

# MYPROTEIN KITCHEN

Fuel your active lifestyle whilst hitting your daily protein goals with our new Myprotein Kitchen menu, created exclusively for Hale Country Club by the world's leading sports nutrition brand.

Myprotein kitchen salad **(Ve)** **(GF on request)**  **13**  
Brown rice, quinoa, macadamia, pomegranates, pak choi, spinach, Tenderstem® broccoli, with Myprotein Peanut & Coconut Dressing 503kcal | 2g protein

Buddha bowl **(Ve)** **(GF on request)** **12**  
Shiitake mushroom, sweet potato, pickled heritage carrots, pak choi, ramen dressing  
432kcal | 10g protein

Miso noodle salad **(Ve on request)** **12.5**  
Soba noodles, romanesco, pickled egg, spring onion, chilli 179kcal | 10g protein

Option to add more protein to any of the above three dishes:

Chicken 195kcal | 36g protein **4** | King prawns 105kcal | 20g protein **4.5**

Rump steak (4oz) 177kcal | 41g protein **5** | Shiitake mushroom **(V)** 34kcal | 2g protein **3**

Tofu **(V)** 118kcal | 36g protein **3**

Maple glazed salmon belly poke bowl **(GF on request)** **13.5**  
Cucumber, carrot, chilli, sesame, avocado, sriracha, edamame beans, red cabbage  
424kcal | 25g protein

Spiced chipotle tiger prawn salad **(GF on request)** **13**  
Quinoa, cucumber, chilli, spinach, sweet chilli dressing 523kcal | 38g protein

Peanut butter noodles **(ve)** **13**  
Udon noodles, spring onion, ginger, peanuts, maple syrup 399kcal | 10g protein

Beef ramen brown rice **(GF on request)** **13**  
Brown rice, sirloin steak, spinach, spring onions 558kcal | 35g protein

Sticky wagyu beef **17.5**  
Noodles, beansprouts, chilli, coriander, radish, beef tea 436kcal | 26g protein

Myprotein oat-crushed katsu chicken curry  **15.5**  
Crispy chicken, katsu sauce, rice, coriander 576kcal | 42g protein

Adults need around 2,000 calories per day.