

# BREAKFAST

# SUPERFOOD SALADS

## SCRAMBLED EGGS

356KCAL

3 free range eggs on seeded bread  
+ smoked salmon  
+ avocado



## POACHED EGGS

242KCAL

2 free range eggs on seeded bread  
+ smoked salmon 138KCAL  
+ avocado 138KCAL



## SMOKED SALMON

### BAGEL

428KCAL

Smoked salmon, cream cheese,  
rocket, seeded bagel



## PORRIDGE D

Gluten free oats, water/milk/milk alternative

|                                 |         |      |
|---------------------------------|---------|------|
| + manuka honey                  | 90KCAL  | 2.50 |
| + banana                        | 90KCAL  | 1.50 |
| + peanut butter <span>NS</span> | 316KCAL | 1.00 |
| + cocoa powder                  | 110KCAL | 1.00 |

## 6.00 KOREAN JACK FRUIT

400KCAL

6.00 Jack fruit, pickled red cabbage, kimchi, spring  
3.00 onion, spiralsed carrot & cucumber, corian-  
der cress, coriander, mixed sesame seeds &  
Korean dressing



4.50

## CHOPPED CHICKEN

### GOODNESS

518KCAL

6.00 Chicken, feta, baby gem, red & yellow  
3.00 datterino, tomatoes, French beans, avocado,  
olives, basil, cress, croutons & house  
vinaigrette



8.00

## SIRTFOD SALMON SALAD

600KCAL

9.50 Salmon, kasha, raw kale, watercress,  
pomegranate, parsley, lovage, brocco  
cress, walnut and hazelnut dukka &  
turmeric and miso yoghurt dressing.



## 6.95 CORONATION TOFU

503KCAL

7.50 Tofu, brown rice, spring onion, spiralsed  
cucumber, tomato, coriander cress,  
lime, mango, baby gem, pickled onion salsa &  
vegan coronation dressing



# BESPOKE SALADS

If U like what U see but would prefer to mix it up,  
we have a build your own option!

Choose from;

- Protein
- Pickled & Fermented
- Raw
- Nuts, Seeds & Carbs
- Dressing

Separate menu available.

S Sulphates M Mustard C Celery VG Vegetarian V Vegan NS Nuts & Seeds D Dairy G Gluten E Eggs F Fish

S Soy S Sesame

\*Although certain dishes do not contain allergens, cross contamination cannot be guaranteed. Please consult a member of staff for special requirements. Some food may contain sulphites.