



ASIA DE CUBA

NEAT NUTRITION & PHOEBE WYNN-JONES

BREAKFAST MENU

CHEF DE CUISINE: MICHAEL HANBURY

EXECUTIVE CHEF: LUIS POUS

sbe



This January we've partnered up with Neat Nutrition and nutrition coach Phoebe Wynn-Jones to guarantee the New Year gets off to a healthy start.

Neat Nutrition was founded by former GB swimmers, Charlie Turner and Lee Forster, in 2015. As competitive athletes, they understood how complicated the world of sports nutrition could be, so their goal with Neat Nutrition is to keep everything simple and support everyday lifestyle with delicious products while also offering advice and support. The ingredients are kept to a minimum in order to prove that simple is best.

St Martins Lane has incorporated Neat Nutrition and this philosophy into Asia de Cuba with the help of Phoebe Wynn-Jones, who has created a bespoke high in protein breakfast menu using Neat Nutrition.

Wynn-Jones used holistic nutrition to recover from a life-changing accident in 2011 and is now qualified in biochemistry as a nutritionist. She has since used her functional and holistic approach in her training programmes in London, Los Angeles, New Jersey and New York. Through a combination of education, high energy and accountability, she encourages all clients to reach further and to continue to achieve by embracing every new challenge.

Instagram:
 stmartinslanesocial
 neat_nutrition
 phoebej_nutrition

For further nutrition advice, Phoebe can be contacted on +44 (0)77 0329 3550.

BREAKFAST

BREAKFAST EGG-WHITE FRITTATA 10.50
egg, egg whites, minced chicken, mushrooms, spinach, green onions, sage

HIGH PROTEIN VEGAN BREAKFAST QUINOA 12
red & white quinoa, dried cherries, dried raisins, chopped walnuts, sunflower seeds, cinnamon

HIGH PROTEIN PORRIDGE 8
egg whites, rolled oats, grilled bananas, chopped walnuts, raspberries, cinnamon, honey

BREAKFAST PROTEIN SMOOTHIE BOWL 10
almond milk, Neat Nutrition vanilla whey protein powder, oats, nut butter, frozen banana, walnuts, pecans, cinnamon

PROTEIN BANANA BREAD & GREEK YOGHURT 10
bananas, sweet potato, eggs, Neat Nutrition whey protein powder, coconut flour, tapioca, baking powder, vanilla essence, cinnamon

HOME-MADE PROTEIN SHAKES

PEANUT BUTTER & BANANA 7.50
natural yoghurt, honey, milk

with your choice of:
Neat Nutrition whey gluten & soy free chocolate protein powder
Neat Nutrition vegan hemp & pea chocolate protein powder

BLAST OFF 7.50
double espresso, milk

with your choice of:
Neat Nutrition whey gluten & soy free vanilla protein powder
Neat Nutrition vegan hemp & pea vanilla protein powder