

REDEFINING FAST FOOD

FRESH
NUTRITIOUS
PROTEIN PACKED
CLEAN
SUPERFOOD
HEALTHY



MENU

#eatcleanheatclean

MACRO/NUTRITIONAL INFO
AVAILABLE ON REQUEST

THE KETTLEBOX

STEP 1

CHOOSE A SIZE

-  **Kids** UNDER 12'S ONLY
£4.95
-  **Regular**
£7.95
-  **King**
£9.95

STEP 2

CHOOSE YOUR PROTEIN

- Grilled Steak** GF
- Chicken** GF H
- Halloumi** V GF
- Steamed Salmon** +£1.50 GF
- King Prawn** +£1 GF
- Surf & Turf** +£1 GF
- Tofu** VE V GF
- Quorn** V

STEP 4

YOUR CHOICE OF SEASONAL SALAD/VEG/NUTS
Just instruct your server or ask for a bit of everything.

STEP 3

CHOOSE YOUR BASE

- Sweet potato mash**
VE V GF
- Spicy Brown Rice**
VE V GF
- Quinoa**
VE V GF
- Cauliflower Rice**
VE V GF
- Wholewheat Pasta**
V

INCREASE YOUR PROTEIN
Get massive for **£2**

STEP 5

CHOOSE A HOME MADE SAUCE

- BBQ** V
- PESTO** V GF
- FIRE** VE V GF
- SWEET CHILLI** V GF
- TOMATO** VE V GF
- HOT** VE V GF
- KBK RANCH** V GF

- ADD*
- Halloumi** £1/slice
 - Boiled Egg** 75p
 - Grilled Corn** £1.50

BURGERS £7.95

Protein Chicken Bagel Burger

Locally sourced, grass fed chicken breast served inside a Dr Zaks wholewheat, high protein and low carb bagel bun with optional low fat cheese, salad and sauce of your choice.

The Kettleburger

4oz beef and red onion burger topped with clean BBQ pulled pork, cheese, gherkins, red onion chutney and clean tomato sauce, served in a DR Zaks wholewheat, high protein burger bun

Chicken Protein Waffle Burger

Seasoned chicken breast, served inside 2 protein waffles with salad and your choice of sauce

INCREASE YOUR PROTEIN
Get massive for **£2**

WRAPS £5.95

Steak/Chicken/Falafel/Halloumi

Your choice of filling inside a multigrain wrap with salad and any clean Home made sauce

King Prawn +£1

King Prawns inside a multigrain wrap with salad and any clean home made sauce

Chicken Stripper +£1

Oat Coated Chicken strippers with franks ranch sauce inside a multi grain wrap

Franks Firecracker Chicken

Multigrain wrap filled with brown rice, avocado, chicken and a drizzle of franks red hot sauce

BBQ Pulled Pork Burrito

Multigrain wrap filled with slow cooked, clean BBQ pulled pork, home made slaw and brown rice.

ADD CHEESE
50p

ADD **Halloumi £1/slice**

DIPS 50p

SERVED IN A LITTLE POT

- BBQ** V GF
- PESTO** V GF
- FIRE** VE V GF
- SWEET CHILLI** V GF
- TOMATO** VE V GF
- HOT** VE V GF
- KBK RANCH** V GF
- FRANKS RED HOT SAUCE** +25p



PROTEIN PIZZA £9.95

All on a gluten-free base

FIT FESTO optional Chicken

Our own, homemade, clean pesto base, cherry tomato's, feta cheese, spinach, basil and pine nuts.

CHICKEN CHEATCORN

Our own home made, clean tomato base with chicken, sweetcorn and spring onions with a drizzle of our low sugar sweet chilli sauce.

BUFF BBQ

Our own home made, clean tomato base with grilled steak strips, onions and mixed peppers, drizzled in our own home made clean sweet and smokey BBQ sauce.

THE NAUGHTY ONE

Tomato AND garlic base chicken, mushroom and bacon.

ADD CHEESE
FREE

ADD GRATED
£1 PARMESAN SIDE

why not add
FRANKS Hot Sauce 75p

FANCY A BIT ON THE SIDE?

Healthy Hummus £2.75
Home made clean, low fat hummus
V Ve GF

Sweet Potato Fries £2.75
Seasoned with kettlebell house rub V Ve GF

Halloumi £1.75
2slices of seasoned, grilled halloumi
V GF

Clean Slaw £2.75
Homemade with onion, carrot and white cabbage V GF

Clean Beans £2.75
Kidney beans and butterbeans served in our clean homemade tomato sauce V Ve GF

Sweet Potato Mash V Ve GF £2.75

Corn on the cob V Ve GF £1.00

Boiled Egg V GF 75p

NEW CHICKEN STRIPPERS

Oat coated sweet chicken strippers with Franks ranch sauce

£4.95

SIGNATURE PEANUT BUTTER PROTEIN FRIES

Sweet potato fries loaded with clean BBQ pulled pork, home made red onion chutney, low fat cheese drizzled in peanut butter sauce

JUST **£6.95**

HOT DRINKS

Milk (soya / almond skimmed / full fat)

ADD syrup 50p

TEA

English Tea / Green Tea / Peppermint
Licorice / Chamomile

£1.75

BARISTA COFFEES

Latte / Mocha / Americano
Espresso / Cappucino / Flat White

£2.45

£2.95

Bulletproof Coffee

STRONG double shot coffee with added grass fed butter or coconut oil for good fat turbo pre train boost

£3.25

Hot Chocolate (raw cocoa)

£2.25

SHAKES

£3.95

COFFEE 'N'
CAKE £4.45

Mocha Caffeine BOOST

COLD coffee / Choc Protein / Zero Fat Yoghurt No Fat Milk / ICE

Gym FREAK Smoothie

Strawberries / Banana / Protein / Flax Seeds / Zero Fat Vanilla Yoghurt
Zero Fat Milk / ICE

Energy Boost

Banana / Mango / Tropical Juice / GOJI Juice / Avocado / Zero Fat Yoghurt

Fruit Crush 99% Fat Free

Raspberries / Strawberries / Blueberries / Banana / Sorbet / ICE

Immune FIX

Acai / Blueberries / 100% natural orange juice / Spinach / GOJI Juice / Strawberries / ICE

Hydrate

Coconut Juice / Lemon / Aminos / ICE

Lean & Green

Pineapple / Orange Juice / Mint / KaleWheatgrass / ICE

Veg Boost

Apple juice / Spirulina / Wheatgrass / Cucumber / Celery / Spinach
Kale / Broccoli / ICE

Complete Breakfast Shake

Banana / Oats / Protein powder / Natural honey / No fat milk or soy
Vanilla yoghurt & ice

Peanut Protein Power ^{VE}

Peanut butter / Banana / Ice / Almond milk / Algave / Vegan vanilla protein powder

Liver Cleanse

Beetroot / Carrot / Lemon / Tumeric / Apple juice / Ginger

DESSERTS

PROTEIN OAT BALLS GF £2.25

TYLER & HALL BROWNIE £2.20
V Ve GF Paleo

PRONUTS £3.45
Mini protein doughnut disks made with oats, ground almonds, protein, honey etc served with a choc dip with a sweet light cinnamon coating (cinnamon and natural sweetener)

PROTEIN FREEZE £2.95
zero fat frozen yoghurt with toppings

CAKE! £3.25
processed sugar free, natural ingredients

PROTEIN WAFFLE £3.75
With optional zero yoghurt or natural honey

+Waffle
+Brownie
+Fruit
£1 EACH

Extra toppings 50p
nutella/peanut butter

ASK ABOUT OUR
MEAL PREP
PACKAGES

from
£5.15
per meal

FANCY A SPOT OF BREAKFAST

Breakfast Bagel

DR ZAKS high protein wholemeal, low carb bagel, Bacon Medallion, 100% low fat gluten free sausage patty, Optional low fat cheese & clean tomato sauce

£5.95

Bacon Breakfast Bagel

DR Zaks high protein wholemeal, low carb bagel, bacon medaillions and clean tomato sauce

£3.95

Low Carb Clean Grill

chicken breast sausage, bacon loin slices, grilled tomato, spinach, mushrooms, boiled egg, clean tomato sauce

£6.95

Boiled Eggs GF V

With Spinach

£1.95

AVO Salmon Smash

DR ZAKS high protein wholemeal, low carb bagel with AVO smash, fresh smoked salmon and fresh chives

£6.95

Breakfast Wrap

Bacon loin slices, grass fed sausage pattie, free range egg, clean beans and cheese, with our homemade clean tomato sauce

£5.95

Steak 'n' Eggs GF

5oz Steak + free range scrambled eggs

£5.95

Protein Oats GF

Porridge Oats, chocolate protein powder & almond milk topped with chia seeds
Available Ve/V without protein

£2.95

Omelettes

Omelette with choice of 2 toppings.

Extra toppings 50p

cheese/mushrooms/bacon/onion/sweetcorn
peppers/tomato/spinach/cashews
feta/spring onion/kale

£4.95

Clean Grill-UP

2 x Chicken breast sausages, 2 x bacon loin slices, home made clean beans, mushrooms Dr Zaks High protein wholewheat bagel half + 1 x boiled egg

£6.95

Vegetarian Grill

Quorn sausages x 2, mushrooms, grilled tomato, mushrooms, clean beans, spinach and wholewheat Dr Zaks bagel half and buttered.

£6.95

American Breakfast GF

Bacon Medallions, Protein waffle & natural honey

£4.95

KBK HANGOVER CURE

Clean Grill Up
Veg boost shake or Hydrate shake
Bottle of water or hot drink

ONE CLEAR
HEAD FOR
£10.95



We use super high quality meat
WE ADD NO PRESERVATIVES, ADDITIVES, FILLERS,
HORMONES, ANTIBIOTICS OR ANY NASTY CHEMICALS TO OUR MEAT

we use himalayan pink salt
TO SEASON OUR FOOD

Our sauces are low fat, homemade and fresh using only natural ingredients
TO SWEETEN SAUCES SUCH AS PRUNES AND NATURAL HONEY

We add no chemicals to our food overall
NO CORNERS ARE SKIPPED ON ANY OCCASION WITH KBK

Expert team of highly experienced chefs
MAJORITY ARE MAJORLY INTO HEALTH AND FITNESS



DOWNLOAD OUR APP TODAY

Just search "Kettlebell Kitchen" on the app store

KBK NUTRITIONALS

BREAKFAST		Ingredients	Serving size	Energy KJ	Energy kcal	Protein (g)	Carbs (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Sodium (g)
Breakfast Bagel	Total			2341	557	57.6	35.5	18.9	5.5	6.6	4.2
	W/low fat cheese		30g	2544	605	64.4	36	20.9	6.7	6.7	4.4
Bacon Breakfast Bagel	Total			2628	627	49.2	33.7	30.5	9.1	6.6	4.0
AVO Salmon Smash	Total			2628	627.1	49.4	34.1	31.7	7.4	5.8	4.3
Protein Oats	Total			875	209	28	15.6	4.6	0.5	28	0.46
Breakfast Wrap	Total			2475	590	49.7	34.7	28.2	12.2	6.3	5.6
Clean Grill-Up	Total			1968	468	48.8	27.5	17.8	5.1	7.4	5.6
Steak 'n' Eggs	Total			1742	415	54.5	2.2	20.5	7.2	1.7	0.6
Protein Waffle	Total			305	73	12.5	0.5	2.6	0.5	0.5	0.2
	w/yoghurt		1	350	84	14.3	13.1	2.5	0.5	1.3	0.2
	w/honey		20g	551	131	12.6	27.6	2.6	0.5	15.8	0.2
Boiled eggs with spinach	Total			633	152	13.2	1.5	11.0	3.0	1.5	0.42
American Breakfast	Total			1443	345	28	28.2	18.7	5.7	15.8	2.7
Omelettes	w/cheese		30g	505	120	7.5	0.5	9.9	6.3	0.2	0.5
	Total			1553	370	24.1	3.8	28.2	11.8	2.7	1.0
	w/mushrooms		30g	35	8	0.7	1.6	0.2	0.0	0.6	0.01
	Total			1083	258	17.3	4.9	18.5	5.5	3.1	0.5
	w/bacon		30g	669	160	11.4	0.5	12.2	3.9	0	1.8
	Total			1717	410	28.1	3.8	30.5	9.4	2.6	2.3
	w/onion		30g	55	13	0.3	3	0	0	1.5	0
	Total			1103	263	17.0	6.3	18.3	5.5	4.1	0.5
	w/sweetcorn		30g	156	37	0.9	8.0	0.4	0.1	2.9	0.3
	Total			1204	287	17.5	11.3	18.7	5.6	5.4	0.8
	w/peppers		30g	39	9.3	0.3	1.9	0.09	0	1.2	0
	Total			1087	259.3	17.0	5.2	18.39	5.5	3.8	0.5
	w/tomato		30g	22	5	0.2	0.9	0.1	0.0	0.9	0
	Total			1070	255	16.9	4.2	18.4	5.5	3.5	0.5
	w/spinach		20g	21	5	0.6	0.3	0.2	0.0	0.3	0.08
	Total			1069	255	17.2	3.6	18.5	5.5	2.9	0.6
	w/cashews		20g	463	111	3.6	6.5	8.8	1.6	1.2	0
Total			1511	361	20.3	9.8	27.1	7.1	3.8	0.5	
w/feta		30g	311	75	4.7	0.5	6	4.1	0.5	1	
Total			1359	325	21.4	3.8	24.3	9.6	3.1	1.5	
w/spring onion		20g	20	5	0.4	0.6	0.1	0.02	0.6	0	
Total			1068	255	17.1	3.9	18.4	5.52	3.2	0.5	
w/kale		30g	42	10	1	0.4	0.5	0.1	0.4	0.03	
Total			1090	260	17.7	3.7	18.8	5.6	3.0	0.5	

SHAKES		Ingredients	Serving size	Energy KJ	Energy kcal	Protein (g)	Carbs (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Salt (g)
Mocha Caffeine Boost	Total			447	106	21.6	2	1.1	0.2	1.6	0.02
Gym Freak	Total			861	205	26.0	23.3	1.5	0.4	15.7	0.15
Energy Boost	Total			750	179	4.5	34.6	4.7	0.7	22.3	0.03
Lean & Green	Total			377	90	1.8	21.8	0.4	0.0	16	0.04
Veg Boost	Total			320	77	2.1	17.2	0.4	0.0	12.5	0.09
Breakfast	Total			1834	436	32.6	68.4	5	1.0	28.5	0.14
Hydrate	Total			359	86	1.5	9.2	0.4	0.4	5.7	0.64
Immune Fix	Total			305	73	2.1	16.8	0.3	0.0	12.4	0.04
Fruit crush	Total			333	80	1.2	20	0.3	0.1	10.8	0.00
Apple Shake	Apple juice		100ml	193	46	0.1	11.3	0.1	0	9.6	0.01

TODAYS FORECAST = 100% HITTING MY MACROS!

BURGERS & WRAPS		Ingredients	Serving size	Energy KJ	Energy kcal	Protein (g)	Carbs (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Salt (g)
Protein Chicken Bagel Burger	Total (minus salad n sauce)			1866	442	58	31	8.5	1.9	4.4	0.65
The Kettleburger	Total			2633	626	62.3	34.5	26.2	11.5	13.4	1.37
Chicken Protein Waffle Burger	Total (minus salad n sauce)			1236	294	57	24.6	7.4	1.6	1	0.75
Plain wraps	w/steak	100g		745	177	31	0	5.9	2.5	0	0.3
	Total (minus salad n sauce)			1356	323	36.0	23.9	9.3	4.8	1.0	1.5
	w/chicken	100g		626	148	32	0	2.2	0.6	0	0.25
	Total (minus salad n sauce)			1237	294	37.0	23.9	5.6	2.9	1.0	1.5
	w/falafel	100g		1394	333	13.3	31.8	17.8	2.4	0	0.75
	Total (minus salad n sauce)			2005	479	18.3	55.7	21.2	4.7	1.0	2.0
	w/halloumi	150g		2090	500	33.1	2.2	39.7	25.1	0.7	2.3
	Total (minus salad n sauce)			2701	646	38.1	26.1	43.1	27.4	1.7	3.5
w/king prawn	100g		418	99	22.6	0	0.9	0.2	0	1.25	
Total (minus salad n sauce)			1029	245	27.6	23.9	4.3	2.5	1.0	2.5	
Franks Firecracker Chicken	Total			1720	409.5	38.9	37.7	11.8	4.3	1.6	1.6
BBQ Pulled Pork	Total			1961	466.6	40.1	43.7	11.4	5.0	6.3	1.9

SAUCES		Ingredients	Serving size	Energy KJ	Energy kcal	Protein (g)	Carbs (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Salt (g)
Clean Tomato Sauce			30ml	50	12	0.4	2.7	0.0	0	2.2	0.01
BBQ Sauce			30ml	65	15	0.4	3.5	0.1	0.0	2.9	0.00
Pesto			30ml	86	21	0.9	1.1	1.5	0.3	0.7	0.02
Fire			30ml	50	12	0.4	2.7	0	0	2.2	0.00
Sweet Chilli			30ml	82	19	0.1	5	0.0	0	4.9	0.00
Hot			30ml	50	12	0.4	2.7	0	0	2.2	0.00
KBK Ranch			30ml	48	12	0.4	0.5	0.9	0.3	0.3	0.05

PIZZA		Ingredients	Serving size	Energy KJ	Energy kcal	Protein (g)	Carbs (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Salt (g)
Fit Festo	Total			2975	707	12.6	104.2	26.1	4.9	6.0	2.55
Chicken Cheatscorn	Total			2934	694	38.5	112.4	9.0	1.52	11.2	2.31
Buff BBQ	Total			2886	683	32.7	108.5	11.7	3.0	10.0	2.27

SIDES		Ingredients	Serving size	Energy KJ	Energy kcal	Protein (g)	Carbs (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Salt (g)
Hummus			30g	166	40	1.6	6.8	0.7	0.1	0.01	0.2
Sweet Potato Fries			120g	936	228	3.5	30.5	8.3	1.0	18.4	0.18
Halloumi			100g	1393	333	22.1	1.5	26.5	16.8	0.5	1.5
Clean slaw			40g	330	79.6	2.3	6.7	5.7	0.8	2.3	0.5
Clean beans			40g	120	28	1.9	5.4	0.2	0.0	2.4	0.03
Sweet potato mash			100g	358	84	1.1	20.5	0.3	0.1	11.6	0.08
Corn on the cob			1	245	59	2	14.1	0.5	0.1	2.3	0.00
Boiled egg			1	306	73.5	6.3	0.6	5.4	1.5	0.6	0.3
Peanut butter protein fries				7839	786	44.5	66.3	35.3	7.5	47.7	0.89

DESSERT		Ingredients	Serving size	Energy KJ	Energy kcal	Protein (g)	Carbs (g)	Total fat (g)	Sat fat (g)	Sugars (g)	Salt (g)
Protein oat balls			1	674	161	9.7	19.9	7.2	3.0	1.9	0.08
Tyler & Hall Brownie			1	1038	248	5	29	15	0	0	0
Protein waffle	w/yoghurt	1		305	73	12.5	12.3	2.6	0.5	0.5	0.1
	w/natural honey	20g		350	84	14.3	13.1	2.5	0.5	1.3	0.1
		20g		551	131	12.6	27.6	2.6	0.5	15.8	0.1

"YOU DON'T HAVE TO EAT LESS,
YOU JUST HAVE TO EAT RIGHT"



"EAT GOOD FEEL GOOD"

FOLLOW US

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"A HEALTHY OUTSIDE STARTS FROM THE INSIDE..."



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