

## SALAD BAR

### Create Your Own:

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#### Choose your base

Cos, mixed leaf, baby spinach, white, red & black quinoa, egg pasta, rocket, slaw

#### Select 5 ingredients

##### 1 from the deli counter:

Chicken breast, ham hock, bacon, prawns, tuna, chorizo, salmon, tofu

##### 4 from the veg counter:

Tomatoes, cucumber, mixed peppers, red onions, mixed herbs, roasted sweet potato, roasted red peppers, chargrilled broccoli, quinoa, courgette and mooli noodles, radish, cashew nuts, roasted cauliflower, mixed beans, green beans, free range egg, Gherkins, new potatoes, petit pois, sweetcorn, carrot, beetroot, jalapenos, spicy avocado, peanuts, tortilla chips, croutons, olives, cheddar, mozzarella, mixed seeds, houmous, edamame beans, sunblush green beans, falafel, Roquito peppers, Greek feta, Grana Padano

#### Choose your dressing

Ranch, Caesar, Caesar light, blue cheese, balsamic, soy, sesame & ginger, French, sweet chilli & lime, extra virgin olive oil, lemon juice, pumpkin oil, tahini, apple cider vinaigrette, spicy peanut & sesame oil

## **Signature Salads: Small £5.15 Large £6.25**

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### **Chicken Caesar**

Chicken, bacon, grana padano, croutons, cucumber & Caesar dressing

### **Super Cob**

Chicken, bacon, spicy avocado, free range egg, tomatoes & blue cheese dressing

### **Nachos Grande**

Chicken, spicy avocado, mixed beans, cheddar, tomatoes, tortilla chips & ranch dressing

### **Bang Bang Chicken**

Chicken, roquito peppers, green beans, grated carrot, sweetcorn, peanuts & sweet chilli & lime dressing

### **Middle Eastern**

Chicken, roasted cauliflower, tomatoes, roasted peppers, fresh herbs & tahini dressing

### **Sweet Potato, Feta & Pumpkin Seeds**

Roasted sweet potato, Greek feta, tomatoes, pumpkin seeds, peppers & pumpkin oil dressing

## Seasonal Salads:

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### Super Greens

Chargrilled broccoli, mixed quinoa, spicy avocado, edamame beans, cucumber, fresh herbs and apple cider & vinaigrette dressing

### Omega Bomb

Salmon, green beans, cucumber, edamame, fresh herbs, chilli flakes & soy, sesame & ginger dressing

### Raw Pad Thai

Courgette & mooli noodles, radish, edamame, peppers, cashew nuts & spicy peanut, sesame oil & lime dressing

## Legends:

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### Tuna Nicoise

Tuna, free range egg, potatoes, red onions, olives, green beans, tomatoes & French dressing

### Chef's Salad

Chicken, ham hock, cheddar, tomatoes, cucumber, croutons & ranch dressing

### Oriental Prawn

Prawns, carrot, chargrilled broccoli, green beans, edamame beans, courgette & mooli noodles, peanuts & soy, sesame & ginger dressing

### Viva Espana

Chorizo, mozzarella, red onion, tomatoes, cucumber, croutons & lemon juice & olive oil dressing

## HOT DISHES

We like to mix up our hot dishes to keep them interesting, so selections will change each month.

### Soups

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#### Vegetarian

Butternut, lentil & spinach  
Tomato & basil  
Leek & potato  
Minestrone  
Mushroom  
Thai chilli kale  
Malaysian kelp broth

#### Meaty

Thai spiced chicken  
Malaysian chicken  
Chicken pesto noodles  
Smoked bacon & lentil  
Brazilian chicken  
Red Thai chicken & coconut

### Stews

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#### Vegetarian

Saag paneer  
Cauliflower curry  
Hawaiian vegetable curry  
Thai vegetable satay curry  
Three bean & sweetcorn chilli  
Vegetarian paella  
Mushroom & cheddar Vichyssoise

#### Meaty

Pork feijoada  
Chilli con carne  
Sri Lankan chicken  
Thai green chicken curry  
Chicken, black bean & sweet potato  
Kuala chicken curry  
Moroccan chicken harira  
BBQ chilli beans & chicken  
Provencale chicken

### Tostilocos

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Chilli, cheddar, jalapenos, tortilla chips & sour cream with brown rice

## BREAKFAST

### Create your own poached egg pots:

#### **Choose 3 from**

Avocado, cherry tomato, ham hock, streaky bacon, cold smoked salmon, parmesan, chilli flakes, basil, hot spicy beans, red quinoa, spinach, feta, butternut squash

### House poached egg pots:

#### **Add 2 slices of buttered toast**

Avocado, chilli, basil

Red quinoa, spinach, cherry tomato

Cold smoked salmon, avocado, chopped chives

Ham hock, parmesan, truffle oil

Protein beans, bacon, chilli

### Create your own scrambled egg box:

#### **Choose 3 from**

Avocado, cherry tomato, ham hock, streaky bacon, cold smoked salmon, parmesan, chilli flakes, basil, hot spicy beans, red quinoa, spinach, feta, butternut squash, omega sprinkles, chives

### House poached egg pots:

Natural with cracked black pepper

Avocado, feta, chilli flakes

Smoked salmon, chopped chives

Ham hock, parmesan, cracked black pepper

## PANCAKES

### Create your own:

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#### Choose any 2

Pineapple, banana, strawberries, blueberries, raisins, chopped dates, dried cranberries, toasted coconut, flaked almonds, caramelised pecans, milk chocolate, red quinoa

#### Choose a topping

Greek style yoghurt, honey, fruit compote, muscovado sugar, maple syrup, passionfruit puree, almond butter

## PORRIDGE

Three-grain protein porridge oats, buckwheat and quinoa with almond milk  
OR jumbo oats with dairy milk

### Create your own:

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#### Choose any 3

banana, blueberries, kiwi, mango, pomegranate, strawberries, pineapple, goji berries, raisins, dried cranberries, coconut flakes, milk chocolate, chopped dates, chia seeds, almonds, caramelised pecans, sunflower seeds, pumpkin seeds, honey, berry compote, muscovado sugar, maple syrup, cinnamon, almond butter

### House porridge:

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#### Warming porridge

Banana, chopped dates, muscovado sugar

#### Booster porridge

Blueberries, almond butter, caramelised pecans, maple syrup

#### Super porridge

Mango, dried cranberries, raisins, pumpkin seeds, honey

## BREAD

### Perfect toast:

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**White or multiseed bloomer, or gluten-free bread, perfectly toasted and topped with:**

Butter & orange marmalade

Nutella

Hummous & tomato

### Avocado smash toast:

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**Smashed avocado on white, multiseed bloomer or gluten-free bread, perfectly toasted and topped with 2 of:**

Streaky bacon, sliced egg, feta cheese, cherry tomato, parmesan, sliced pear, basil, smoked tofu, red onion, sweetcorn, cold smoked salmon, pumpkin seeds, chia seeds

### Breakfast sandwich:

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**Brioche rolls, crusty rolls & bloomer toasties with:**

Cumberland sausage with ketchup/English mustard/brown sauce

Streaky bacon with ketchup/English mustard/brown sauce

Cumberland sausage with ketchup/English mustard/brown sauce

Smoked salmon, egg & cracked black pepper



## BREAKFAST BOWLS

### House bowls:

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#### **Antioxidant**

Museli, natural yoghurt, red grapes, apple, dried cranberries, goji berries, pecans, almonds, honey

#### **Vitality**

Granola, greek style yoghurt, pineapple, kiwi, mango, coconut, flax seeds, mixed nuts, passionfruit puree

#### **Protein**

Granola, greek style yoghurt, banana, blueberry, pomegranate seeds, red quinoa, chia seeds, pumpkin seeds

#### **Acai smoothie bowl**

Acai berries, date, strawberry & almond butter smoothie with oat granola, banana, pomegranate seeds, blueberries & coconut

## BREAKFAST BOWLS

### Create your own:

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#### Choose your base

Rye flakes, museli, oat flakes, granola

#### Select 3 toppings

Melon, apple, pineapple, banana, grapes, pomegranate, blueberries, strawberries, raisins, milk chocolate, dried cranberries, flax seeds, toasted coconut, pear, dried goji berries, chia seeds, sunflower seeds, pumpkin seeds, mixed nuts, flaked almonds, caramelised pecans, chopped dates, red quinoa

#### Add

Low fat yoghurt, greek style yoghurt, single variety apple juice

#### Finish with

Blossom honey, fruit compote, muscavado sugar, passionfruit puree, fruit compote, almond butter