

Please order at the till when you are ready.

The food you eat on a daily basis is even more important than you realise. It's so much more than body fat and calories. The quality of your nutrition affects your mood, your mind and your happiness, all in real time. Our menu has been designed with this in mind, based on our extensive coaching experience through Aurora Athletic and in line with our Aurora Approach.

All Day Breakfast

At Aurora Kitchen we aim to cater for everyone, from dietary requirements to meal timing. We know not everyone breaks their fast (break-fast) before 11:30am, that's why we've made our most popular items available all day.

Topped Toast

For those times when you don't know whether you want a meal or a snack, but don't want to compromise on flavour. Enjoy a thick cut slice of sourdough bread, with your choice of topping.

Whipped Feta & Cherry Tomato v **£5.95**
157 kcals | 10g Protein | 23g Carbs | 3g Fat *Double up +£3*

Hummus, Rocket & Pesto v **£5.95**
292 kcals | 9g Protein | 28g Carbs | 16g Fat *Double up +£3*

Smashed Avocado & Egg v **£5.95**
Add Bacon for £1 *Double up +£3*
357 kcals | 17g Protein | 21g Carbs | 23g Fat

Caramelised Red Onion, Balsamic Roasted Cherry Tomatoes and Poached Egg v **£5.95**
Double up +£3
192 kcals | 11g Protein | 24g Carbs | 6g Fat

Aurora Clean Beans on Toast v **£5.95**
Double up +£3
197 kcals | 12g Protein | 25g Carbs | 5g Fat

Something Sweet

We've all got a sweet tooth, but we also know we need to be good... especially at breakfast. With our Something Sweet range, you can have the best of both.

Protein Pancakes

Healthy protein pancakes, made from scratch on site. All the indulgence, none of the guilt.

Regular Stack (3) v **£5.95**
298 kcals | 43g Protein | 22g Carbs | 4g Fat

Massive Stack (5) v **£7.50**
478 kcals | 70g Protein | 34g Carbs | 7g Fat

Toppings *Add 50p per topping*

Blueberries/Strawberries & Greek Yogurt Greek Yogurt & Honey Chocolate (Protein) & Nuts
Cashew Butter & Banana Peanut Butter and Jam

Hot Wraps

Added by popular demand! Available with a wholemeal, spinach or beetroot wrap, complete with your choice of the fillings below.

Mushroom & Halloumi v **£5.95**
285 kcals | 13g Protein | 38g Carbs | 9g Fat

Chicken, Avocado & Greens **£5.95**
328 kcals | 39g Protein | 33g Carbs | 11g Fat

Steak & Caramelised Red Onion **£5.95**
384 kcals | 36g Protein | 42g Carbs | 13g Fat

Breakfast Bagels

Choose from one of our low calories bagels, or bump it to a Dr. Zac's Protein Bagel for an extra 50p.

Peanut Butter & Jam v (N) **£2.95**
376 kcals | 13g Protein | 62g Carbs | 5g Fat

Cream Cheese v **£2.95**
282 kcals | 11g Protein | 47g Carbs | 5g Fat

Cashew & Banana v (N) **£3.95**
500 kcals | 16g Protein | 73g Carbs | 16g Fat

Bacon & Cream Cheese **£4.50**
324 kcals | 20g Protein | 47g Carbs | 6g Fat

Bacon & Egg **£4.50**
337 kcals | 24g Protein | 46g Carbs | 6g Fat

Sausage & Egg **£4.50**
360 kcals | 16g Protein | 49g Carbs | 10g Fat

Fully Loaded Sausage, Bacon & Egg **£5.95**
401 kcals | 26g Protein | 49g Carbs | 10.5g Fat

Maple French Toast


Enjoy our guilt free maple French toast, coated with our low cal egg white wash and grilled to perfection.

Regular French Toast (4) v **£5.95**
324 kcals | 16g Protein | 54g Carbs | 4.6g Fat

Massive French Toast (6) v **£7.50**
424 kcals | 21g Protein | 73g Carbs | 5g Fat




Aurora Built Boxes

Where it all began. We like many others bemoaned the lack of healthy meal options available on the go. Those that were, disappointed either your taste buds or your wallet. Enter our Built Box. Using our extensive coaching experience and years of nutrition programming, we have created a lunch box to suit everyone. Dieting or bulking, low carb or low fat, plant based or meat eater... we've got you covered.

1 Pick Your Size	2 Pick Your Main	3 Pick Your Side
 Regular £7.95	Roasted Chicken Breast King Prawn* BBQ Chicken Salmon* Pulled Pork Halloumi v Grilled Steak* Falafel v Peri Peri Chicken	Steamed Brown Rice Couscous Sweet Potato Fries Sweet Potato Mash Whole-Wheat Pasta Make It Skinny Cauliflower Rice Quinoa Fully Loaded Salad
4 Pick Your Premium Green	5 Pick Your Salad	
Avocado Pesto v Sweet Chilli Sauce BBQ v Tomato Ketchup Relish v Hot Sauce Teriyaki	2 free, then 50p per extra topping	
6 Pick Your Sauce		

Build A Burger

Similar to our Built Box, but catered around a long time fan favourite... The Burger. It's wrongly got a lot of bad press over the years, however if made with the right ingredients and cooked correctly (the Aurora way) they can fit into anyone's diet. That's why we've given you the option to go bunless and choose your own sides and veg.

 Pick Your Patty (Add an extra patty for £2)	 Pick Your Veg (2 free, then add 50p per extra)	 Pick A Premium Topping (1 free, then £1 extra per topping)
Beef Chicken Beetroot v	Spinach Red Onion Tomato Peppers Lettuce Cucumber	Bacon Monterey Jack Cheese Cheddar Avocado Egg Slaw Balsamic Cherry Tomatoes Aurora Beans Feta Halloumi Sweet Potato Hash Brown
CHOOSE A STRIPPED BURGER OR ADD A BUN (for no extra cost)		Add sweet potato fries to your burger for £2

Beef 252 kcals | 16g Protein | 5g Carbs | 19g Fat

Chicken 90 kcals | 21g Protein | 0.1g Carbs | 0.6g Fat

Beetroot 176 kcals | 9g Protein | 28g Carbs | 3g Fat

Plant Based

Our plant based meals have been purposely designed, pairing ingredients that work from both a flavour and health perspective. They come as stand-alone meals with the option of adding an additional protein source to each. All of our plant based meals start with a base of spinach & rocket, mixed with diced tomatoes, cucumber, red pepper and balsamic glaze.

+ Add chicken, halloumi or Quorn to your salad for £2

Superfood Salad v **£4.95**
309 kcals | 11g Protein | 40g Carbs | 6g Fat
We make it a super salad by adding quinoa, mangetout, asparagus, diced beetroot, chia seeds and cranberry.

Broccoli & Beetroot v **£5.95**
75 kcals | 5g Protein | 12g Carbs | 1g Fat
Aldente broccoli and freshly diced beetroot added to our signature plant base.

Asparagus & Poached Egg v **£5.95**
185 kcals | 13g Protein | 13g Carbs | 9g Fat
Our signature plant base, paired with seared asparagus spears, topped with two perfectly poached eggs.

Flat Breads

Our signature low calorie flatbreads, made with our secret Aurora recipe, topped with your choice of veggies or meat from the selection below.

BBQ Pork **£9.95**
328 kcals | 26g Protein | 34g Carbs | 12g Fat
BBQ Pork & mozzarella on a flatbread base.

Roasted Veg & Mozzarella v **£8.95**
252 kcals | 11g Protein | 28g Carbs | 6g Fat
Roasted vegetables & mozzarella on a flatbread base.

Sausage & Red Onion **£9.95**
406 kcals | 17g Protein | 37g Carbs | 15g Fat
Sausage & red onion on a flatbread base.

Meat Boards

For when you mean business. No messing about, we're here to be fed. All served with sweet potato fries.

Steak Board **£14.95**
445 kcals | 53g Protein | 26g Carbs | 14g Fat
Grilled steak cooked to your liking, served with sweet potato fries, grilled asparagus, roasted tomato and flat grilled mushroom.

Chicken Board **£12.95**
433 kcals | 69g Protein | 40g Carbs | 15g Fat
Oat-coated chicken goujons and salt and chilli chicken strips. All baked to perfection and served with sauteed peppers and onions. Comes with sweet potato fries on the side, sweet chilli sauce and turmeric mayo.

Pork Board **£12.95**
556 kcals | 51g Protein | 34g Carbs | 26g Fat
Sriracha pulled pork paired with honey glazed lean pork sausages. Served with sweet potatoes fries, a grilled beef tomato and mushrooms.

Mains

The cornerstone of our main menu. Aiming to cater to as many goals and tastebuds as possible, whilst still embodying the Aurora Approach. Catering to all, we offer a wide variety of meal and macro combos.

Chilli & Garlic Chicken **£9.95**
327 kcals | 27g Protein | 46g Carbs | 3g Fat
Chicken with a sticky sweet chilli glaze, sauteed peppers, onion and mixed chillis, served with rice.

Satay Chicken **£9.95**
282 kcals | 29g Protein | 26g Carbs | 7g Fat
Grilled chicken kebabs with a clean peanut satay glaze, served with a couscous and salad bowl.

Sweet Potato Chickpea Curry v **£8.95**
517 kcals | 26g Protein | 92g Carbs | 5g Fat
With grilled pittas and rice.

Naked Burrito Bowl **£9.95**
533 kcals | 30g Protein | 54g Carbs | 22g Fat
Chicken, red pepper and caramelised onion, served with rice, salsa and avocado.

Teriyaki Salmon/Steak **£12.95**
Steak: 346 kcals | 51g Protein | 21g Carbs | 6g Fat
Salmon: 302 kcals | 28g Protein | 21g Carbs | 12g Fat
Teriyaki glazed grilled salmon or steak, with crushed potato and green beans.

Roasted Sweet Potato Salad v **£4.95**
100 kcals | 6g Protein | 9g Carbs | 4g Fat
Our signature plant base topped with roasted sweet potato cubes.

Clean Caesar Salad **£5.95**
316 kcals | 21g Protein | 12g Carbs | 20g Fat
Crispy iceberg lettuce, topped with shavings of parmesan, anchovies, wholemeal croutons and topped with our homemade healthy caesar dressing.

Strawberry & Avocado Salad v **£5.95**
457 kcals | 10g Protein | 22g Carbs | 35g Fat
Sounds a little odd, but tastes amazing. Freshly picked strawberries paired with ripe chunks of avocado, on our signature plant base.

Fajita Chicken **£9.95**
317 kcals | 39g Protein | 25g Carbs | 3g Fat
Chicken with onions and peppers in a fajita style sauce on a flatbread base.

Margherita v **£8.95**
284 kcals | 11g Protein | 29g Carbs | 7g Fat
Mozarella and a tomato sauce on a flatbread base.

Mixed Grill **£14.95**
781 kcals | 102g Protein | 44g Carbs | 41g Fat
For when you need a little bit of everything. 4oz of our famous bistro steak, 4oz grilled chicken breast, lean pork sausage and BBQ pulled pork. Served with sweet potato fries, grilled beef tomato and mushrooms.

Surf n Turf **£17.95**
553 kcals | 84g Protein | 26g Carbs | 25g Fat
Our signature bistro steak, cooked to your liking (we recommend medium) accompanied by juicy king prawn, seared asparagus spears, roasted beef tomato and grilled mushrooms.

Pasta Bowl **£9.95**
King Prawn: 312 kcals | 27g Protein | 49g Carbs | 2g Fat
V Feta & Pesto: 429 kcals | 20g Protein | 59g Carbs | 12g Fat
Wholewheat pasta with cherry tomato sauce.

Turkey Meatballs **£9.95**
423 kcals | 43g Protein | 49g Carbs | 6g Fat
Seasoned turkey meatballs served with rice on a bowl of salad with a side of mint yogurt dip.

Firecracker Chicken **£9.95**
352 kcals | 38g Protein | 103g Carbs | 3g Fat
Chicken breast in a honey based firecracker sauce, served with rice.

Risotto (Beetroot/Pea & Lemon/Tomato & Pesto) **£9.95**
V Beetroot: 434 kcals | 12g Protein | 65g Carbs | 14g Fat
V Pea & Lemon: 477 kcals | 20g Protein | 84g Carbs | 9g Fat
V Tomato & Pesto: 435 kcals | 13g Protein | 82g Carbs | 10g Fat

Chicken Kickers **£8.95**
412 kcals | 41g Protein | 63g Carbs | 18g Fat
Chicken tenders rolled in oats, baked and served with sweet potato fries.