

BREAKFAST

SCRAMBLED EGGS S D G NS E VG 8.00
440KCAL

PORRIDGE 266KCAL D NS 6.00
banana with sugar free chocolate

PORRIDGE 266KCAL D 6.00

**SMOKED SALMON
BAGEL** 569KCAL F D G NS E 7.95

SMOKED SALMON F D G NS 9.00
519KCAL

POACHED EGGS D E 9.45
422KCAL

SUPERFOOD SALADS

Introducing our superfood salads made with the finest ingredients! If U are looking for Power, Muscle & Performance, Vitality or Nourishment we've got U covered.

KOREAN JACKFRUIT S S G 6.95
400KCAL
jackfruit, pickled red cabbage, kimchi, spring onion, spiralised carrot & cucumber, coriander cress, coriander, mixed sesame seeds & Korean dressing

CHOPPED CHICKEN SALAD F S G 8.50
518KCAL
free range chicken, baby gem, red & yellow datterino, tomatoes, French beans, avocado, olives, basil cress, croutons & house vinaigrette

SIRTFood SALMON SALAD S S NS F 9.50
600KCAL
organic salmon, kasha, raw kale, watercress, pomegranate, parsley, lovage, brocco cress, walnut and hazelnut dukka, & turmeric and miso yoghurt dressing

CORONATION TOFU S S M 7.50
503KCAL
tofu, brown rice, spring onion, spiralised 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.

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

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