

# ON-THE-GO HEALTHY LUNCH & HOT DRINK OPTIONS

**GWD**  
PERFORMANCE





## Lunch Options

Pret A Manger

M&S

Tesco

EAT

POD

Starbucks

Nandos

Snaps & Rye

Lowry and Baker

## Pret A Manger

- Egg & Spinach Protein Pot
- Egg & Avocado Protein Pot
- Crayfish Protein Pot
- Smoke Salmon & Egg Protein Pot
- Tuna Nicoise Salad
- Teriyaki Salmon Sushi Salad
- Wild Crayfish & Avocado
- Crisped Kale

→ [Find your nearest pret](#)

## M&S

- British Chicken with Mayo Free Dressing
- Spiced Chicken with Quinoa & rice
- Lime & Lemongrass Chicken with rice & Rainbow Slaw
- Harissa Chicken & couscous salad
- Basil Chicken Pasta Salad





## Tesco

- Healthy Living Mediterranean chicken salad
- Sushi packs
- Falafel, red pepper and Tabbouleh salad
- Crayfish and Mango salad
- Tuna, egg and feta salad

## EAT

- Texan chilli Hot pot
- Thai Green chicken curry with rice
- Vietnamese chicken curry with rice
- Chicken and vegetable soup
- Ham hock and egg salad
- Simple chicken salad
- Simple Tuna salad
- Quinoa and Rainbow salad

→ [Find your nearest EAT](#)

## POD

- Vietnamese Pork hot pot
- Spanish chicken and chorizo hot pot
- Protein box
- Gym box
- Salmon detox box
- Chicken detox box
- Go green chicken salad
- Go green salad
- Lebanese red pepper chicken tabbouleh

→ [Find your nearest POD](#)

## Starbucks

- Zesty chicken and black bean salad bowl
- Hearty veggie and brown rice salad bowl

→ [Find your nearest Starbucks](#)





## Nandos

- Chicken (with side salad/corn on the cob)
- Chicken Breast fillet Pita
- Butterfly chicken (with side salad/corn on the cob)

→ [Find your nearest Nandos](#)

## Snaps + Rye

- Cured Herring, Curried Potato Salad, Soft-boiled Egg,
- Snaps-cured Salmon, Beetroot, Horseradish,
- Rye Bread, Green Salad

→ [Website](#)

## Lowry And Baker

- Poached eggs, smoked salmon and avocado
- Eggs, avocado, spinach and ham
- Chicken salad

## Lunch Options

### Best Options

Herbal tea  
Green tea  
Breakfast tea  
Hot water and lemon  
Espresso  
Americano  
Macchiato

### Worst Options

Hot chocolate  
Adding sugar  
Added syrups  
(vanilla, caramel, hazelnut)  
Mocha  
Chai latte



## 10 Reasons To Pick GWD

Want to  
learn more?

Touch or click [here](#)  
to book your no  
obligation fitness  
and nutritional  
assessment.



## 1 – Unlimited coaching

As well as the attention you get during PT sessions, we're also there to give you advice whenever you're in the gym. You'll never be left wondering what you should be doing.

## 2 – Experienced coaches

Our select team of coaches are continually updating their knowledge. Our high staff retention rate means they also get to know you and what you need.

## 3 – Simple nutrition advice

Our in-depth nutrition knowledge enables us to give you advice in a way that's easy to understand and apply to your life.

## 4 – No nonsense approach

We act as a fitness filter. Which means we take all of the often confusing and conflicting information that's out there and give you what works.

## 5 – Unbeatable atmosphere

When you train at GWD you'll be surrounded by like-minded people, so you won't have to contend with oversized egos who think they own the place.

## 6 – We're a personal training gym

Our set up is pretty unique. Our membership structure merges the best aspects of a top personal training studio with the quality facilities offered in well a equipped gym.

## 7 – We treat you like a grown up

We don't bark orders at you. Instead we'll guide you through your programme so you know why you're doing what you're doing.

## 8 – No queuing for equipment

We control our membership numbers so the gym isn't overcrowded. Our well-equipped facility means you can use the kit you want when you want.

## 9 – Extra benefits

When you become a GWD member you get access to HIIT classes that will get you into the shape of your life.

## 10 – Bespoke programming

We don't use cookie cutter training. We give each member a thorough evaluation and create a unique plan.

We're not like other gyms.  
Come and visit us to find  
out why.

GWD PERFORMANCE,  
UNIT 8 MARSTON  
BUSINESS PARK,  
MARSTON  
MORETAINE,  
MK43 0TF

[Touch or click here to find out more](#)

