

LOMAX

PRE - ORDER & DELIVERY SERVICE

Please complete this form and return by email to kitchen@lomaxpt.com by 3pm of the day prior to delivery or collection. Payment can be made over the phone prior to delivery or in person for collection. Free delivery for orders over £50.

Contact Name:

Contact Tel:

Contact Email:

Date Required:

Time Required:

Delivery required

Collect from Lomax Chelsea, 293 Fulham Road, SW10 9PZ

Delivery Address:

Postcode:

Additional Information:

BREAKFAST	Price	Quantity	Total
Muesli with fresh berries and milk (336 cal)	£3.50		£
Banana & Peanut Butter Buckwheat Pancake (347 cal)	£3.95		£
Summer Bircher Muesli (375.6 cal)	£3.50		£
Raspberry & Yoghurt Pot (113 cal)	£2.50		£
Blueberry & Yoghurt Pot (113 cal)	£2.50		£
Seasonal Fruit Salad	£3.50		£
Plain Porridge with coconut milk (125.3 cal)	£2.00		£
Breakfast Smoothie (181 cal)	£4.95		£
LOMAX GRAB & GO RANGE			
Quinoa Patty with hummus and steamed greens (365 cal)	£4.95		£
Beef, Rocket and Mango Salad (162 cal)	£5.95		£
Tuna, Green Bean and Tabbouleh Salad (272.8 cal)	£5.95		£
Chicken Club Salad (152 cal)	£4.85		£
Garlic Prawn Salad (186 cal)	£5.95		£
Chicken Ratatouille (245 cal)	£6.50		£
Chickpea Salsa (125.7 cal)	£2.50		£

LOMAX HEALTHPOTS	Price	Quantity	Total
Grilled Med Veg Detox Pot (240 cal)	£4.95		£
Mackerel Niçoise Omega-3 Pot (287 cal)	£5.50		£
Salmon Ceviche Omega-3 Pot (287 cal)	£6.50		£
Beetroot, Squash & Tomato Healthy Heart Pot (134 cal)	£4.50		£
LOMAX BUCKWHEAT WRAPS			
Smoked Salmon with chives and natural yoghurt (223 cal)	£3.95		£
Roasted Vegetable with hummus, feta and rocket (290 cal)	£3.95		£
Poached Chicken with guacamole and red peppers (299 cal)	£3.95		£
Rare Roast Beef with red pepper pesto (214 cal)	£3.95		£
LOMAX DELI RANGE – MAIN DISHES			
Beef & Aubergine Lasagne (358 cal) – <i>Mon, Tues, Fri & Sat only</i>	£5.50		£
Chicken Biryani (256 cal) – <i>Mon & Tues only</i>	£5.50		£
Thai Coconut Dhal (V) (148 cal) – <i>Mon & Tues only</i>	£4.00		£
Turkey Meatballs (281 cal) – <i>Wed, Thurs, Fri & Sat only</i>	£4.50		£
Coronation Chicken (268 cal) – <i>Wed & Thurs only</i>	£5.50		£
Veggie Chilli (V) (176 cal) – <i>Wed, Thurs, Fri & Sat only</i>	£4.00		£
Chicken Hot Pot (264 cal) – <i>Fri & Sat only</i>	£5.50		£
Thai Prawn Noodles (373 cal)	£4.50		£
Grilled Salmon Fillet (194 cal)	£3.50		£
Green Curry Chicken Skewers (232 cal)	£4.50		£
Satay Beef Skewers (216 cal)	£4.50		£
LOMAX DELI RANGE – SIDE DISHES			
Summer Salad (29 cal) – <i>spinach, radish, artichoke, courgette & pomegranate</i>	£2.50		£
Stir Fry Vegetables (89 cal)	£2.50		£
Samphire, Broccoli, Asparagus & Green Beans (48 cal)	£2.50		£
Kale, Okra & Mushrooms (29 cal)	£2.50		£
Rainbow Vegetables (75 cal)	£2.50		£
Tabbouleh (111 cal)	£3.50		£
Beetroot, Spinach & Feta Quinoa (123 cal)	£3.50		£
Wholemeal Rice (141 cal)	£1.50		£
Sweet Potato Wedges (115 cal)	£2.50		£
LOMAX SNACKS			
Quinoa & Brown Rice Sushi with tuna and cucumber (138 cal)	£4.50		£
Potted Salmon with rye crisps (115 cal)	£3.50		£
Potted Mackerel with rye crisps (115 cal)	£3.50		£
Beetroot & Walnut Dip with vegetable crudités	£3.50		£
Hummus with vegetable crudités	£4.50		£

FRESH JUICES			Price	Quantity	Total
Blended 5-A-Day Spinach, Carrot, Ginger, Lemon, Apple, Beetroot & Mint <i>All round antioxidant booster packed with a variety of vitamins and minerals.</i>			£3.50		£
The Classic Carrot, Apple, Lemon & Ginger <i>Great for circulation and high in fibre, as well as boosting the immune system.</i>			£3.50		£
The Cleanser Beetroot, Carrot, Lime, Celery & Cucumber <i>Great for soothing and cleansing the digestive tract, full of vitamins and minerals.</i>			£3.50		£
Immune Booster Carrot, Red Pepper, Ginger & Kale <i>High in vitamin A and C – key nutrients for immunity.</i>			£3.50		£
Liquid Lunch Carrot, Celery, Apple, Red Pepper, Beetroot, Fennel & Kiwi <i>A complete vitamin and mineral hit.</i>			£3.50		£
Green Goodness Pineapple, Celery, Kale & Spinach <i>A cleansing juice, great for digestion.</i>			£3.50		£
SMOOTHIES					
Breakfast Smoothie Banana, Strawberry, Oats, Apple & Almond Milk <i>A low glycaemic breakfast choice that's high in fibre – the perfect way to start the day!</i>			£3.50		£
Skin Booster Apple, Avocado, Lemon & Ginger <i>Contains vitamins C, E and B – important for collagen production.</i>			£3.50		£
Post-Train Piña Colada Pineapple, Coconut Milk, Cinnamon, Banana & Yoghurt <i>High in protein and contains low GI carbohydrates to replenish energy stores and support lean muscle growth.</i>			£3.50		£
Super Greens Spinach, Celery, Lemon, Ginger, Cucumber & Pear <i>A daily dose of greens giving you a multitude of vitamins, minerals and phytonutrients.</i>			£3.50		£
Fibre Boost Banana, Prunes, Yoghurt, Oats & Apple <i>A natural way of promoting a healthy digestive system.</i>			£3.50		£
Energiser Berries, Oats, Orange, Yoghurt & Cinnamon <i>Low GI, high in fibre and loaded with antioxidants.</i>			£3.50		£
Dessert Vanilla Whey Protein, Banana, Peanut Butter & Coconut Milk			£3.50		£
BOOSTERS					
<input type="checkbox"/> Whey Protein	<input type="checkbox"/> Hemp Protein	<input type="checkbox"/> Lucuma	£1.50		£
<input type="checkbox"/> Spirulina	<input type="checkbox"/> Açai	<input type="checkbox"/> Chia			
<input type="checkbox"/> BCAA	<input type="checkbox"/> Detox Mix	<input type="checkbox"/> Bee Pollen			
<input type="checkbox"/> Vitamin C	<input type="checkbox"/> Flaxseed	<input type="checkbox"/> Wheatgrass			
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Maca	<input type="checkbox"/> Baobab			
			TOTAL		£