

FOOD

Protein
Meals

£4.50

Protein
Bars

£2.50
or 2 for
£4

**GOOD START
MEAL DEAL**

1x Protein
Meal

ONLY

1x Protein
Shake

£5.50

£1.50 SHOTS

PRE-WORKOUT
BCAA
AMINO ACID

£2

PROTEIN SHAKES

VANILLA • CHOCOLATE
STRAWBERRY • BANANA
MINT CHOCOLATE • JAFFA CAKE
PEANUT BUTTER • BERRY
COOKIES & CREAM

ADD EXTRA SCOOP £1 - WITH MILK £0.40

QGYM MENU

£2.50 SMOOTHIES

VERY BERRY - IMMUNE

MUSCLE BUILDER

FAT BURNER

£2.50 JUICES

GREEN DETOX

ORANGE ENERGISER

ANTI INFLAMMATORY