



## How Supersonic On The Go Works

Supersonic On The Go is our meal prep service which allows you to enjoy healthy, balanced, nutritious meals in the comfort of your own home.

All dishes simply need to be heated up before eating, with heating instructions provided for each dish.

Here's how to order:

1. Select your meals from the menu
2. Email [cafe@supersonicfitness.co.uk](mailto:cafe@supersonicfitness.co.uk) to place your order
3. Place your order by Saturday to collect on a Tuesday. Place your order by Tuesday to collect on a Friday.
4. We'll get in touch once your order is ready to collect
5. Pay upon collection at the Supersonic Café.
6. Put your feet up, enjoy your meal....leave the washing up for another day 😊

---

## MENU

---

### Meat Dishes

#### **Beef & Spinach Korma (gf) £6.50**

Served with basmati rice  
564 calories, 39g carbohydrate, 19g fat, 52g protein

#### **Chicken & Spinach Korma (gf) £6.00**

Served with basmati rice  
496 calories, 38g carbohydrate, 22g fat, 31g protein

#### **Chicken Thai Green Curry £6.50**

Served with basmati rice  
521 calories, 54g carbohydrate, 26g fat, 23g protein

#### **Chilli Con Carne (gf) £6.00**

Served with basmati rice  
519 calories, 46g carbohydrate, 20g fat, 37g protein

#### **Beef Tagine £6.00**

Served with cous cous  
673 calories, 70g carbohydrate, 19g fat and 48g protein

#### **Chicken, Wholegrain Rice & Green Beans (gf) £6.00**

Served with wholegrain rice  
422 calories, 61g carbohydrates, 4g fat, 36g protein

### Vegetarian/Vegan\*

#### **Mixed Bean Chilli (Ve/V, gf) £5.00**

Served with basmati rice  
469 calories, 62g carbohydrates, 11g fats, 20g protein

#### **Sweet Potato & Spinach Korma (Ve/V, gf) £5.00**

Served with basmati rice  
566 calories, 64g carbohydrates, 21g fats, 20g protein

#### **Tofu & Vegetable Thai Green Curry (Ve/V) £6.50**

Served with basmati rice  
457 calories, 62g carbohydrate, 20g fat, 15g protein

#### **Vegetable Tagine (V) £5.50**

Served with cous cous  
497 calories, 72g carbs, 14g fat and 18g protein

\*where dishes are denoted Vegan (Ve) please inform the team at time of ordering that you are a vegan so we can adapt the dishes as required.