



GYM
KITCHEN SL

FUEL A BETTER YOU

PRODUCT
CATALOGUE

READY-TO-EAT

BONELESS COOKED
PREMIUM CHICKEN BREAST



HIGH
PROTEIN



FULLY
COOKED



CONVENIENT
& EASY

حلال

HALAL
CERTIFIED



TERIYAKI CHICKEN

TERI-YAKI

A bold Japanese-inspired glaze that brings depth and character to tender chicken breast, making it easy to add flavour to rice, noodles, salads or enjoy straight from the pack.

NUTRITION PER 100g

31g PROTEIN

165 kcal ENERGY



PACK INFORMATION

Net Weight: 100g

Serving: 1

Format: Ready-to-eat retort pouch

PREPARATION & SERVING

Tear open the pouch before heating. Heat on HIGH for 2–3 minutes, or until heated thoroughly and enjoy with rice, Noodles, vegetables, wraps, salads or straight from the pouch.

STORAGE

Keep frozen at -18°C or below.



DEVIL CHICKEN

FIERY FLAVOUR

A fiery take on a Sri Lankan favourite, featuring succulent chicken breast infused with bold spices, aromatic heat and a rich savoury finish.

NUTRITION PER 100g

31g PROTEIN
165-200 kcal ENERGY



DEVIL MARINADE

A rich Sri Lankan marinade of chillies, roasted spices, and aromatic seasonings, coated on tender chicken breast for deep flavour and a satisfying kick.

PACK INFORMATION

Net Weight: 100g
Serving: 1
Format: Ready-to-eat retort pouch

PREPARATION & SERVING

Tear open the pouch before heating.
Heat on HIGH for 2-3 minutes, or until heated thoroughly and enjoy with rice, Noodles, vegetables, wraps, salads or straight from the pouch.

STORAGE

Keep frozen at -18°C or below.



LANKAN CHICKEN

AUTHENTIC LANKAN FLAVOUR

Slow-cooked with a fragrant blend of traditional Sri Lankan spices, this boneless chicken breast brings together the warmth of roasted spices, aromatic curry flavours and a gentle touch of chilli for a rich, comforting taste that feels like home.

NUTRITION PER 100g

31g PROTEIN
165-200 kcal ENERGY



LANKAN SPICE BLEND

A homestyle blend of roasted spices, curry leaves, garlic and chilli, bringing the warmth and depth of a classic Sri Lankan curry to the marinade. Rich, aromatic and comforting, with a familiar spice profile that makes every bite feel unmistakably Lankan.

PACK INFORMATION

Net Weight: 100g
Serving: 1
Format: Ready-to-eat retort pouch

REPARATION & SERVING

Tear open the pouch before heating.
Heat on HIGH for 2-3 minutes, or until heated thoroughly and enjoy with rice, Noodles, vegetables, wraps, salads or straight from the pouch.

STORAGE

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CREAMY CHICKEN

RICH & CREAMY

A creamy hint of everyday protein that feels anything but ordinary.

NUTRITION PER 100g

31g PROTEIN
165-220 kcal ENERGY



SIGNATURE CREAM SAUCE

A velvety cheese sauce with subtle herbs and seasoning, created to complement tender chicken breast with a rich, indulgent finish.

PACK INFORMATION

Net Weight: 100g
Serving: 1
Format: Ready-to-eat retort pouch

PREPARATION & SERVING

Tear open the pouch before heating.
Heat on HIGH for 2-3 minutes, or until heated thoroughly and enjoy with rice, Noodles, vegetables, wraps, salads or straight from the pouch.

STORAGE

Keep frozen at -18°C or below.



PROTEIN MADE CONVENIENT

GET IN TOUCH



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PICKUP & DELIVERY AVAILABLE
Contact us to arrange your order.

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www.gymkitchensl.com