

ALL DAY BRUNCH

SMASHED AVOCADO

Smashed avocado, toasted sourdough, toasted seeds

Cals 656 Protein 9.4g Carbs 43g Fat 49g

Add Poached eggs 2, Bacon 2, Beans 1.50, Salmon 4.50, Halloumi 3.50

SWEET POTATO HASH

Sweet potato and kale hash, free range poached eggs, smashed avocado, asparagus, tenderstem broccoli

cals 507 protein 20g carbs 40g fat 28g

SWEETCORN FRITTERS

Sweetcorn fritters, poached egg, dill yogurt, asparagus, tenderstem broccoli, lemon, chimichurri

Cals 483 protein 22g carbs 47g fat 20g

VEGAN FRITTERS

Sweetcorn fritters, mushroom and spinach, beetroot hummus, asparagus, tenderstem broccoli, lemon, chimichurri

Cals 630 protein 18g carbs 54g fat 35g

EGGS BENEDICT

Free range poached eggs, avocado, hollandaise, toasted sourdough

Cals 786 Protein 25g Carbs 41g Fat 57g

TURKISH EGGS

Poached eggs, avocado, dill yogurt, homemade chilli oil, toasted sourdough

Cals 519 protein 20g carbs 40g fat 30g

SALMON AND EGGS

Free range poached eggs, ceviche salmon, halloumi, quinoa, smashed avocado, toasted seeds, rocket

Cals 780 protein 53g carbs 15g fat 56g

SMALL BITES

OLIVES

EDAMAME BEANS

With sea salt & chilli

PADRON PEPPERS

With sea salt

SMASHED AVOCADO

With tortilla chips

LIGHT LUNCH

TOASTED FLATBREAD

CHOOSE FALAFEL, HALLOUMI OR CHICKEN SKEWERS

Homemade rosemary flatbread, courgette and cucumber salad, apple tzatziki, beetroot hummus, coriander, spring onion, fresh chilli, lemon

Chicken – cals 429 protein 39g carbs 22g fat 19g

Falafel – cals 342 protein 14g carbs 34g fat 14g

Halloumi – 556 cals protein 32g carbs 26g fat 35g

CHEESE TOASTIE

Creamy vegan feta, avocado, pickles, chimichurri, toasted sourdough,

Cals 632 protein 18g carbs 79g fat 26g

SWEET POTATO BURRITO

Sweet potato and kale, chilli beans, smashed avocado, vegan cheese, onion, corriander, fresh green chilli, chipotle mayonnaise

Cals 686 Protein 17g Carbs 81g Fat 29g

ADD CHICKEN +2

SKINNY CAESAR SALAD

Gem lettuce, boiled egg, asparagus, avocado, parmesan, polenta croutons, caesar dressing

Cals 492 protein 17g carbs 23g fat 36g

ADD CHICKEN / BACON +2

BOWLS

POKE BOWL

Ceviche salmon or tofu, rice, avocado, edamame beans, mango, cucumber, tomato, coriander, pickled ginger, pickled onion, radish, soy and chilli dressing, crispy shallots, fresh lime

Salmon – cals 501 protein 26g carbs 38g fat 25g

Tofu – cals 584 protein 29g carbs 39g fat 32g

NOURISH BOWL

Falafel, halloumi, beetroot hummus, carrot ribbons, quinoa, rocket, radish, toasted seeds, citrus dressing

Cals 762 protein 37g carbs 30g fat 53g

JERK BOWL

Chicken skewers, jerk sauce, spicy rice, peas, tenderstem broccoli, asparagus, charred corn, fresh chilli, coriander

Cals 548 protein 47g carbs 42g fat 19g

SATAY BOWL

Chicken skewers, spicy rice, tenderstem broccoli, slaw, spring onion, peanut sauce, salted peanuts, coriander, fresh chilli

Cals 561 protein 53g carbs 25g fat 26g

SAUCES

Lime mayo, Chipotle mayo, Tzatziki, Tomato sauce, Sriracha, Sriracha mayo, Tartar sauce

BURGERS

STACKED BURGER

Beef or soy patty, red onion, pickles, cheddar, tomato, lettuce, crispy shallots, mustard, tomato sauce, brioche bun, skin on chips

Beef - cals 953 protein 48g carbs 68g fat 52g

Soy - cals 872 protein 46g carbs 71g fat 43g

HALLOUMI BURGER

Halloumi slices, courgette and cucumber salad, apple tzatziki, lettuce, onion, brioche bun, skin on chips

Cals 845 protein 19g carbs 86g fat 44g

PANKO COD BURGER

Panko cod fillet, avocado, tartar sauce, lettuce, tomato, brioche bun, skin on chips

Cals 818 protein 28g carbs 70g fat 46g

CHICKEN SATAY BURGER

Chicken breast, satay sauce, Asian slaw, fresh onion, lettuce, sriracha mayo, brioche bun, skin on chips

Cals 806 protein 46g carbs 63g fat 40g

PANCAKES

CARAMALISED BANANA AND COCONUT

Spelt pancakes, caramelized banana, coconut ice cream, maple syrup, mint

Cals 783 protein 11g carbs 95g fat 37g

PEANUT BUTTER AND JAM

Spelt pancakes, peanut butter sauce, homemade jam, fresh strawberries, peanuts, chia seeds, mint

Cals 715 protein 18g carbs 80g fat 34g

MATCHA AND BERRY

Spelt pancakes, matcha ice cream, fresh berries, pomegranate, coconut crumble, chia seeds, mint

Cals 435 protein 32g carbs 39g fat 15g

YOGURT AND BERRIES

Spelt pancakes, Greek yogurt, fresh berries, pomegranate, coconut crumble, honey, basil

Cals 645 protein 48g carbs 44g fat 29g

SIDES

FRESH GREEN SALAD

Cals 100 protein 2g carbs 0.8g fat 10g

AVOCADO SALAD

Cals 293 protein 3g carbs 3g fat 29g

SPRING GREENS

Cals 104 protein 5g carbs 2.5g fat 45g

CAULIFLOWER WINGS WITH CHIPOTLE SAUCE

Cals 209 protein 3.4g carbs 8.4g fat 18g

POLENTA FRIES WITH LIME MAYO

Cals 335 protein 9g carbs 56g fat 7g

HALLOUMI FRIES WITH CHIPOTLE SAUCE

Cals 508 protein 34g carbs 3g fat 45g

CHICKEN SKEWERS

Cals 259 protein 40g carbs 3.4g fat 9g

SKIN ON CHIPS

Cals 121 protein 1.9g carbs 18g fat 4g