

TAKEAWAY OPTIONS



Chicken Teriyaki (6 inch)
PROTEIN: 22.4g
CALORIES: 315



Grilled Chicken Salad
PROTEIN: 27.4g
CALORIES: 306



Large Grilled Chicken & Steamed Veg Salad
PROTEIN: 19.7g
CALORIES: 192



BBQ Chicken Bún Noodle Salad
PROTEIN: 26.4g
CALORIES: 489



Steak Melt (6 inch)
PROTEIN: 24.1g
CALORIES: 364



Pulled Pork Salad
PROTEIN: 23.1g
CALORIES: 283



Medium Soul Origin Beef Noodle Salad
PROTEIN: 29.4g
CALORIES: 457



Lemongrass Beef Bún Noodle Salad
PROTEIN: 34.9g
CALORIES: 521



Chicken Strips Wrap
PROTEIN: 24.5g
CALORIES: 253



Mini Grilled Chicken Bowl
PROTEIN: 23.9g
CALORIES: 410



Medium Soul Origin Chicken Avocado Salad
PROTEIN: 23.4g
CALORIES: 183



BBQ Chicken Bánh Mi
PROTEIN: 31.2
CALORIES: 461



Chicken Schnitzel Wrap
PROTEIN: 24.5g
CALORIES: 428



Mini Slow Cooked Beef Bowl
PROTEIN: 24.9
CALORIES: 422



Large Soul Origin Tuna & Avocado Salad
PROTEIN: 45.9g
CALORIES: 318



Vegan Lemongrass Chilli Chicken Bánh Mi
PROTEIN: 30.8g
CALORIES: 502

**McGUCKIN
FITNESS**