

SALAD BAR

Create Your Own:

Choose your base

Cos Lettuce, Mixed Leaf, Baby Spinach, Rocket, Red, Black & White Quinoa, Egg Pasta, Super Skinny Slaw

Select 5 ingredients

1 from the deli counter:

Chicken Breast, Pulled Ham Hock, Crispy Smoked Bacon, Smoked Tofu, Lion Prawns, Spanish Chorizo, Roasted & Oak Salmon, Tuna

4 from the veg counter:

Chargrilled Tenderstem Broccoli, Spicy Avocado, Sun Blush Tomatoes, Mixed Beans, Red, White & Black Quinoa, Mooli & Courgette Noodles, Roquito Pepper Pearls, Mexican Tortilla Chips, Asparagus, Mixed Peppers, Petit Pois, Green Beans, Red Onion, Mixed Olives, Cucumber, Sweetcorn, Fresh Beetroot, Crunchy Carrot, Vine Tomatoes, New Potatoes, Free Range Egg, Baby Gherkins, Feta, Cheddar, Grana Padano, Mozzarella, Soured Cream, Houmous, Falafel Balls, Edamame Beans, Mango

Choose your dressing

Spicy Peanut, Sesame Oil & Fresh Lime, Honey Balsamic, Creamy Ranch, Caesar, Caesar Light, Blue Cheese, Soy Sesame & Ginger, French Vinaigrette, Sweet Chilli & Fresh Lime, Balsamic Vinegar, Extra Virgin Olive Oil, Mexican, Kale Pesto, Lemon Juice, Indian Mango

Choose your topping

Fresh Mixed Herbs, Chilli Flakes, Jalapenos, Mixed Seeds, Croutons, Peanuts

Signature Salads:

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

Omega Bomb

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

Protein Power

Quinoa, tuna, free range egg, petit pois, courgette & mooli noodles, crunchy cucumber, mixed seeds & French dressing

Seasonal Salads:

Mango Chicken Burrito

Chicken breast, juicy mango, sweetcorn, fresh mixed beans, sour cream & Mexican salad dressing

Houmous & Falafel

Falafel, houmous, mixed peppers, tomatoes, fresh cucumber, mixed herbs, lemon juice & olive oil

Rainbow Veg Noodle

Courgetti & mooli noodles, crunchy carrot, beetroot, asparagus, chargrilled tenderstem broccoli, crunchy seeds, mixed herbs and soy, sesame & ginger dressing

Legends:

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

Vegetarian

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

Meaty

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

Stews

Vegetarian

Saag paneer
Cauliflower curry
Thai vegetable satay curry
Three bean & sweetcorn chilli
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

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:

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:

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:

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:

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

Butter & orange marmalade

Nutella

Hummous & tomato

Avocado smash toast:

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:

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:

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:

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