BIOSPAN

SAMPLE MENU COLLECTION

Menus by Real BioChefs



Illustrative example

INSIDE THE COLLECTION

What would you like on your menu?

These are dishes our BioChefs have served to clients, selected from their menus to show the range of food we cook. Every menu is shaped around the people eating it: their tastes, dietary requirements and household.

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The following spread shows actual cooking. Menu-category images are illustrative. Ingredient chips identify the main food; Dietary chips reflect the source recipe or menu; specialist diets need your chef's confirmation. Balanced is our general menu category. Your chef confirms ingredients and suitability for your requirements.

BIOSPAN

53,000+

Personalised meals cooked














BIOSPAN

9

Countries cooked in





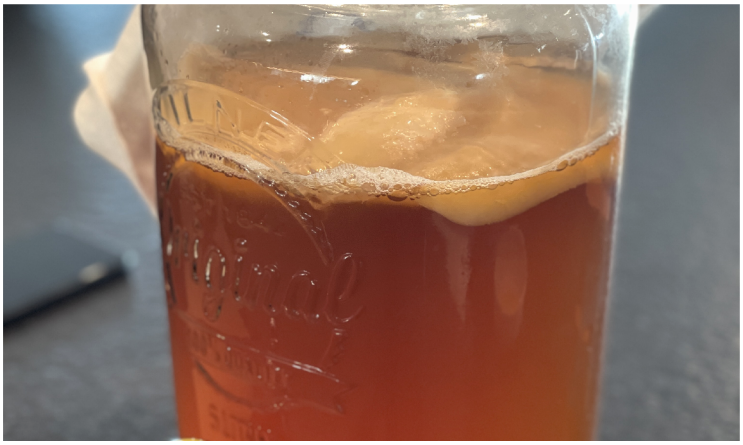












01 / BREAKFAST

Orange blossom & raspberry overnight oats

Activated oats, orange blossom and raspberries.

Oats & fruit | Plant-based

MENU BY SAM

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

BREAKFAST

Sourdough avocado, eggs & turkey bacon

Sourdough, avocado and eggs, with pasture-raised turkey bacon and tomatoes, spinach and cucumber.

Eggs · Balanced

MENU BY LIZZ

Banana & sweet potato pancakes

Banana and sweet potato, with almond flour.

Almond & banana · Gluten-free

MENU BY FABIO

Bacon & Gruyère egg muffins

Eggs, nitrate-free pasture-raised bacon and Gruyère, with chestnut mushrooms, kale and broccoli sprouts.

Eggs & bacon · Keto

MENU BY KEVIN

Chilli beef shakshuka

Grass-fed beef mince, eggs, tomatoes and red pepper, with cumin, smoked paprika and optional feta.

Beef · Low carb

MENU BY ALAA



02 / STARTERS

Rye sourdough & organic tomato soup

Homemade ancient-grain rye bread, with roasted tomato soup and basil.

Rye & tomato | Plant-based

MENU BY ALICE

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

STARTERS

Grilled shrimp, halloumi & tomato salad

Grilled shrimp, halloumi and tomatoes.

Seafood · Balanced

MENU BY FABIO

Watermelon, rocket & feta salad

Watermelon, rocket and feta, with mint vinaigrette.

Watermelon & feta · Balanced

MENU BY LIZZ

Courgette & Parmesan soup

Courgette, onion and Parmesan, with olive oil.

Courgette & Parmesan · Balanced

MENU BY ALICE

Chicken & wild rice soup

Pasture-raised chicken, wild rice, carrot and kale in chicken bone broth.

Poultry · Balanced

MENU BY KEVIN



Illustrative example

03 / LUNCH

Roasted sea bass

Roasted wild sea bass with salsa verde, peach and helda bean salad.

Fish · Balanced

MENU BY JULIA

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

LUNCH

Grilled chicken, peach & burrata salad

Pasture-raised chicken, peaches and heirloom tomatoes, with burrata, walnuts and balsamic dressing.

Poultry · Balanced

MENU BY FABIO

Indian prawn curry

Prawns, coconut, chickpeas and celeriac, with pilau rice.

Seafood · Balanced

MENU BY LEIGH

Chimichurri skirt steak salad

Grass-fed skirt steak with chimichurri, crispy potatoes, jalapeños, broccolini and apple, over butter lettuce.

Beef · Balanced

MENU BY FABIO

Quinoa harvest salad

Quinoa, roasted squash and mixed greens, with olive oil.

Quinoa & squash · Plant-based

MENU BY SHERRY



04 / DINNER

Beef bourguignon

Grass-fed beef, mushrooms and red wine, with celeriac and cavolo nero mash.

Beef | Gluten-free

MENU BY KEVIN

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

DINNER

Lamb chops with ginger teriyaki

Grass-fed lamb chops with ginger teriyaki, roasted carrots and stuffed peppers.

Lamb · Balanced

MENU BY FABIO

Chicken & vegetable korma

Pasture-raised chicken thighs, carrot and courgette, almond butter and coconut cream, with white rice.

Poultry · Low-FODMAP · Low histamine

MENU BY KEVIN

Duck yaki udon

Pasture-raised duck and udon noodles with water chestnuts, bamboo shoots, kimchi and peanut sauce.

Poultry · Balanced

MENU BY ANDY

Miso–ginger broth bowl

Bok choy, tofu and quinoa in miso–ginger broth.

Tofu & quinoa · Plant-based

MENU BY SHERRY



Illustrative example

05 / FAMILY & SHARING

Paella-style rice with shrimp & octopus

Shrimp and octopus in paella-style rice, with steamed vegetables.

Seafood | Balanced

MENU BY FABIO

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

FAMILY & SHARING

Beef Bolognese with gluten-free pasta

Grass-fed beef in Bolognese sauce, served with gluten-free pasta.

Beef · Gluten-free pasta

MENU BY LEIGH

Lentil fesenjān

Puy lentils, pomegranate molasses and toasted walnuts, with roasted butternut squash and kale.

Lentils & walnuts · Plant-based · Dairy-free

MENU BY KEVIN

Venezuelan pabellón

Shredded grass-fed beef, plantains, black beans, rice and fresh white cheese.

Beef · Balanced

MENU BY FABIO

Chicken tagine with preserved lemon & green olives

Pasture-raised chicken cooked with preserved lemon and green olives.

Poultry · Balanced

MENU BY SERGI



06 / SNACKS

Blueberry protein balls

Dates, dried blueberries, pumpkin seeds, almonds and almond butter, with cacao and bovine collagen.

Blueberries & collagen | Gluten-free | Dairy-free

MENU BY KEVIN

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

SNACKS

Chipotle-lime chicken wings

Pasture-raised chicken wings roasted in extra virgin olive oil, with chipotle, lime and coriander.

Poultry · Keto · Dairy-free

MENU BY KEVIN

Whipped Greek yoghurt & berry bowl

Greek yoghurt, berries, honey and toasted pumpkin seeds.

Greek yoghurt · Balanced

MENU BY LIZZ

Maple-spiced nuts & seeds

Maple-spiced pecans, walnuts and pumpkin seeds.

Nuts & seeds · Plant-based

MENU BY SHERRY

Thai fish cakes

Wild fish cakes with Thai spices, sweet chilli sauce and greens.

Fish · Balanced

MENU BY REECE



Illustrative example

07 / SHAKES & DRINKS

Lemongrass & ginger lemonade

Lemongrass, ginger, lemon and coconut water.

Lemon & ginger | Plant-based

MENU BY FABIO

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

SHAKES & DRINKS

Pineapple & spinach smoothie

Pineapple, spinach, banana and lemon, with chia seeds, Greek yoghurt and almond milk.

Greek yoghurt & fruit · Balanced

MENU BY ALICE

Watermelon electrolyte drink

Watermelon juice, coconut water, electrolytes and sea salt.

Watermelon & coconut · Plant-based

MENU BY KEVIN

Carrot, beetroot, orange & ginger juice

Carrot, beetroot, orange and ginger.

Vegetables & fruit · Plant-based

MENU BY FABIO

Sipping broth

Beef bone broth

Grass-fed beef bones, carrot, celery and onion, with apple cider vinegar, bay leaf, thyme and rosemary.

Beef · Dairy-free

MENU BY KEVIN



08 / DESSERTS

Avocado chocolate mousse

Avocado, coconut yoghurt, raw cacao and raw honey, with bovine collagen and raspberries.

Avocado & collagen · Dairy-free

MENU BY KEVIN

Organic produce wherever available · Grass-fed beef & lamb
Pasture-raised poultry & pork · Wild fish

DESSERTS

Carrot cake muffins

Carrot baked into individual muffins, topped with cream cheese frosting.

Carrot & cream cheese · Balanced

MENU BY FABIO

Peach & vanilla chia pudding

Chia seeds, peach and vanilla.

Chia & peach · Plant-based

MENU BY SAM

Avocado-walnut brownies

Avocado, walnuts, cocoa, apple sauce, maple syrup and gluten-free flour.

Avocado & walnuts · Gluten-free

MENU BY LIZZ

Lemon banana bread

Banana, coconut flour, eggs and ghee, with a lemon glaze made with coconut milk.

Banana & coconut · Gluten-free

MENU BY KEVIN

HOW YOUR FOOD IS PREPARED

Food that fits your week.



Freshly cooked

Sit down together for freshly served dishes, such as Fabio's lamb chops with ginger teriyaki, roasted carrots and stuffed peppers.



Prepared for later

Different meals ready to reheat, with shakes and juices to enjoy later.



Oven-ready

A family dish to finish cooking when dinner suits you.



Component boxes

Prepared proteins, vegetables and sauces to assemble your way.

Different formats, combined around your lifestyle.

YOUR OWN MENU

Menus designed around you.

These dishes show what our BioChefs cook. Your own menu starts with your dietary requirements, the food you enjoy and the meals your household needs.

Your dietary requirements

Tell us about allergies, intolerances and the dietary approach you follow. Your menu is adapted, and your meals are portioned to your requirements.

Your nutrition plan

We can turn your existing plan or your practitioner's instructions into meals. If you would like Biospan to develop a personalised programme, this is available as an optional upgrade.

Your tastes and household

Favourite dishes, ingredients you avoid, different appetites and family preferences all shape the menu. Meals can be adapted for different people in the same household.

A menu that changes with you

Review your menu before your chef cooks. Your feedback helps refine the next one, with new dishes and adjustments as your preferences or requirements change.

BIOSPAN · FOUNDED IN 2020

Real chefs.
Real meals.

The dishes in this collection come from menus our BioChefs have cooked for clients. The images are illustrative. Here is what clients say about the experience.

53,000+
Personalised meals cooked

9
Countries cooked in

"Biospan passes with flying colours by producing elite high quality meals."

AnEsonGib

Professional athlete & celebrity

"They meticulously calculate calories and macros, ensuring he stays on track while still enjoying his favourite meals. Their attention to detail makes them a highly reliable partner."

Amelia Rose PA to UHNW family

United Kingdom · Ireland · Poland · Czech Republic · Netherlands · Denmark · United Arab Emirates · United States · Canada



YOUR MENU STARTS HERE

What would you like your chef to cook?

Tell us about the food you enjoy, your dietary requirements and the meals you want ready. We'll help you find your BioChef.

FIND MY BIOCHEF ↗

biospan.io/find-your-biochef

Explore visits, nutrition and pricing in our service brochure ↗