



"THE BEST GYM WITH THE BEST FOOD!"



CALL TO ORDER: 01992 764433

KICK START YOUR DAY!

2 EGGS ON TOAST	£2.50
PORRIDGE OATS, PLAIN	£1.00
OATS WITH HONEY & SULTANAS	£1.50
BEANS ON TOAST (LOW FAT, HIGH FIBRE)	£2.50
TOAST & BUTTER	£0.50

JACKET POTATOES

PLAIN (WITH OR WITHOUT BUTTER)	£2.50
TUNA & SWEETCORN	£4.50
CHILLI	£5.50
BEANS OR CHEESE	£3.50
BEANS & CHEESE	£4.50
PRAWNS WITH OR WITHOUT MAYO	£5.00
CAJUN CHICKEN & MAYO	£5.00

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KRUNCH FAMOUS WEDGES

FAT-FREE POTATO WEDGES	£2.50
FAT-FREE SWEET POTATO WEDGES	£2.50
SKINNY CHIPS (FAT-FREE)	£2.50

KRUNCH 9" PIZZA

DESIGN YOUR OWN PIZZA!

CHOOSE 3 TOPPINGS FROM:

*HAM, TUNA, PRAWNS, ONIONS,
TOMATOES, OLIVES, SUN DRIED
TOMATOES, SPINACH, PEPPERONI,
PINEAPPLE & CHICKEN.*

ALL TOPPED WITH GRATED CHEESE	£6.50
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KRUNCH FAVOURITES

CHEESEBURGER & CHIPS	£5.50
CHILLI AND RICE OR JACKET POTATO	£5.50

SALAD BAR

A SELECTED PORTION OF FRESH SALAD	£1.00
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**SEE OUR SPECIALS BOARD AT
THE GYM FOR MORE CHOICES!**

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SANDWICHES

CHEESE	£2.50
EGG MAYO	£3.00
BACON	£3.00
SAUSAGE	£3.00
HAM	£3.50
TUNA	£3.50
CHICKEN	£3.50
PRAWN	£3.50
CHICKEN—IN—A—BUN	£3.50

FRESHLY BAKED BAGUETTES

CHEESE	£3.50
HAM	£3.50
TUNA	£3.50
CHICKEN	£4.00
PRAWN	£4.00

PANINI

CHEESE WITH TOMATO OR ONION	£2.50
TUNA MELT WITH ONION & CHEESE	£3.50
CAJUN CHICKEN & CHEESE	£3.50
HAM, CHEESE & TOMATO	£3.50

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FOR FITNESS FREAKS!

CHICKEN BREAST	£2.75
FLAKED TUNA	£2.00
JACKET POTATO	£2.50
POTATO WEDGES	£2.50
SWEET POTATO WEDGES	£2.50
EGG WHITE ONLY OMELETTE	£2.50
PLAIN OMELETTE	£2.50
FILLED OMELETTES FROM	£3.50
FAT-FREE SKINNY CHIPS	£2.50
COUSCOUS	£1.50
FRESH VEGETABLES	£1.50
PASTA SALAD	£1.50
POTATO SALAD	£1.50
RICE SALAD	£1.50
WHITE RICE	£1.50
PILAU RICE	£1.50
BROWN RICE	£1.50
PORTION OF GREEN SALAD	£1.00
COLESLAW	£1.00
GRILLED MUSHROOMS	£1.00
SWEET CORN	£1.00
PINEAPPLE	£1.00
BAKED BEANS	£1.00
NOODLES	£1.00
FRUIT	£0.50

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HOT & COLD DRINKS

FRESH BREWED COFFEE	£2.00
CAPPUCCINO	£2.00
LATTE	£2.00
ESPRESSO	£2.00
TEA	£1.00
SOFT DRINKS, OJ & BOTTLED WATER FROM	£1.00
PROTEIN SHAKES & SMOOTHIES FROM	£2.50
FRUIT	£3.50

KRUNCH MEAL DEALS!



CHICKEN DEAL

CHICKEN BREAST WITH GREEN SALAD OR MIXED VEGETABLES AND RICE OR NOODLES PLUS A PROTEIN SHAKE.

£7.00



SALMON DEAL

SALMON STEAK WITH GREEN SALAD OR MIXED VEGETABLES AND RICE OR NOODLES PLUS A PROTEIN SHAKE.

£7.00