

SHARING PLATES

Perfect with cocktails

OLIVES 🍷🌱🍷

EDAMAME BEANS 🍷🌱🍷

With sea salt & chilli

PADRON PEPPERS 🍷🌱

With sea salt

SMASHED AVOCADO 🍷

With tortilla chips

ASIAN STYLE TENDERSTEM 🍷🌱

Charred tenderstem, asian dressing, toasted sesame seeds

TOMATO BRUSCHETTA 🍷🍷

Tomato, basil, toasted bread

SKINNY DIPPING 🍷🍷🍷

Beetroot hummus, pea hummus, carrot, cucumber, radish, olives, toasted sourdough

TOASTED FLAT BREAD 🍷🍷

With apple tzatziki

CHEESY QUESADILLA 🍷🍷

Toasted tortilla, melted cheese

FALAFEL AND BEET HUMMUS 🍷🍷

Quinoa and aubergine falafel, beetroot hummus, pomegranate, watercress

GRILLED AVOCADO 🍷🌱

Grilled avocado filled with cherry tomatoes and basil salad

ASPARAGUS AND HOLLANDAISE

Grilled lemon asparagus, smoked salmon, poached egg, hollandaise

SWEETCORN FRITTERS 🍷

With sriracha mayo

SALMON CEVICHE TOSTADA 🍷

Salmon ceviche tostada, smashed avocado, spring onions, pomegranate, chilli, lime

CRISPY CHICKEN 🍷🍷

Homemade crispy chicken with sriracha mayonnaise

CHICKEN SKEWERS 🍷🍷🍷

Chicken skewers, courgette and cucumber salad, chilli, apple tzatziki, coriander, spring onion, toasted wrap

MAINS

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

FISH AND CHIPS 🍷

Grilled sea bass, pea hummus, homemade tartar sauce, skin on chips and chimichurri

Cals 682 protein 32g carbs 40g fat 41g

COCONUT CURRY 🍷🍷🍷🍷

Cod or falafel coconut curry, sweet potato, kale, spinach, peas, quinoa, spring onions, fresh chilli

Cod - Cals 688 protein 32g carbs 46g fat 40g

Falafel - Cals 722 protein 21g carbs 58g fat 48g

BUCKWHEAT NOODLES 🍷🍷🍷🍷

Buckwheat soba noodles, bean sprouts, tenderstem broccoli, carrot, cabbage, ginger, soy, lime, chilli, sesame seeds

Add tofu or chicken

Plain- Cals 496 protein 19g carbs 53g fat 21g | Chicken- Cals 626 fat 22g carbs 53g protein 48g

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

SAUCES

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

TACOS (3 SOFT WHEAT TACOS)

CRISPY CAULIFLOWER 🍷🍷🍷

Sweet potato, crispy kale, radish, lime mayonnaise

Cals 498 protein 11g carbs 66g fat 20g

CRISPY CHICKEN 🍷🍷

Homemade crispy chicken, mango and chilli, spring onions, chipotle

Cals 697 protein 51g carbs 46g fat 33g

CHILLI BEEF OR SOY 🍷🍷

Mexican cheese, avocado, pickled onion, red chilli, coriander, chipotle mayonnaise

Beef - cals 487 protein 29g carbs 50g fat 17g, Soy - cals 585 protein 45g carbs 58g fat 17g

CEVICHE SALMON 🍷🍷🍷

Ceviche salmon, avocado, asian slaw, fresh chilli, coriander, sriracha sauce

Cals 531 protein 30g carbs 54g fat 21g

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

SKIN ON CHIPS 🍷🌱🍷

Cals 121 protein 1.9g carbs 18g fat 4g