

SALAD BAR

CREATE YOUR OWN

CHOOSE YOUR BASE

Cos lettuce, mixed leaf, baby spinach, rocket, red black and white quinoa, egg pasta, super skinny slaw, hot jacket potato (regular only).

CHOOSE 5 INGREDIENTS

1 from the deli counter

Chicken breast, pulled ham hock, crispy smoked bacon, smoked tofu, lion prawns, Spanish chorizo, roasted salmon, tuna.

4 veg items

Chargrilled tenderstem broccoli, spicy avocado, sun blush tomatoes, mixed beans, red black and white quinoa, mooli and courgette noodles, Roquito pepper pearls, Mexican tortilla chips, 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, hummus, falafel balls, edamame beans, quinoa, butternut squash, chestnuts, cold poached egg, apple, fig.

CHOOSE YOUR DRESSING

Spicy peanut, honey balsamic, creamy ranch, Caesar, Caesar light, blue cheese, soy sesame and ginger, French vinaigrette, sweet chilli and fresh lime, balsamic vinegar, extra virgin olive oil, Mexican, kale pesto, lemon juice.

CHOOSE YOUR TOPPING

Fresh mixed herbs, chilli flakes, jalapenos, mixed seeds, crunchy croutons, peanuts.

SALAD BAR

HOUSE SALADS

CHICKEN CAESAR

Chicken, bacon, Grana Padano, crunchy croutons, cucumber and Caesar dressing.

SUPER COB

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

NACHOS GRANDE

Chicken, spicy avocado, mixed beans, cheddar, tomatoes, tortilla chips, fresh herbs and ranch dressing.

BANG BANG CHICKEN

Chicken, Roquito peppers, green beans, grated carrot, sweetcorn, peanuts with sweet chilli and lime dressing.

OMEGA BOMB

Salmon, green beans, cucumber, edamame, fresh herbs, chilli flakes with soy, sesame and ginger dressing.

PROTEIN POWER

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

SALAD BAR

SEASONAL SALADS

AUTUMN SWEET VEGAN

Smoked tofu, sweet apple and fig, chargrilled butternut squash, mixed quinoa, chestnuts and petit pois with sweet chilli and fresh lime dressing.

THE BIG VEGAN

Hummus, edamame beans, chestnuts, cucumber, red onion, sweetcorn and sun blush tomatoes with extra virgin olive oil and lemon juice.

OH SHE GLOWS

Shredded ham hock, beetroot, sweet apple and fig, red onion, crumbling feta cheese and walnuts with blue cheese dressing.

LEGEND SALADS

TUNA NIÇOISE

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

CHEF'S SALAD

Chicken, pulled ham hock, cheddar, tomatoes, cucumber, crunchy croutons and ranch dressing.

ORIENTAL PRAWN

Prawns, carrot, chargrilled tenderstem broccoli, green beans, edamame beans, courgette or mooli noodles, peanuts with soy, sesame and ginger dressing.

VIVA ESPANA

Chorizo, mozzarella, red onion, tomatoes, cucumber, crunchy croutons with lemon juice and olive oil dressing.

SALAD BAR

WARM DELI SALADS

ROASTED BUTTERNUT WARMER

Warm roasted butternut squash, red onion, mixed beans, petit pois, mixed seeds and fresh mixed herbs.

MIDDLE EASTERN BAKED FALAFEL

Warm baked falafel, grilled sweet potato, hummus, free range egg, crunchy carrot, vine tomato and fresh mixed herbs.

MEDITERRANEAN GRILLED HALLOUMI

Warm grilled halloumi, crunchy carrot, petit pois, mixed olives, mixed peppers, mixed seeds and crunchy croutons.

CAESAR DELUXE

Warm roasted chicken breast, cold poached egg, crispy smoked bacon, shaved Grana Padano and crunchy croutons.

HOT DISHES

CREATE YOUR OWN

CHOOSE YOUR BASE

Brown rice, jacket potato, quinoa and buckwheat mix.

CHOOSE YOUR FLAVOUR

Goan vegetable stew, Moroccan tagine or Sri Lankan curry.

CHOOSE YOUR DELI ITEM

Grilled halloumi, baked falafel, warm roasted chicken or roasted butternut squash.

SUPER SKINNY SLAW

Opt in or out

CHILLI CON CARNE

Slow-cooked beef in tomato sauce with kidney beans, black beans and chillies.

TOSTILOCOS

Chilli, cheddar, jalapenos, tortilla chips and sour cream with brown rice.

HOT DISHES

SOUPS

THAI SPICED CHICKEN

Fragrant Thai-spiced soup with chicken and sweet potato, made with turmeric, coriander, lime leaves and red chilli.

BUTTERNUT, LENTIL AND SPINACH (VG)

Aromatic vegan curry made with butternut squash, green lentils, chickpeas and spinach.

MALAYSIAN CHICKEN NOODLE

Rich Malaysian-spiced soup with chicken and noodles, blended with coconut milk, lime, green chilli and turmeric.

HOT DISHES

PASTA BAKES

MAC 'N' CHEESE (GF)

Butternut and crispy kale, creamy cheese sauce with gluten-free pasta.

SICILIAN MEATBALLS (GF)

Homemade meatballs in a chilli, green pepper and tomato sauce with gluten-free pasta.

PESTO CHICKEN PENNE (GF)

Fresh basil pesto sauce with chicken and gluten-free pasta.

HOT WRAPS

PIRI PIRI VEGETABLE

Tortilla wrap with melted cheddar, spinach, chunky sweet potato and piri piri sauce.

SICILIAN MEATBALLS

Tortilla wrap with melted cheddar, red onion, spinach and homemade meatballs covered in Sicilian sauce.

SPICY TIJUANA

Tortilla wrap with melted cheddar, red onion, fiery jalapenos, succulent chicken and spicy chipotle sauce.

BREAKFAST

CREATE YOUR OWN POACHED EGG OR SCRAMBLED EGG POTS

CHOOSE 3 FROM

Avocado, cherry tomato, pulled ham hock,
streaky bacon, salmon, Grana Padano, chilli
flakes, hot spicy beans, red quinoa, spinach,
feta, chorizo, red onion, sweetcorn,
fresh herbs, truffle oil.

BREAKFAST

HOUSE SCRAMBLED EGGS

OLD FASHIONED

Natural eggs, topped with cracked black pepper.

GREEN EGGS

Avocado, feta and chilli flakes.

SUPREME

Roasted salmon and fresh herbs.

KICK STARTER

Ham hock, Grana Padano and cracked black pepper.

BREAKFAST

HOUSE POACHED EGGS

HIGH PROTEIN

Red quinoa, feta, spinach,
chilli flakes, tomato and fresh herbs.

FIRE UP

Hot spicy beans, chorizo,
chilli and fresh herbs.

HAM & CHEESE

Ham hock, Grana Padano
and truffle oil.

SALMON & AVOCADO

Salmon, chunky avocado
and fresh herbs.

HOUSE PANCAKES

SWEET BERRY

Greek yogurt, blueberries, strawberries and honey.

BIG APPLE

Low fat yogurt, apple and cinnamon.

NUTTY BANANA

Nutella, banana and caramelised pecans.

PORRIDGE

CREATE YOUR OWN

Vegan oat and quinoa porridge
or traditional dairy porridge

CHOOSE 3 FROM

Banana, blueberries, kiwi, mango, pomegranate, strawberries, pineapple, apple, grapes, mixed nuts, goji berries, raisins, dried cranberries, coconut flakes, milk chocolate, chopped dates, chia seeds, almonds, caramelised pecans, sunflower seeds, pumpkin seeds, honey, berry compote, maple syrup, cinnamon, almond butter.

HOUSE PORRIDGE

STRAIGHT UP

Plain and simple.

WARMER PORRIDGE

Banana, chopped dates and soft brown sugar.

BOOSTER PORRIDGE

Blueberries, almond butter, caramelised pecans and maple syrup.

MAGIC PORRIDGE

Mango, dried cranberries, raisins, pumpkin seeds and honey.

TOAST

TOAST

Multiseed bloomer, perfectly toasted

CHOOSE A TOPPING

Butter with either orange marmalade, strawberry jam, peanut butter, almond butter or Nutella.

AVOCADO SMASH TOAST

Smashed avocado on multiseed bloomer, perfectly toasted

CHOOSE 2 FROM

Avocado, cherry tomato, pulled ham hock, streaky bacon, salmon, Grana Padano, chilli flakes, hot spicy beans, red quinoa, spinach, feta, chorizo, red onion, sweetcorn, fresh herbs, truffle oil.

BREAKFAST SANDWICH

On multiseed bloomer

CHOOSE YOUR FILLING

Cumberland sausage with ketchup, English mustard or brown sauce.
Streaky bacon with ketchup, English mustard or brown sauce.
Roasted salmon, egg and cracked black pepper.

BREAKFAST BOWLS AND SMOOTHIES

HOUSE BOWLS AND SMOOTHIES

PURIFY

Organic vegan crunch, low fat yogurt, red grapes, apple, dried cranberries, goji berries, pecans, almonds, honey.

TROPICAL CRUNCH

Granola, Greek-style yogurt, pineapple, kiwi, mango, coconut, flax seeds, mixed nuts, passionfruit puree.

HIGH PROTEIN

Granola, Greek-style yogurt, banana, pomegranate seeds, blueberry, red quinoa, chia seeds, pumpkin seeds.

ACAI SMOOTHIE BOWL

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

BREAKFAST BOWL, SMOOTHIE OR PANCAKE

CREATE YOUR OWN

CHOOSE YOUR BASE

Rye flakes, muesli, oat flakes, granola, protein pancake.

CHOOSE 3 TOPPINGS

Banana, blueberries, kiwi, mango, pomegranate, strawberries, pineapple, apple, grapes, mixed nuts, 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.

Choose your milk or yogurt

Low fat yogurt, Greek-style yogurt, coconut yogurt, dairy, almond or soya milk.

Add any topping

Blossom honey, blueberry compote, soft brown sugar, passionfruit puree, fruit compote, almond butter, peanut butter, maple syrup.