



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.

 HIGH PROTEIN  LOW CALORIE  GLUTEN FREE  VEGGIE  VEGAN


 CONTAINS NUTS



A FRESH NEW MEETING PLACE FOR ALL DAY DINING. THINK DELICIOUS COFFEE IN THE MORNING, SUPERFOOD COCKTAILS AND GOOD VIBES IN THE EVENING AND A WHOLE LOT OF HEALTHY FOOD IN-BETWEEN.

AT SKINNY KITCHEN WE LOVE TO CREATE DISHES USING HIGH QUALITY INGREDIENTS, OUR FOOD IS CLEAN, NATURAL AND CONTAINS NO NASTY ADDITIVES. ABOVE ALL WE CATER FOR MANY DIETS FROM VEGAN TO GLUTEN FREE AND SO YOU KNOW EXACTLY WHAT YOU ARE PUTTING INTO YOUR BODY WE INCLUDE MACRONUTRIENTS TOO.

WE WANT TO HELP YOU EAT WELL, TRACK YOUR MACROS AND STICK TO YOUR GOALS. IF YOUR LIFESTYLE IS ALL ABOUT HEALTHY FOOD, YOU'VE COME TO THE RIGHT PLACE!

THE SKINNY KITCHEN

 www.theskinnykitchen.co.uk

 The_Skinny_Kitchen  The Skinny Kitchen



THE SKINNY KITCHEN

FOOD

BRUNCH

Served until 5pm

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	
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 🐟🍳	13.50
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, avocado, chipotle hollandaise, toasted sourdough Cals 786 Protein 25g Carbs 41g Fat 57g	
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	

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 Cals 715 Protein 18g Carbs 80g Fat 34g	

TORTILLAS

AVOCADO QUESADILLA 🌱🥑	9.50
Spinach tortilla, avocado, spinach, mozzarella, tomato, chipotle mayonnaise Cals 798 Protein 24g Carbs 38g Fat 60g	
Add chicken + 2 Cals 914 Protein 49g Carbs 38g Fat 61g	
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 Cals 758 Protein 33g Carbs 81g Fat 30g	

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 7.3g	
SKINNY DIPPING (SHARING) 🌿🍷	6.50
Beetroot hummus, avocado, carrot, cucumber, radish, olives, lettuce, sourdough Cals 403 Protein 13g Carbs 45g Fat 17g	
SMASHED AVOCADO AND TORTILLA CHIPS 🌱	4.50
Cals 669 Protein 7.6g Carbs 44g Fat 49g	
HOMEMADE CRISPY CHICKEN WITH BBQ SAUCE 🍗🍷	5
Cals 303 Protein 32g Carbs 38g Fat 25g	
SCAMPI BITES WITH LEMON MAYONNAISE 🍤🍷	6
Cals 303 Protein 32g Carbs 38g Fat 25g	

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	

SAUCES

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

1.50

TACOS

Three soft blue corn tortilla taco

CRISPY CHICKEN 🍗	12.50
Crispy chicken, avocado, chipotle mayonnaise, charred corn, spring onion, radish Cals 298 Protein 12g Carbs 23g Fat 16g	
BLACKENED COD 🐟🍷	12.50
Blackened cod, Asian slaw, sriracha, peanuts, chilli Cals 121 Protein 8.9g Carbs 2.5g Fat 8.2g	
CRISPY AVOCADO 🌱🍷	12.50
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, pickles, 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	

GUILT FREE SWEETS

Our desserts are homemade, refined sugar free and vegan.

SALTED CARAMEL 🍌🍷	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	