

BREAKFAST

SCRAMBLED EGG S D G NS E VG 8.00

440KCAL

guacamole on seeded bread*

PORRIDGE 266KCAL D NS 6.00

banana with sugar free chocolate & hazelnut sauce

PORRIDGE 266KCAL D 6.00

mixed berries

SMOKED SALMON F D G NS E 7.95

BAGEL 569KCAL

rocket & soft cheese on a bagel

SMOKED SALMON F D G NS 9.00

519KCAL

guacamole & feta on seeded bread*

POACHED EGGS D E 9.45

422KCAL

avocado, feta & rocket on seeded bread*

SUPERFOOD BOWLS

Introducing our Bowls of Goodness! If U are looking for Power, Muscle & Performance, Vitality or Nourishment we've got U covered.

SEARED KOREAN BEEF S G NS 12.00

BOWL

184KCAL

seared Korean spiced striploin, kale, pear and pickled cabbage, sesame dressing

SUSHI BOWL 531KCAL S F G 9.00

salmon, scallops, beetroot, sushi rice & ponzu dressing

TERIYAKI CHICKEN S G E 9.00

BOWL

439KCAL

chicken, bacon, eggs, sweet potato, rice & teriyaki dressing

VEGAN RAMEN NS S C 9.00

348KCAL

shiitake, glass noodle, edamame, bok choy, sweetcorn

CHICKEN RAMEN NS S M C D G E 10.00

468KCAL

Free range chicken, hens egg, kale, chestnut mushroom, ramen noodles

*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.

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

SMOOTHIES

Our Smoothies come in 2 sizes, small (12oz) and regular (16oz)

NUTTY-ANA 311/415KCAL   5.00  6.50
almond milk, banana, ice, peanut butter,
chocolate plant protein

SUPERHERO 321/428KCAL    5.00  6.50
banana, rice milk, peanut butter,
gluten free rolled oats, chocolate plant
protein, flax seed, cacao powder

CHERRY BOMB 227/302KCAL    5.00  6.50
cherries, almond milk, peanut butter,
hazelnuts, vanilla plant protein, agave
nectar, quinoa

GREEN IRON 241/322KCAL    5.00  6.50
kale, spirulina, chlorella, banana,
pineapple, coconut milk, lemon juice,
sunflower seeds, plant protein, salt

ANTIOX ACAI 262/350KCAL    5.00  6.50
almond milk, bananas, acai, ice,
vanilla plant protein, glutamine, quinoa

PROTEIN HIITS

Our Protein HIITS come in 1 size, regular (16oz)

CACAO POW 196KCAL  5.00
banana with chocolate vegan protein
choice of milk, water & ice

BERRY BLAST 135KCAL  5.00
cranberries, blackberries with vanilla
vegan protein choice of milk, water & ice

**CHOCOLATE OR VANILLA
PROTEIN SHAKE** 4.00
choice of milk, water & ice

JUICES

PURE COCONUT WATER 183KCAL  5.95
with coconut meat

POMEGRANATE 51KCAL   6.95

C BOOST 330KCAL  5.95
apple, carrots, orange, ginger, guarana

SIRT JUICE 60KCAL  5.95
celery, kale, rocket, lemon juice, ginger,
parsley & matcha

GREEN DAY 114KCAL 5.95
apple, broccoli, asparagus, mint, lemon &
progreen powder