

# FUELD.

## BREAKFAST.

### **PORRIDGE** 3

GLUTEN FREE OATS, SKIMMED MILK, BLUEBERRY  
CAL 409 – PROTEIN 34G – FAT 9G – CARBS 46G

### **PROTEIN PANCAKES** 3.95

GLUTEN FREE OATS, EGG, BANANA, CINNAMON, ALMOND BUTTER,  
BLUEBERRY, SF PROTEIN  
CAL 514 – PROTEIN 34G – FAT 9G – CARBS 46G

### **OVERNIGHT OATS** 3.95

GLUTEN FREE OATS, CHIA, ALMOND MILK, BANANA, BLUEBERRY,  
ALMONDS, COCONUT FLAKES  
CAL 567 – PROTEIN 17G – FAT 10G – CARBS 87G

### **AÇAÍ BOWL** 5.50

AÇAÍ & COCONUT WATER, HOMEMADE GRANOLA, BANANA, BLUEBERRY,  
STRAWBERRY, ALMOND FLAKES, GOJI BERRY, COCONUT  
CAL 426 – PROTEIN 14G – FAT 33G – CARBS 62G

## TOAST.

### **AVO ON TOAST** 3.95

AVOCADO, LEMON, CHILLI FLAKES, ROCKET, RYE BREAD  
CAL 334 – PROTEIN 3G – FAT 15G – CARBS 20G

### **BANANA & NUT BUTTER** 3.95

PEANUT BUTTER, BANANA, CHIA SEEDS, RYE BREAD  
CAL 530 – PROTEIN 11G – FAT 22G – CARBS 48G

### **BEET HUMMUS** 4.95

BEETROOT HUMMUS, AVOCADO, RYE BREAD  
CAL 512 – PROTEIN 3G – FAT 31G – CARBS 20G

## SANDWICHES.

### **AVOCADO & PESTO** 4.50

AVOCADO, TOMATO, MOZZARELLA, ROCKET, PESTO, RYE BREAD  
CAL 562 – PROTEIN 12G – FAT 32G – CARBS 36G

### **CHICKEN CLUB** 5.50

CHICKEN, AVOCADO, TOMATO, BABY SPINACH, PESTO, RYE BREAD  
CAL 810 – PROTEIN 31G – FAT 30G – CARBS 39G

### **CRUNCHY FISH TACOS** 5.95

YELLOW FIN POKÉ TUNA, CRUNCHY TACOS, RED CABBAGE, SPRING  
ONION, AVOCADO, SESAME SEEDS, CHIPOTLE SAUCE, CORIANDER  
CAL 517 – PROTEIN 28G – FAT 39G – CARBS 31G

## BOWLS.

### **FALAFEL BEET HUMMUS** 6

FALAFEL, QUINOA, RED PEPPER, PARSLEY, CHERRY TOMATO, AVOCADO,  
CUCUMBER, BEET HUMMUS, PINE NUTS, TAHINI DRESSING  
CAL 609 – PROTEIN 33G – FAT 35G – CARBS 67G

### **CHICKEN POWER BOWL** 6.50

CHICKEN, BLACK WILD RICE, AVOCADO, SPINACH, TOMATO,  
CUCUMBER, RED ONION, CORIANDER & CHILI SAUCE  
CAL 756 – PROTEIN 34G – FAT 16G – CARBS 76G

### **HEALTHY HAWAIIAN POKÉ** 6.95

YELLOW FIN TUNA, BROWN RICE, BABY SPINACH, SPRING ONION,  
RED CABBAGE, CUCUMBER, AVOCADO, BEAN SPROUTS, EDAMAME,  
KIMCHI DRESSING  
CAL 405 – PROTEIN 32G – FAT 14G – CARBS 36G

## STAY IN TOUCH.

FUELD.CO.UK

@WEAREFUELD

HELLO@FUELD.CO.UK

UNIT 1, GLASS WHARF, BRISTOL, BS2 0FR

ALL OUR FOOD HAS BEEN LOCALLY SOURCED AND DESIGNED BY A TEAM OF NUTRITIONISTS TO MAKE IT NUTRITIONAL WITHOUT SACRIFICING FLAVOUR. WE HOPE YOU ENJOY OUR SELECTION. TEAM FUELD.

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## SHAKES.

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**STARKS SECRET** 5.95

NUT BUTTER, ALMOND, FLAX SEED, CACAO, ALMOND MILK, SF PROTEIN  
415 CAL – 29G PROTEIN – 17.2G FAT – 8.5G CARBS

**FUELD UP** 5.95

BANANA, STRAWBERRY, BLUEBERRY, CHIA SEED, ALMOND MILK, SF PROTEIN  
412 CAL – 26G PROTEIN – 9.3G FAT – 60G CARBS

**LOOK GOOD NAKED** 5.95

SPINACH, MANGO, BANANA, ALMOND MILK, FLAX SEED, SF SUPER GREENS,  
SF PROTEIN – 344 CAL – 26.5G PROTEIN – 5.6G FAT – 50.2G CARBS

**CLIFTON LIFT** 5.95

ALMOND MILK, DOUBLE ESPRESSO, ALMONDS, SF PROTEIN  
198 CAL – 22.5G PROTEIN – 8G FAT – 17G CARBS

**BERRYBOOTYLICIOUS** 5.95

BLUEBERRY, BLACKBERRY, AVOCADO, ALMOND MILK, COCONUT WATER,  
SF PROTEIN – 407 CAL – 25G PROTEIN – 20G FAT – 32G CARBS

**BASIC BRO** 2.95

BANANA, SKIMMED MILK, SF PROTEIN  
400 CAL – 40G PROTEIN – 2.2G FAT – 53.5G CARBS

**STRAIGHT UP** 1.95

SF PROTEIN, WATER  
113 CAL - 22G PROTEIN - 2.5G FAT - 1.76G CARBS

**PRE WORKOUT** 1.95

LEAN BOOST POWDER, WATER  
41 CAL - VITAMIN B COMPLEX, CAFFEINE

**BCAA HYDRATION** 1.95

ELECTROLYTES POWDER, WATER  
40 CAL - AMINO ACIDS + ELECTROLYTES

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## COLD PRESSED JUICE.

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**SUMMER FRESH** 4.50

STRAWBERRY, APPLE, MINT  
212 CAL – VITAMIN C, VITAMIN B9, MANGANESE AND POTASSIUM

**BUM BUM TAM TAM** 4.50

PINEAPPLE, MINT, COCONUT WATER  
230 CAL – VITAMIN B6, THIAMIN, MAGNESIUM, ELECTROLYTES

**VIRUS KILLER** 4.50

APPLE, LEMON, GINGER, CUCUMBER  
187 CAL – VITAMIN K, VITAMIN A, MOLYBDENUM, PHOSPHOROUS

**MORNING GLORY** 3

ORANGE  
270 CAL – VITAMIN C, VITAMIN A, THIAMIN

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## SHOTS.

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**THE GINGE** 1.95

GINGER, APPLE  
23 CAL – SUPPORTS HEALTHY DIGESTION AND IMMUNITY

**BEET IT** 1.95

BEETROOT, APPLE  
29 CAL – LOWERS BLOOD PRESSURE, BOOSTS EXERCISE PERFORMANCE

**THE TRUMP** 1.95

TURMERIC, BLACK PEPPER, LEMON, APPLE  
37 CAL – POWERFUL ANTI-INFLAMMATORY, HIGH IN ANTIOXIDANTS

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## COFFEE.

ROASTED BY CLIFTON COFFEE

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**ESPRESSO** 1.80

**MACCHIATO** 1.95

**SHORT BLACK** 2.35

**AMERICANO** 2.35

**BATCH BREW** 1

**V60 FILTER** 2.35

**LATTE** 2.75

**CAPPUCCINO** 2.70

**FLAT WHITE** 2.65

**CHAI LATTE** 3

**TURMERIC LATTE** 3

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## TEA.

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**ENGLISH BREAKFAST** 1.95

**EARL GREY**

**GREEN TEA**

**MINT**

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