutritional needs vary depending on factors such as age, sex, activity level, body composition, and personal health goals. This chart is not a substitute for personalized medical or dietary advice. For tailored nutrition planning, consult a registered dietitian, nutritionist, or healthcare professional.

These recommendations are based on data and guidelines from reputable public health organisations, including:

<https://www.dietaryguidelines.gov>

<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

<https://www.nationalacademies.org>

<https://www.hsph.harvard.edu/nutritionsource/>