



**THE FITNESS
COLLECTIVE**

**ON-THE-GO HEALTHY LUNCH
& HOT DRINK OPTIONS**

LUNCH OPTIONS

Pret A Manger

- Egg & spinach Protein Pot
- Egg & Avocado Protein Pot
- Crayfish Protein Pot
- Smoked Salmon & Egg Protein Pot
- Tuna Nicoise Salad
- Teriyaki Salmon Sushi Salad
- Wild Crayfish & Avocado
- Crisped Kale

M&S

- British Chicken with Mayo Free Dressing
- Spiced Chicken with Quinoa & Rice
- Lime & Lemongrass Chicken with Rice & Rainbow Slaw
- Harissa Chicken & couscous salad
- Basil Chicken Pasta Salad

Tesco

- Healthy Living Mediterranean chicken salad
- Sushi packs
- Falafel, red pepper and Tabbouleh salad
- Crayfish and Mango salad
- Tuna, egg and feta salad

Starbucks

- Zesty chicken and black bean salad bowl
- Hearty veggie and brown rice salad bowl

Nandos

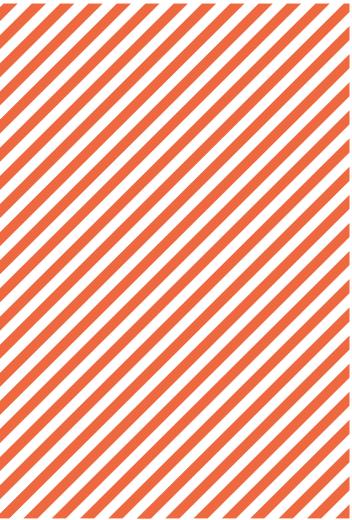
- ¼ Chicken (with side salad/corn on the cob)
- Chicken Breast fillet Pita
- Butterfly chicken (with side salad/corn on the cob)



HOT DRINKS

Best Options

- Herbal tea
- Green tea
- Breakfast tea
- Hot water and lemon Espresso
- Americano Macchiato



Worst Options

- Hot chocolate, adding sugar
- Added syrups (vanilla, caramel, hazelnut)
- Mocha Chai latte

5 REASONS TO JOIN THE FITNESS COLLECTIVE

1. Train at your convenience

Our 14 hours a day of Small Group Personal Training ensures you can always train at a time that suits you.

2. Your own space to train

We control our membership numbers, so you always have a dedicated space to train. You will only ever train with a maximum of 3 other people in our Small Group Personal Training Sessions.

3. No nonsense approach

We act as a fitness filter. Removing the confusing and conflicting information and giving you what works

4. We treat you like a grown up

We don't bark orders at you. Instead we'll guide you through your programme so you know why you're doing what you're doing.

5. Unbeatable Atmosphere

When you train at The Fitness Collective you'll be surrounded by like-minded people, so you won't have to contend with oversized egos who think they own the place.

We're not like other gyms. Come and visit us to find out why.

Touch or click here to find out more.