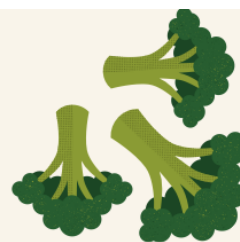




VIC'S NUTRITIOUS KITCHEN



PROTEIN BOWLS

All protein bowls are £12.50 plus £2.00 local delivery (*Beaconsfield only*).

PLEASE ORDER BEFORE 2PM FOR NEXT DAY DELIVERY BETWEEN 12-2PM

ORDER via WhatsApp: 07855 771237 or DM on INSTAGRAM: victoria_raworth_nutritonist

Menu's updated on Instagram



STEP ONE!

Choose your protein, cooked with a new homemade marinade daily:

Chicken OR Salmon fillet OR Halloumi OR Tuna Mayo Mix (*with egg & onion*)

Marinades: **Monday:** Garlic, sesame and soy **Tuesday:** Lemon and cumin **Wednesday:** Rose Harissa

Thursday: Tamarind and Ginger **Friday:** Miso butter and lime

STEP TWO!

WE DO THE REST!

Your protein choice will be added to our bowls, each of which contains:

Mixed green salad

Speciality Salad of the Day (*see menu below*)

Gut-friendly, fibre-fuelled grain/pulse (*see menu below*)

Homemade salad dressing (vinaigrette or ginger and sesame)



SPECIALITY SALAD & GRAINS MENU

MONDAY: Sesame and miso charred broccoli, mushroom, avocado, radish, edamame, toasted pumpkin seeds
PLUS red & brown rice with spring onion, mint and coriander

TUESDAY: Roasted butternut squash, kale, aubergine and courgette, pomegranate and feta
PLUS quinoa tabbouleh (red onion, tomatoes, cucumber, parsley & mint)

WEDNESDAY: Lemony kale, shredded white cabbage, pickled red cabbage, grated carrot, avocado, radish
PLUS bulgar wheat, black sesame with smoked paprika chickpeas

THURSDAY: Fennel, radish, parsley, tarragon, broad bean, sumac, feta, pomegranate
PLUS brown rice, caramelised onions with black beans

FRIDAY: Roast vegetables: beetroot, cauliflower, carrots, garlic, celery, shallots, cherry tomatoes, green beans,
PLUS freekeh, caramelised onions, lemon, pine nuts, sumac, zaatar, herbs & hummus

COLD-PRESSED JUICES (£6.00 330ml)

Energiser – Apple, Carrot, Ginger, Lemon

Detox – Beetroot, Carrot, Ginger, Lemon

Immune Booster – Carrot, Double Ginger, Orange

Green Goddess – Kale, Green Apple, Celery, Ginger, Lime

(Add a shot of Collagen, Protein or Creatine for £1.00)



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THANK YOU FOR SUPPORTING A SMALL BUSINESS

Vic's Nutritious & Delicious Kitchen

Food carefully balanced by a nutritional therapist that is not only healthy but delicious too.

Protein Breakfast Bowls

Sweet with homemade granola with buckwheat, oats, sour cherries, chopped apricots, nuts & seeds served with berries and other seasonal fruits, peanut butter and Greek yoghurt

Savoury with boiled Bruford Brown egg, wilted spinach, mushrooms, roasted tomatoes, hummus, avocado & black sesame seeds

Lunch Protein Bowls

Daily bowls with speciality salads, whole grain salad, green leaves and a choice of protein (salmon, chicken, tuna or halloumi). Daily menu attached.

Please order by WhatsApp: 07855 771237 OR DM me from Instagram
victoria_raworth_nutrionist

All bowls are £12.50 each, served in a biodegradable cardboard bowl.

Minimum order is 7 for delivery

Thank you,

Victoria Raworth Dip ION – Nutritional Therapist

My journey into nutrition began in 2000, following a fast-paced career in publishing that left me burned out by the age of 35. Everything changed when I discovered *Optimum Nutrition* by Patrick Holford. By following its simple principles, my energy returned, I lost weight, and I felt inspired to transform both my lifestyle and my career.

I went on to complete a four-year diploma at the Institute for Optimum Nutrition and established my own practice. Alongside this, I wrote for *Practical Parenting* and *GQ* magazines and led the *Food For Life Project* for schoolchildren across the South East. Through this work, I taught the importance of growing food, cooking nourishing meals, and developing healthy eating habits. It was here that I truly found my passion.

My Aim

I truly believe that food is our most powerful medicine and the foundation of lasting good health and disease prevention. My approach is rooted in simple, practical and wholesome lifestyle changes that fit naturally into everyday life and create long-term results.

I aim to help you cut through health fads and quick-fix diets, taking a holistic and personalised approach to guide you towards vitality and sustainable wellbeing.

“Let food be thy medicine and medicine be thy food.”

Victoria Raworth Dip ION - Nutritional Therapist

I am a qualified Nutritional Therapist with over two decades of experience supporting individuals and organisations to improve health, energy, and performance through nutrition and lifestyle strategies.

I work with corporate teams to deliver practical, engaging, and well-being programmes. My approach focuses on sustainable habits that enhance concentration, resilience, stress management, immunity, and long-term vitality—helping employees feel and perform at their best, both at work and at home. I empower organisations to build healthier, happier, and more productive workplaces.

Protect your No.1 asset - Your Staff

Victoria Raworth DipION @victoria_raworth_nutrionist