



MENU

Open

Mon - Fri	Sat	Sun
9.00am - 8.30pm	9am - 4pm	10am - 4pm

(Last fresh food order 30mins before close)



The Lean Kitchen



@theleankitchenwigan



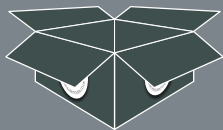
Tel: 01942 702 602 - 42 Brook Lane, Wigan WN5 8JG

Allergen information is available on request. Please inform a member of staff if you have an allergy. Our staff are trained to reduce the possibility of cross contamination by using separate equipment for those with specific dietary requirements/allergies/intolerances.

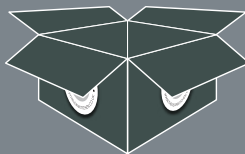
THE LEAN BOX (6 STEPS)

STEP 1 Choose a size

Regular
£7.95



King
£9.95



STEP 2 Protein

(Extra Protein +£2.50)

Grilled Steak
Chicken Breast
Pulled Pork
Quorn Chicken
Quorn Mince
King Prawns +£1.10
Salmon +£1.65

Moroccan lamb Meatballs
Cod Fillet + £1.65
4 Hard Boiled Eggs
Halloumi
2 Lean Sausages
Tofu

STEP 3 Carbs

(Extra Carbs +£1.50)

(choose 1)
Sweet potato mash
New potatoes
Cajun brown rice
White basmati rice
Jacket potato
Sweet potato fries
Noodles

STEP 4 Super Foods

(choose up to 3)

Raw spinach
Broccoli
Roasted courgettes
Green beans
Roasted root veg
Roasted peppers
Cherry tomatoes
Cucumber
Pickled Beetroot
Peppers
Red onion
Romaine lettuce
Peas
Kale

STEP 5 Sauces

Sweet Chilli
Hot Chilli
Buffalo
Jerk
Ranch
Yoghurt & Mint
Chipotle (Southwest)
Honey & Mustard
BBQ
Smoked Tomato
Piri Piri
Satay
Salsa
Light Mayo
Spicy Mayo

STEP 6 Toppers

(choose 1)

Chopped spring onion
Cashew nuts
Sesame seeds
Jalapeños

Enjoy
your meal



Key to Nutrition Values

Kcals

Protein

Carbs

Fat

FRESH START

Steak & Eggs - £7.50

316 47g 1g 14g

Lean steak with 2 poached free range eggs asparagus & grilled tomato.

Lean Grill Up - £7.95

515 52g 36g 18g

2 x bacon medallions, 1 lean sausage, 2 x free range eggs (your way), lean beans, mushrooms, & tomato. Served with 2 toast.

Mega Grill Up - £11.95

958 70g 81g 39g

2 x bacon medallions, 2 lean sausage, 3 x free range eggs (your way), sliced avocado, lean beans, mushrooms, tomato & slice of halloumi cheese. Served with 2 toast.

Omelettes - £5.95

217 31g 1g 10g

Choice of 2 fillings:

Steak or Chicken / Cheese / Mushrooms / Bacon / Onions / Peppers / Spinach/Tomato. Served with side salad.

Lean Breakfast Wrap - £5.95

396 42g 23g 14g

White tortilla wrap with 2 bacon medallions, 1 lean sausage, 3 eggs scrambled, mushrooms & homemade smoked tomato sauce.

Breakfast Smoothie - £4.50

415 43g 47g 7g

Whey protein (choice of flavours), oats, almond milk, chia seeds, mixed berries or banana.

Baked Eggs - £6.95

412 26g 41g 15g

3 Eggs baked in a roasted tomato and pepper sauce. Served in a sizzling pan with a slice of fresh cut bloomer.

Veggie Grill Up - £7.95

756 47g 62g 35g

2 Slices halloumi cheese, 2 free range eggs (your way), lean beans, mushrooms, grilled tomato & sliced avocado. Served with 2 toast.

Poached Eggs On Toast - £4.25

342 22g 29g 314g

3 poached eggs served on 1 slice of toast.

Ultimate Breakfast Wrap - £7.95

726 56g 26g 44g

White tortilla wrap with 2 bacon medallions, lean sausage, eggs scrambled, halloumi cheese, avocado, mushrooms & homemade smoked tomato sauce.

BRUNCH

The Popeye - £6.95

556 37g 30g 32g

Sautéed spinach, seasoned crushed avocado, chopped lean bacon served a slice of fresh cut bloomer topped with 3 poached eggs.

Eggs Benedict - £7.95

413 27g 26g 25g

Toasted muffin with 2 free range eggs, bacon medallions, topped with hollandaise sauce, chives & paprika.

Eggs Royale - £8.50

419 19g 30g 26g

Toasted muffin with 2 free range eggs, smoked salmon, topped with hollandaise sauce, chives & paprika.

Eggs Florentine - £6.95

460 32g 27g 26g

Toasted muffin with 2 free range eggs, sautéed spinach, topped with hollandaise sauce, chives & paprika.

Chillicado - £7.95

641 40g 49g 35g

Halloumi, bacon, portobello mushroom, crushed avocado, poached egg served on a slice of toast topped with fresh chilli, chives & sweet chilli sauce.

The Coogee - £8.95

679 63g 30g 33g

Cajun chicken breast, 3 eggs scrambled, chilli crushed avocado, sliced bacon & pickled beetroot a slice of fresh cut bloomer.

LUNCH

Soup of the day £3.95

TLK Curry - £8.95

338 40g 31g 5g

Your Protein choice: Steak/Chicken/Tofu/Moroccan Lamb/Quorn Mince /Quorn Chicken marinated in our TLK rub served with tomatoes, peppers, cucumber & onion topped with natural Greek yoghurt.

Cottage Pie - £8.95

469 42g 61g 8g

Rump steak mince, onions, carrots, parsnip and peas in a lean rich beef gravy, topped with sweet potato mash.

Satay & Rice - £8.95 (Large £10.50)

476 47g 36g 15g

Your Protein choice: Steak/Chicken/Tofu/Moroccan Lamb/Quorn Mince /Quorn Chicken in homemade satay sauce, white basmati rice, topped with spring onion tomatoes & cashew nuts.

TLK Chili Con Carne - £8.95

581 49g 70g 9g

Minced rump steak bound in a traditional chilli con carne sauce served with cajun brown rice

Jacket Potato

Choice of fillings: Light tuna mayo/baked beans/cheese/chilli con carne/cottage cheese

1 Filling £5.25 - 2 Fillings £6.25 - 3 Fillings £7.25

Sizzler - £8.95

575 55g 62g 10g

Your protein choice: Steak/Chicken/Quorn Mince /Quorn Chicken/Tofu/King Prawn (+£1) sautéed with onions peppers garlic and onion in a Cajun tomato sauce served in a sizzling pan with white basmati rice.
Double Protein +£2

Asian Salmon Noodles - £9.50

609 35g 63g 20g

Marinated salmon fillet, with an Asian noodle salad

Salt & Pepper - £8.95

534 55g 52g 10g

Your protein choice: Steak/Chicken/Tofu/Moroccan Lamb/Quorn Mince /Quorn Chicken/King Prawn (+£1) onions & peppers sautéed with a salt and pepper seasoning served with white rice or noodles

TLK Egg Fried Rice - £8.95

527 47g 42g 20g

Your protein choice: Steak/Chicken/Quorn Mince /Quorn Chicken/King Prawn (+£1) with a coconut oil based egg fried rice

TLK Stir Fry - £8.50

479 49g 46g 11g

Your protein choice: Steak/Chicken/Tofu/Moroccan Lamb/Quorn Mince /Quorn Chicken/King Prawn (+£1) with egg noodles, stir fried vegetables bound in an oyster and soy reduction

Texan Pulled Pork - £8.95

654 37g 44g 32g

Spicy BBQ pulled pork, served with crushed chilli avocado, cajun brown rice & a flour tortilla

Gyros - £9.95

518 50g 32g 25g

Your protein choice: Steak/Chicken/Tofu/Moroccan Lamb/Quorn Mince /Quorn Chicken/King Prawn(+£1)/Tofu served on a homemade light garlic and coriander flatbread with salad, spicy mayo, sweet chilli & tzatziki sauces

Moroccan Meatball Gyros - £9.95

689 37g 44g 41g

Moroccan Kofta Flatbread, With Lemon & Coriander. Served with Houmous, Tzatziki & Pomegranate

King Gyros - £11.95

685 79g 32g 25g

Steak, Chicken & King Prawn served on a homemade light garlic and coriander flatbread with salad, spicy mayo, sweet chilli & tzatziki sauces

Ultimate Gyros - £13.95

835 92g 32g 39g

Steak, Halloumi Cheese, Pulled Pork, Chicken & King Prawn served on a homemade light garlic and coriander flatbread with salad, spicy mayo, sweet chilli & tzatziki sauces

Add Sweet Potato Fries to Gyros £2.50

Tandoori Chicken - £8.95

364 45g 31g 5g

Tandoori marinated chicken breast served on a toasted tortilla wrap with salad & mint yoghurt sauce

Naked Beef Tacos - £7.95

327 37g 11g 14g

Seasoned rump steak mince, served in baby gem lettuce tacos with a fresh salsa and yoghurt dressing

Protein Platter - £19.95

Piri Piri Chicken, Italian Rump Steak & Cajun Chicken served on a sharing platter with Cajun brown rice, sweet potato mash or fries, salad, 3 sauces and 2 wholemeal wraps.

WRAPS & SALADS

TLK Burrito - £8.95

378 39g 35g 7g

Your Protein choice: Steak/Chicken/Tofu/Quorn Mince /Quorn Chicken/Halloumi seasoned in fajita rub, served on a flour tortilla with Cajun brown rice, sautéed onions & peppers, salsa, crushed avocado and sauce of your choice.

TLK Wrap - £6.95

296 38g 21g 5g

Your Protein choice: Steak/Chicken/Tofu/Moroccan Lamb/Quorn Mince /Quorn Chicken/Halloumi served with salad & sauce (Double Protein +£2).

TLK Club Sandwich - £8.50

336 60g 31g 13g

Chicken breast, bacon, lettuce, tomato, sliced boiled egg, spinach with light mayo stacked on 3 slices of wholemeal toast

Steak & Blue Cheese Salad - £8.50

451 38g 5g 32g

Sautéed Rump steak, crumbled blue cheese tossed through a balsamic glazed salad

Chicken Ceaser Salad - £8.50

484 57g 51g 24g

Chicken breast with crispy bacon, croutons & parmesan cheese on a bed of romaine lettuce with a creamy ceaser dressing

TLK Salad - £7.95

219 37g 11g 2g

Your Protein choice: Steak/Chicken/Tofu/Moroccan Lamb/Quorn Mince /Quorn Chicken/Halloumi served on bed of mixed leaves, cucumber, ribbon carrot, red onion, peppers, cherry tomatoes with a dressing of your choice: Balsamic glaze, Asian style or TLK Ranch.

BURGER RANGE (add Sweet Potato Fries +£2.50)

Chicken & Halloumi Burger - £8.25

579 67g 35g 18g

Chicken breast, halloumi cheese, romaine lettuce, TLK guacamole, salsa and BBQ sauce, served on a lightly toasted Brioche Bun

Double Cajun Chicken Burger - £9.50

616 79g 38g 18g

Double cajun spiced chicken fillet, sliced avocado, romaine lettuce, garlic mayo dressing

TLK Bully Burger - £8.50

524 57g 38g 15g

Lean Rump steak mince, poached egg, romaine lettuce, tomato, gherkin & homemade BBQ sauce, served on a lightly toasted Brioche Bun

The Spicy Burger - £8.95

787 71g 37g 40g

Spicy halloumi cheese stuffed rump steak burger served on a Brioche Bun

Mexicano Burger - £9.50

733 67g 48g 33g

Lean mince rump burger, topped with chilli con carne crush chilli guacamole and melted cheese.

The Chunk - £13.50

937 106g 52g 35g

Chicken breast, Rump steak patty, halloumi cheese topped with BBQ pulled pork. Served on a lightly toasted Brioche Bun with romaine lettuce, tomato & clean TLK burger relish, and a portion of Sweet Potato Fries.

KIDS BOX £5.50

4 Options, 1 Choice of each

1. Chicken Breast, Sausage or Chicken Nuggets
2. Fries, Sweet Potato Mash, White Rice
3. Beans, Broccoli, Peas
4. Choice of any sauce

SIDES

Sweet Potato Fries £3.50
Halloumi Cheese £3.95
Sweet Potato Mash £3.50

Cajun Brown Rice £2.50
Halloumi Fries £3.95
White Rice £2.50

Portion of Greens £3.95
Noodles £2.50

DESSERT

Protein Pancakes - £5.50

(3 Steps) (1) Sliced banana/seasonal berry compote (2) Peanut butter/Greek yoghurt (3) Honey/Nutella/Biscoff spread



PROTEIN SMOOTHIES

(Vegan friendly protein available)



Chocolate Peanut Butter £4.50

2 Scoops chocolate whey, Peanut butter, almond milk, & ice

Berry Blast - £4.50

2 Scoops strawberry whey, fresh mixed berries, filtered water & ice

Banana Boom - £4.50

2 Scoops vanilla whey, 1 whole banana, dash of honey, filtered water & ice

Berry Nutty - £4.50

2 Scoops vanilla whey, flaked almonds, chia seeds, mixed berries, almond milk & ice

Peanut Butter Cheesecake - £4.50

2 Scoops lemon cheesecake whey, peanut butter, almond milk & ice

Banoffee Blitz - £4.50

2 Scoops chocolate whey, 1 whole banana, dash of honey, filtered water & ice

Hulk - £4.50

2 Scoops banana whey, apple, spinach, banana & almond milk

SHAKES:

Whey Protein Shakes

Regular - £2.75 Large - £3.75

Flavours: Strawberry Milkshake / Creamy Banana / Lemon Cheesecake / White Chocolate Raspberry / Chocolate Milkshake



BCAA DRINKS

BCAA Amino Hydrate Drink - £2.50

Flavours: Green Apple / Lemon & Lime / Water Melon / Orange Mango / Pineapple / Blue Raspberry / Fruit Burst

Lean & Green - Water Melon BCAA - £3.95

Spinach, chia seeds, ice, BCAAs & filtered water

Lean & Green - Lemon & Lime BCAA - £3.95

Spinach, chia seeds, ice, BCAAs & filtered water

COFFEES

(Skinny & Decaf options available)

Bulletproof Coffee

£4.50

Double espresso, organic coconut oil, organic grass-fed butter, stevia sweetener & hot water blended

Espresso

£1.80

Double Espresso

£2.50

Americano

£2.75

Cappuccino

£3.00

Flat White

£2.95

Latte

£3.20

Iced Latte

£3.25

Add some flavour to your coffee +55p

Caramel (Sugar free version available), Hazelnut (Sugar free version available), Vanilla (Sugar free version available), Gingerbread, Toffee nut, Cinnamon.

TEAS & HOT CHOCOLATE

Organic Tea

£2.15

Green Tea

£2.15

Peppermint Tea

£2.15

Flavoured Tea

£2.15

(ask for available flavours)

Protein Hot Chocolate

£3.50

Add some flavour to your Hot Chocolate

Nutritional information is based on average regular chicken portion, unless otherwise stated, although these may vary slightly, our staff are trained to be as consistent as possible with portion sizes.