

PANCAKES

EGG AND BACON 🍳	8.50
Protein pancakes, egg, bacon, maple syrup, chia seeds Cals 665 Protein 64g Carbs 17g Fat 37g	
BERRY AND MATCHA 🍓🍵	9.50
Berry compote, matcha ice cream, chia seeds, honey Cals 425 Protein 32g Carbs 39g Fat 15g	
PEANUT BUTTER AND BANANA 🥜🍌	8.50
Peanut butter, banana, strawberry, honey, chia seeds Cals 604 Protein 40g Carbs 44g Fat 28g	
BANANA AND COCONUT 🍌🥥	9.50
Orange spelt pancakes, banana, coconut cream, coconut shavings, maple syrup, chia seeds Cals 701 Protein 11g Carbs 79g Fat 36g	
PEANUT BUTTER AND JAM 🥜🍓	9.50
Orange spelt pancakes, berry compote jam, peanut butter cream, chia seeds, maple syrup, chia seeds Cals 715 Protein 18g Carbs 80g Fat 34g	

GUILT FREE SWEETS

Our desserts are homemade, refined sugar free and vegan.

SALTED CARAMEL CRUMBLE 🍪	6.50
Granola crumb, salted caramel, banana and coconut cream Cals 471 Protein 7.8g Carbs 39g Fat 30g	
CHOCOLATE POT 🍫	5
Three ingredient rich chocolate mousse with a caramel centre Cals 318 Protein 4.5g Carbs 51g Fat 9.5g	
CHOCOLATE BROWNIE 🍫	6.50
Chocolate brownie with strawberries and chocolate sauce Cals 468 Protein 6.3g Carbs 31g Fat 34g	
CARROT CAKE 🥕	6
Carrot cake with cashew cream Cals 503 Protein 5.4g Carbs 47g Fat 32g	
ICE CREAM 🍦	4.50
Cals 318 Protein 2.7g Carbs 27g Fat 21g	

🍳 HIGH PROTEIN 🍷 LOW CALORIE 🍷 GLUTEN FREE 🌿 VEGGIE 🌱 VEGAN

🥜 CONTAINS NUTS

THE SKINNY KITCHEN

BREAKFAST AND BRUNCH

THE SKINNY KITCHEN

🌐 www.theskinnykitchen.co.uk

📷 The_Skinny_Kitchen 📺 The Skinny Kitchen



BREAKFAST

Something on toast – served until 11am (Choice of sourdough, rye or gluten free bread)

SCRAMBLED EGGS 🌱🌱🌱 **5.50**
Cals 488 Protein 30g Carbs 38g Fat 24g

SMASHED AVOCADO AND TOASTED SEEDS 🌱🌱 **6.50**
Cals 588 Protein 14g Carbs 45g Fat 34g

BEETROOT HUMMUS AND AVOCADO 🌱🌱 **7**
Cals 574 Protein 14g Carbs 45g Fat 36g

POKE TOAST 🌱 **8.50**
Salmon, smashed avocado, cucumber, radish, edamame, chipotle mayonnaise
Cals 619 Protein 21g Carbs 34g Fat 43g

Served until 5pm

HOMEMADE GRANOLA 🌱🌱🌱 **6.50**
Granola, coconut yogurt, berry compote, seasonal fruit, toasted coconut, chia seeds, maple syrup
Cals 577 Protein 14g Carbs 54g Fat 32g

ACAI BOWL 🌱🌱 **8.50**
Acai, homemade granola, peanut butter, seasonal fruit, toasted coconut, chia seeds
Cals 764 Protein 18g Carbs 74g Fat 36g

SMASHED AVOCADO 🌱🌱🌱 **7.50**
Smashed avocado, free range poached eggs, sourdough toast, toasted seeds
Cals 692 Protein 27g Carbs 42g Fat 45g

Add bacon 2, feta 2, beans 2, halloumi 4.50, salmon 4.50

TOFU SCRAMBLE 🌱🌱🌱 **8**
Tofu scramble, smashed avocado, mushrooms, spinach, sourdough toast
Cals 416 Protein 16g Carbs 43g Fat 19g

SWEETCORN FRITTERS 🌱🌱🌱 **8**
Sweetcorn and chive fritters, beetroot cashew cream, mushrooms and spinach
Cals 544 Protein 17g Carbs 52g Fat 27g

BAKED EGGS 🌱🌱🌱🌱 **9**
Free range baked eggs, sweet potato, kale, homemade chipotle beans, feta, toasted tortilla wrap
Cals 556 Protein 28g Carbs 62g Fat 20g

SALMON AND EGGS 🌱🌱 **15**
Free range scrambled eggs, smoked salmon, halloumi, quinoa, avocado, toasted seeds, rocket
Cals 848 Protein 53g Carbs 15g Fat 63g

EGGS BENEDICT 🌱🌱🌱 **9**
Free range poached eggs, chipotle hollandaise, toasted bun
Cals 1062 Protein 25g Carbs 43g Fat 86g

SWEET POTATO HASH 🌱🌱 **8.50**
Sweet potato and kale hash, free range poached eggs, smashed avocado, asparagus, tenderstem broccoli
Cals 507 Protein 20g Carbs 40g Fat 28g

SKINNY BREAKFAST 🌱🌱 **12.50**
Free range scrambled egg, bacon, pork sausage, avocado, tomato, homemade beans, spinach, mushroom, toasted sourdough
Cals 907 Protein 40g Carbs 62g Fat 53g

VEGGIE BREAKFAST 🌱🌱🌱 **10.50**
Free range scrambled egg, falafel, avocado, tomato, homemade beans, spinach, mushroom, toasted sourdough
Cals 823 Protein 36g Carbs 68g Fat 42g

EXTRAS

Sourdough/rye/gluten free toast 2, Falafel 2.50, Avocado 2, Skinny beans 2.50, Halloumi 4.50, Bacon 2, Smoked salmon 4.50, Chipotle hollandaise 2, Sausage 2, Spinach and mushroom 2

STARTERS/SIDES

Served from 12pm

OLIVES 🌱🌱 **3**
Cals 170 Protein 1.9g Carbs 1.7g Fat 16g

EDAMAME BEANS, SALT AND CHILLI 🌱🌱 **3.50**
Cals 195 Protein 14g Carbs 14g Fat 73g

BEETROOT HUMMUS, AVOCADO AND SOURDOUGH 🌱🌱🌱 **6.50**
Cals 403 Protein 13g Carbs 45g Fat 17g

SMASHED AVOCADO AND TORTILLA CHIPS 🌱 **6**
Cals 669 Protein 7.6g Carbs 44g Fat 49g

HOMEMADE CRISPY CHICKEN WITH BBQ SAUCE 🌱🌱 **5**
Cals 303 Protein 32g Carbs 38g Fat 25.g

SCAMPI BITES WITH LEMON MAYONNAISE 🌱🌱 **6**
Cals 303 Protein 32g Carbs 38g Fat 25.g

TACOS

One soft blue corn tortilla taco

CRISPY CHICKEN 🌱 **5**
Crispy chicken, avocado, chipotle mayonnaise, charred corn, spring onion, radish
Cals 298 Protein 12g Carbs 23g Fat 16g

BLACKENED COD 🌱🌱 **5**
Blackened cod, Asian slaw, sriracha, peanuts, chilli
Cals 121 Protein 8.9g Carbs 2.5g Fat 8.2g

CRISPY AVOCADO 🌱🌱 **4.50**
Crispy avocado, sriracha mayonnaise, pineapple salsa, coriander
Cals 214 Protein 3.2g Carbs 18g Fat 14g

BURGERS

STACKED BURGER 🌱🌱 **8.50**
Beef patty, cheddar, pickles, red onion, lettuce, lemon mayonnaise, tomato sauce, charcoal bun
Cals 836 Protein 39g Carbs 45g Fat 55g

CHICKEN SATAY BURGER 🌱🌱🌱 **8**
Chicken, satay sauce, Asian slaw, red onion, lettuce, sriracha, charcoal bun
Cals 547 Protein 43g Carbs 45g Fat 21g

JERK BURGER 🌱🌱 **8**
Chicken, jerk sauce, grilled pineapple, red onion, lettuce, lemon mayonnaise, charcoal bun
Cals 703 Protein 41g Carbs 54g Fat 35g

SOY PROTEIN BURGER 🌱🌱🌱 **8**
Soy protein patty, avocado, coconut cheese, red onion, lettuce, mayonnaise, tomato sauce, beetroot bun
Cals 765 Protein 61g Carbs 52g Fat 34g

FRIES

SWEET POTATO FRIES 🌱🌱 **3.50**
Cals 294 Protein 2.6g Carbs 31g Fat 17g

YUCCA FRIES WITH TOMATO SAUCE 🌱🌱 **4**
Cals 201 Protein 1.9g Carbs 44g Fat 1.7g

HALLOUMI FRIES WITH BBQ SAUCE 🌱🌱 **5.50**
Cals 372 Protein 25g Carbs 14g Fat 24g

POLENTA FRIES WITH VEGAN LEMON MAYONNAISE 🌱🌱 **4**
Cals 413 Protein 3.4g Carbs 27g Fat 32g

CRISPY AVOCADO FRIES WITH SRIRACHA MAYO 🌱🌱 **3.50**
Cals 495 Protein 3.9g Carbs 16g Fat 45g

SAUCES **1.50**

Dr wills tomato sauce, Dr wills BBQ sauce, Vegan lemon mayonnaise, Chipotle, Satay sauce, Sriracha, Sriracha mayonnaise, Chipotle mayonnaise

MAIN GAINS

PUMPIN IRON 🌱🌱 **22**
8oz steak, sweet potato and kale hash, asparagus, tenderstem broccoli, chimichurri
Cals 731 Protein 45g Carbs 42g Fat 40g

CLEAN AND JERK 🌱🌱 **12.50**
Chicken thighs, jerk sauce, spicy rice, peas, charred corn, chilli, coriander
Cals 489 Protein 39g Carbs 40g Fat 17g

THE BODY BUILDER 🌱🌱 **9.50**
Chicken thighs, sweet potato and chive mash, asparagus, tenderstem broccoli
Cals 731 Protein 47g Carbs 38g Fat 42g

COCONUT CURRY 🌱🌱🌱🌱 **14**
Cod or falafel coconut curry, sweet potato, kale, spinach, broccoli, peas, quinoa, spring onions, fresh chilli
COD Cals 678 Protein 30g Carbs 46g Fat 40g
FALAFEL Cals 791 Protein 21g Carbs 59g Fat 50g

BUCKWHEAT NOODLES 🌱🌱🌱🌱 **11**
Tofu or chicken, buckwheat soba noodles, bean sprouts, tenderstem broccoli, carrot, cabbage, ginger, soy, lime, chilli, sesame seeds
TOFU cals 527 Protein 22g Carbs 55g Fat 22g
CHICKEN Cals 626 fat 22g carbs 53g protein 48g

PROTEIN BOWLS

PEANUT CHICKEN BOWL 🌱🌱🌱 **11.50**
Satay chicken thighs, spicy rice, Asian slaw, tenderstem broccoli, edamame, peanuts
Cals 886 Protein 57g Carbs 25g Fat 59g

RAW BUDDHA BOWL 🌱🌱🌱🌱 **8**
Avocado, edamame, carrot, spinach, mixed cherry tomatoes, radish, spring onion, coriander, toasted seeds, citrus dressing
Cals 298 Protein 10g Carbs 13g Fat 21g
Add salmon + 4.50

CHILLI BOWL 🌱🌱 **9.50**
Chipotle chilli bean, spicy rice, avocado, feta, crispy tacos
Cals 674 Protein 27g Carbs 79g Fat 23g

FALAFEL AND HALLOUMI BOWL 🌱🌱 **12**
Falafel, halloumi, beetroot hummus, carrot ribbons, quinoa, rocket, radish, toasted seeds, citrus dressing
Cals 762 Protein 37g Carbs 30g Fat 53g

TORTILLAS

AVOCADO QUESADILLA 🌱🌱 **9.50**
Spinach tortilla, avocado, spinach, mozzarella, tomato, chipotle mayonnaise
Cals 798 Protein 24g Carbs 38g Fat 60g
Add chicken + 2

SWEET POTATO BURRITO 🌱🌱 **8.50**
Sweet potato and kale, avocado, chilli beans, vegan mayonnaise
Cals 686 Protein 17g Carbs 81g Fat 29g
Add chicken + 2

SWEET POTATO BURRITO 🌱🌱 **8.50**
Cals 758 Protein 33g Carbs 81g Fat 30g

Please inform staff of any allergies. We cannot safely guarantee our food is free of nuts and other allergens. If you have a food allergy of any kind please speak with a member of the team. Nutritional information is carefully calculated and correct at time of publication, to the best of our knowledge but may be subject to seasonal variation or variation in the cooking process.