



HEALTHY AND CONVENIENT TAKEAWAY MEALS

MEAL PREP MENU

www.j-jays.com

Tel: 01482 323572

49 Savile Street, Hull, HU1 3EA

Opening Times: Mon - Fri 8am to 5pm, Sat 9am to 4pm



@JJAYS49

MEAT

LEAN CLEAN CHICKEN 4.95

Roasted and marinated chicken, sweet potato wedges and broccoli.

K 462 F 10.3g C 36.3g P 52.7g

BEEF SHREDDER 5.20

Matured marinated garlic and ginger lean beef with stir-fried veggies.

K 403 F 12.9g C 23.8g P 45.5g

CHICKEN SHREDDER 4.95

Marinated chilli and garlic chicken with stir-fried veggies.

K 482 F 14.1g C 30.9g P 54.7g

TURKEY PATTIES (GF) 4.95

2 x Seasoned turkey patties with green beans and new potatoes.

K 494 F 18.1g C 32.6g P 46.4g

LEAN BEEF CHILLI (GF) 4.95

Lean beef chilli con carne with jacket potato wedges.

K 496 F 9.8g C 66.7g P 28.3g

MEATBALLS & PASTA 4.95

Seasoned turkey meatballs with a rich tomato sauce and whole wheat pasta.

K 598 F 22.9g C 46.3g P 50.1g

CHINESE CHICKEN NOODLE 4.95

Marinated Chinese chicken with stir-fried veggies and egg noodles.

K 585 F 10.7g C 62.2g P 56.6g

K = Calories F = Fat C = Carbohydrates P = Protein



VEGGIE & VEGAN

LOW CARB PIZZA (V,GF) 4.50

Mozzarella and egg pizza topped with mozzarella, mushrooms and red onion on spinach.

K 492 F 29.5g C 16g P 38.9g

SPICED CHICKPEA (V,VE,GF) 4.50

Roasted chickpeas, sweet potato wedges and broccoli.

K 420 F 12.9g C 53.5g P 14.9g

LEAN BEAN CHILLI (V,VE,GF) 4.50

Lean bean chilli con carne with jacket potato wedges.

K 512 F 7.2g C 83.5g P 17.5g

V = VEGETARIAN VE = VEGAN GF = GLUTEN FREE

BUY MORE - SAVE MORE

10 MEALS = £45

20 MEALS = £85

40 MEALS = £160

MEAL PREP CARD = £45

Excludes any other offers or discounts.

Please ask in store for more details.

PAY OVER THE PHONE OR IN STORE!

Orders must be placed in store or over the phone with 48 hours notice and following Monday collection must be placed by 5pm Friday.

Collection will be arranged when order is placed. Please let us know if you have any allergy or dietary needs.