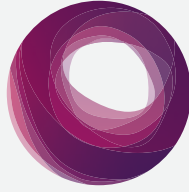


ELITE ATHLETE CENTRE
AND HOTEL

Sample menus





ELITE ATHLETE CENTRE
AND HOTEL

FUELLING YOUR PERFORMANCE

High performance nutrition.

High Performance Restaurant Nutrition Philosophy

“To provide a world class, flexible, performance nutrition food service in a purpose built environment to enable elite athletes to meet their individual dietary needs.

The menu and environment will serve as a vehicle to educate and empower athletes on how to make appropriate food choices to achieve and optimise their individual nutritional goals: Ultimately enhancing athlete health, recovery, training and competition performance.”

SAMPLE BREAKFAST MENU

Vegetarian

Grilled vegan breakfast – EAC Kitchen baked beans, mushroom, spinach, avocado, vine tomato and asparagus (GF)

Fuel

Breads: selection of fresh breads, wraps and bagels including sour dough, seeded, rye and plain (GF available)

Porridge: EAC Kitchen porridge made with semi-skimmed milk (GF)

Bircher pots: individual bircher muesli pots (dairy free) (GF)

Athlete Focused Cereal Selection: specially selected athlete focussed breakfast cereals and granola (GF available)

Kitchen Kedgeree: homemade smoked mackerel and rice kedgeree (GF)

EAC beans: EAC Kitchen baked beans (GF)

Repair

Eggs to order: omelettes, poached or scrambled eggs with selection of fillings

EAC protein pancake / waffle: made to order by our Performance Chef (GF)

Poultry: chicken sausages (GF)

Meat: grilled bacon medallions

Fish: Smoked salmon slices

Continental platters: sliced continental meat platter
(sliced ham, turkey slices, bresaola, cheese slices, cottage cheese)

Dairy: individual Greek yoghurt fruit and granola pots, plain Greek yoghurt;
selection of skimmed and semi skimmed milks available

Support / protect

EAC Probiotic shot: EAC Keffir Probiotic shot (cultured daily in-house)

Avocado: smashed avocado with chilli and lime and avocado slices

Mushrooms: grilled mushrooms

Tomatoes: roasted tomatoes

Spinach: wilted spinach

Berry selection: selection of berries and berry compote

Fruit: fresh fruit (mixed fruit salad platter and individual portions of fruit)

Juice: cold pressed immune boost shooter of the day

Extras

Dairy Free: almond, soya and rice milk available plus dairy free yoghurts available

Dried fruit: selection of dried goji berries, apricots, cranberries, raisins and prunes

Mixed nuts & seeds: selection of nuts, chia, pumpkin and sunflower seeds, milled linseed and flaxseed toppers

Nut butter / preserves: selection of high-quality nut butters, local honey and locally sourced preserves

Condiments: extra virgin olive oil, flaxseed oil, selection of spreads, dressings and sauces

Jelly: homemade "REGEN" fruit jelly pots

SAMPLE CAFE MENU

Specials

Hot special of the day
Salad of the day
EAC Superfood Salad (add extra chicken or egg)
Selection of wraps and sandwiches
Bircher Muesli of the day

Buddha bowls

Slow braised chipotle beef + brown rice + shredded red cabbage + carrot + edamame
+ spring onion + avocado + spinach + jalepeno
Chicken + shredded red cabbage + rice noodles+ carrot + mint + sugar snaps + toasted seeds
+ pomegranate + thai dressing
Salmon + brown rice + fennel + baby kale+ pickled cucumber + toasted seeds
+ spring onion + turmeric + ginger + coconut
Grilled tofu + brown rice + mushrooms+ carrot + broccoli + shredded red cabbage
+ pea shoots + honey almonds + miso

Snacks

Munchy seeds; Pip and Nut sachets; Emily Crisps; 10 acre pop corn; Kallo rice cakes
Nine bars; OTE Anytime Bars; Get Buzzing Flapjacks and bites; Wild Trail bars;
Willies Cacao; Beef Biltong; Selection of yoghurts (Arla, FAGE, Soya); Fresh Fruit

Hot drinks

All available with dairy, soy, almond or lactose free milk
Espresso
Cappuccino
Latte
Americano
Decaff coffee
Herbal teas
English breakfast
Real hot chocolate

Cold drinks

Smoothie of the day
EAC Keffir
Barn milk shakes
Mineral water (still and sparkling)
Coco vita
Kombucha
Tapped birch water with apple and ginger
Savse juice drinks
BAM organic milkshakes
Pints of semi-skimmed milk
Fentimans or Cawston Press fizzy drinks

SAMPLE LUNCH MENU

Vegetarian

Lentil, chickpea and cauliflower daal

Fuel

Carb 1: selection of fresh breads (sour dough, seeded, rye, plain), wraps and bagels (GF available)

Carb 2: aromatic brown rice and supergrain pilaff

Carb 3: rosemary roasted new potatoes with beetroot and squash (GF)

Salad bar: selection of plain pasta and rice available on the salad bar

Repair

Live: omelettes / chicken cooked to order each day

Meat: lean and mean beef meatballs with beans, sweetcorn and avocado

Poultry: chicken miso broth

Fish: mediterranean fish ragu

Dairy: individual Greek yoghurt, fruit and granola pots, plain Greek yoghurt

Salad bar: cold cuts of sliced chicken, ham and bresaola, hard boiled eggs, cottage cheese, pulses

Support / protect

Soup of the Day: Soup of the Day

Vegetable 1: green beans and salsa

Vegetable 2: edamame with mint, coriander and chilli

Salad 1 (v): chef's "Recharge" salad of the day 1

Salad 2: chef's "Recharge" salad of the day 2 (can contain small amount cheese or seafood)

Salad bar: selection of vegetable salad items

Fruit 1: selection of individual fruit portions

Fruit 2: fruit salad medley platter and berry compote

Juice: cold pressed immune boost shooter of the day

Extras

Dried fruit: selection of dried goji berries, apricots, cranberries, raisins and prunes

Mixed nuts & seeds: selection of nuts, chia, pumpkin and sunflower seeds, milled linseed and flaxseed toppers

Nut butter / preserves: selection of high-quality nut butters, local honey and locally sourced preserves

Condiments: extra virgin olive oil, flaxseed oil, selection of spreads, dressings and sauces

Jelly: homemade "REGEN" fruit jelly pots

SAMPLE EVENING MENU

Vegetarian

Beetroot and bean burger with quinoa and chia

Fuel

Carb 1: selection of fresh breads (sour dough, seeded, rye, plain), wraps and bagels (GF available)

Carb 2: sweet potato, garlic and white bean mash (GF)

Carb 3: wholewheat pasta with spinach and rocket pesto

Salad bar: selection of plain pasta and rice available on the salad bar

Repair

Live: omelettes / chicken cooked to order each day

Meat: slow braised Italian style beef stew

Poultry: chicken souvlaki

Fish: fresh tuna steak with gremolata and spicy cashews

Dairy: individual Greek yoghurt, fruit and granola pots, plain Greek yoghurt

Salad bar: cold cuts of sliced chicken, ham and bresaola, hard boiled eggs, cottage cheese, pulses

Support / protect

Soup of the Day: Soup of the Day

Vegetable 1: middle eastern spiced roasted seasonal vegetables

Vegetable 2: braised red cabbage

Salad 1 (v): chef's "Recharge" salad of the day 1

Salad 2: chef's "Recharge" salad of the day 2 (can contain small amount cheese or seafood)

Salad bar: selection of vegetable salad items

Fruit 1: selection of individual fruit portions

Fruit 2: fruit salad medley platter and berry compote

Juice: cold pressed immune boost shooter of the day

Extras

Dried fruit: selection of dried goji berries, apricots, cranberries, raisins and prunes

Mixed nuts & seeds: selection of nuts, chia, pumpkin and sunflower seeds, milled linseed and flaxseed toppers

Nut butter / preserves: selection of high-quality nut butters, local honey and locally sourced preserves

Condiments: extra virgin olive oil, flaxseed oil, selection of spreads, dressings and sauces

Jelly: homemade "REGEN" fruit jelly pots

Evening meal dessert: EAC cashew cream crunch / Beetroot brownie / Energy ball truffle / Flapjack / Athlete apple crumble (all <250 kcals)



IMAGO
VENUES