

MENU

FOOD SERVED
MONDAY-FRIDAY 6AM-8PM
SATURDAY 8AM-2PM



BREAKFAST

ALL DAY BREAKFAST

MWO SET 1 • Kcal 962 | Protein 62.1g • £11.50

Chicken Sausages, Turkey Bacon, Eggs, Beans, Hash Brown

MWO SET 2 • Kcal 968 | Protein 46.2g • £13.50

6oz Ribeye, Mushrooms, Tomatoes, Eggs, Hash Browns

MWO MAKE YOUR OWN • £14

Choose from x2 Meats: Rib eye (Kcal 466 Protein 29.8g), Turkey bacon (Kcal 162 Protein 13g), Chicken sausage (Kcal 280 Protein 30g) Eggs (Kcal 142 Protein 12.4g) and x2 Extras Hash browns (Kcal 300 Protein 2g), Beans (Kcal 78, Protein 4.7g), Halloumi (Kcal 499 Protein 38.4g)

MWO VEGGIE (V) • Kcal 997 | Protein 59.5g • £11.50

Grilled Halloumi, Eggs, Mushrooms, Tomatoes, Beans, Hash Browns

EGG ON TOAST • Kcal 482 | Protein 17.4g • £4.50

CHOOSE YOUR OWN TOAST • Kcal 482 | Protein 17.4g • £5.50

Choose 2 from Eggs, beans, tomatoes, mushrooms, avocado, turkey bacon

EGGS BENEDICT • Kcal 587 | Protein 33.3g • £6.50

Two muffins, poached eggs, turkey bacon and hollandaise sauce

3 EGG OMELETTE • Kcal 236 | Protein 19.2g • £4.50

PROTEIN PANCAKES • Kcal 313 | Protein 37.7g • £5

With mixed Berries and Natural Yoghurt topping.

GREEK YOGHURT, GRANOLA AND BERRY BOWLS

Kcal 574 | Protein 16.4g • £5.50

ADD EXTRAS

Extras to add to any of the above: Add Ribeye - £8

Add Chicken Sausage, Turkey Bacon - £2

Add Eggs, tomatoes, mushrooms, beans, hash browns, toast - £1.50

LUNCH & DINNER

WRAPS & KEBABS

TWO LAMB SKEWERS • Kcal 971 | Protein 62.4g • £13.50

Fries and Salad or (Rice Kcal 792 | Protein 61.1g)

2 PIRI CHICKEN SKEWERS • Kcal 796 | Protein 69.9g • £12

Fries and Salad or (Rice Kcal 599 | Protein 68g)

2 GARLIC CHICKEN SKEWERS • Kcal 788 | Protein 69.8g • £12

Fries and Salad or (Rice Kcal 589 | Protein 67.8g)

6oz RIBEYE STEAK • Kcal 890 | Protein 36.2g • £15.50

Fries and Salad or (Rice Kcal 711 | Protein 34.9g)

BUFFALO CHICKEN WRAP • Kcal 589 | Protein 33.3g • £8

Chicken Tenders, buffalo sauce, mayo, salad

BEEF BURRITO WRAP • Kcal 636 | Protein 35.7g • £8

Fajita Beef, Rice, Salsa, Avocado, Salad

HALLOUMI WRAP • Kcal 692 | Protein 41g • £8

Grilled Halloumi, Sweet chilli, peppers, salad

Extras: Lamb skewer • Kcal 165 | Protein 31g • £4.50

Chicken Skewer • Kcal 165 | Protein 31g • £4

Sides: Fries • Kcal 424 | Protein 6.4g • £3, Cajun/Piri Fries • £4

Rice • Kcal 245 | Protein 5.1g • £3

6 TENDERS • £6

Buffalo • Kcal 349 | Protein 35g, Sweet Chilli • Kcal 479 | Protein 45.1g

Katsu Curry • Kcal: 479 | Protein: 45.1g, BBQ • Kcal 420 | Protein 28.6g

Sriracha • Kcal 470 | Protein 46.6g

10 WINGS • £6

Buffalo • Kcal 357 | Protein 35g, Sweet Chilli • Kcal 479 | Protein 35.1g

BBQ • Kcal 444 | Protein 37g, Sriracha • Kcal: 388 | Protein: 36.6g

fuel your gains

BURGERS

MWO SMASH • Kcal 521 | Protein 46.9g • £10

Two house made smashed patties with our secret seasoning in a sesame seeded brioche bun, American cheese, our burger sauce and pickles

MWO BBQ • Kcal: 606.8 | Protein: 46.6g • £10

Two house made smashed patties with our secret seasoning in a sesame seeded brioche bun, topped with deluxe BBQ sauce, crispy onions and American cheese

MWO CLUCKER • Kcal 420.8 | Protein 28.6g • £10

Three Tenders tossed in sriracha sauce in a sesame seeded brioche bun, with mayo and mixed pepper slaw

MWO VEGINATOR (V) • Kcal 565 | Protein 25.2g • £10

Beyond burger with our secret seasoning in a sesame seeded brioche bun, American cheese, our burger sauce and pickles



Where to find us

Muscleworks Orpington
Lagoon Road, Orpington BR5 3RZ

Opening Hours

Monday - Friday: 6am - 8pm
Saturday: 8am - 2pm

Telephone Orders

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