



Breakfast Mon-Fri til 11:30 Sat-Sun til 1:00

- ### 4 Egg Omelettes (GF)
- Served with healthy slaw and mixed leaf salad
- Chicken, Mature Cheddar & Mushroom** £5.5
349kcal 19F 1.5C 35P
 - Goats Cheese & Spinach** £5.5
312kcal 19.6F 2.3C 28P
 - Roast Veg & Feta** £5.5
260kcal 16F 4.2C 25P
 - Super Protein** £5.95
Chicken, chia seeds, broccoli, spinach, peppers & kale
393kcal 19F 3.5C 35P

- ### Organic Porridge (V, Ve)
- Made with almond milk
- Banana & Cinnamon** £3.5
385kcal 7F 68C 16P
 - Mixed Fruit, Nut & Super Seed** £3.5
488kcal 21F 59C 15P
 - Proats** £4.25
Porridge served with a scoop of protein
430kcal 9F 53C 31P

- Ezekiel Eggs (V)** £5.5
Poached eggs with wilted spinach and kale served on Ezekiel toast
452kcal 13.6F 46C 28P
- Protein Pancakes (V)** £6
343kcal 16.6F 19C 27P
Add vanilla protein 98kcal 1.7F 1.5C 19.6P
Add chocolate protein 100kcal 2F 1C 20P
- Breakfast Smoothie (V)** £3.95
Low fat natural yoghurt blended with oats, banana, strawberries, skimmed milk, matcha & chia seeds 231kcal 3F 46C 7.6P
- Granola Pot (V)** £3.75
Organic granola layered with low fat natural yoghurt, super seeds & seasonal fruit 372kcal 21F 37C 13P

Grilled Breakfasts

- Full English** £6.00
2 bacon, sausage, egg, mushrooms, beans, tomato & toast
725kcal 26F 66.7C 44P
- Vegetarian (V)** £6.00
2 vegetarian sausages, egg, mushrooms, beans, tomato & toast
584kcal 14.6F 61C 42P

- ### Health Boxes
- All served with side salad and healthy slaw - Choose from brown rice (128kcal 1F 23C 3.4P) or quinoa (122kcal 1.7F 21.7C 3P)
- Salmon** £7
With broccoli, avocado, peppers & spinach in a teriyaki sauce
329kcal 15F 26C 23P
 - Steamed Chicken** £6.5
With chorizo, peppers & broccoli with garlic aioli 242kcal 11F 12C 23P
 - Sirloin Steak** £8.5
With broccoli, peppers, spinach, cashews & super seeds in an organic Asian fusion sauce 376kcal 21F 18C 33P
 - Roast Vegetables** £6
With broccoli & spinach in a soy dressing 200kcal 3F 40C 10P

- ### Courgetti
- Our courgette ribbons are a light low carb alternative to pasta
- Chicken** £7.5
With peppers, broccoli, sundried tomatoes & super seeds with matcha pesto
297kcal 10F 25C 26P
 - Sirloin Steak** £9
With broccoli, peppers, spinach, cashews & super seeds in an organic Asian fusion sauce 443kcal 24F 19C 35P

- ### Sandwiches
- Served with mixed salad
- Baby Mozzarella (V)** £3.5
With tomato, basil & balsamic dressed rocket
 - Brie & Cranberry (V)** £3.5
 - Roast Vegetable (V)** £3.5
With basil, pesto & balsamic mixed leaves
 - Roast Veg & Goats Cheese (V)** £3.25
 - Chicken** £3.25
With roast peppers and homemade pesto
 - Chicken Caesar** £3.25
With pancetta, parmesan shavings & mixed leaves
 - Chicken & Chorizo** £3.5
With roast peppers, parmesan shavings & aioli
 - Parma Ham** £3.75
With baby mozzarella, tomato & fresh basil

- ### Protein Shakes
- Made with unsweetened almond milk and your choice of protein:
- Unflavoured** £2.95
 - Chocolate** £2.95
 - Vanilla** £2.95
 - Salted Caramel** £2.95
168kcal 5F 9C 22.5P

- ### Super Salads
- Green Machine (V, GF)** £5
Avocado, broccoli, quinoa, feta, parsley, mint, cherry tomatoes & super seeds with mixed leaves 341kcal 15F 42C 17P
 - Salmon Supreme** £6.5
Responsibly sourced salmon, avocado, cucumber, quinoa, broccoli, radish, seeds & spinach with mixed leaves in a teriyaki dressing 414kcal 11F 51C 26P
 - Chicken Superfoods (GF)** £5.5
Steamed chicken with peppers, broccoli, seeds, quinoa, spinach & mixed leaves in a garlic chili dressing 570kcal 38F 31C 25P
 - Caesar Salad** £4.5
Chicken, pancetta, croutons, mixed leaves & parmesan shavings in a Caesar dressing 242kcal 15F 7.5C 16P
 - Caprese Salad** £4.75
Parma ham, baby mozzarella, cherry tomatoes, mixed leaves & parmesan shavings in a balsamic dressing 240kcal 17F 10C 11P

- ### Pasta
- Amatriciana** £6
Pancetta, mushroom & onion in a chilli tomato sauce 768kcal 19C 32F 34P
 - Mediterranean Roast Vegetable (V)** £6
Served in a garlic tomato sauce 482kcal 19C 5F 9P
 - Chorizo** £6
Chorizo sausage, peppers & onion in a chilli tomato sauce 618kcal 91C 18F 25P
 - Carbonara** £6
Pancetta, parmesan & parsley in a cream sauce 820kcal 76C 45F 30P
 - Chorizo Carbonara** £6
Chorizo, chicken, mushrooms & parmesan in a cream sauce 686kcal 76C 30F 29P
 - Mascarpone Chicken** £6
Chicken, mascarpone & toasted pine nuts in a cream & homemade matcha pesto sauce 530kcal 75C 13F 29P

- ### Paninis
- Sit in - add salad & slaw for £1.5
- Garlic Chicken** £3.75
With roasted peppers & mozzarella
 - Sweet Chilli Chicken** £3.75
With jalapenos & mozzarella
 - Chicken & Sundried Tomato** £3.95
With roasted peppers, pesto and mozzarella
 - Chicken & Pancetta** £3.95
With roast peppers, BBQ sauce & cheddar
 - Chicken & Chorizo** £3.95
With tomato salsa & mozzarella
 - G.A.B.S Panini** £4.25
Goat's cheese, avocado, bacon & spinach with a balsamic glaze
 - Mixed Italian Meats** £3.75
With roasted peppers, baby mozzarella and basil oil
 - Roasted Vegetables (V)** £3.95
With goat's cheese & a balsamic vinegar glaze
 - Bacon, Brie and Cranberry** £3.95

- ### Protein Balls
- Raw Cacao and Peanut Butter** £2
206kcal 12F 15C 8P
 - Almond & Vanilla** £2
165kcal 10F 15C 4.3P

- ### Baked Sweet Potatoes
- All served with healthy slaw and mixed salad
- Tuna (GF)** £6
With low fat cream fraiche and chives 396kcal 3F 64C 25P
 - Feta (GF, V)** £6
With spinach and sundried tomatoes 332kcal 2F 70C 11P
 - Chicken (GF)** £6
With spring onions in a BBQ sauce 382kcal 3F 68C 22P
 - Chicken & Chorizo (GF)** £6
With peppers and garlic aioli 443kcal 8F 70C 23P

Pure Filth

- Peanut Butter Crunch** £2.2
- Billionaire's Shortbread** £2.5
- Rocky Road** £2.5
- Oreo Brownies** £2.2
- Triple Chocolate Chunk Brownies** £2.2

- ### Soup
- Freshly made nutritious soup of the day
- Reg** £2.8
 - Large** £3.25
 - Add a bun** 50p

- ### Clean Treats
- Sugar Free, Dairy Free And Gluten Free
- Clean Snickers** £2.95
478kcal 25F 60C 8P
 - Superfood Brownie** £2.95
230kcal 10F 37.6C 5P
 - Bloody Awesome Muesli** £2.95
230kcal 10F 37.6C 5P
 - Hercules Bar** £2.95
383kcal 15F 30C 6.4P
 - Blueberry Cheesecake** £2.95
501kcal 38F 30C 9P
 - Banoffee Cheesecake** £2.95
464kcal 43F 21C 7P
 - Clean Banana Bread** £2.95
206kcal 10F 27C 5P

- ### Coffee
- espresso** £1.5
 - Americano** £1.7
 - Flat White** £2.4
 - Cappuccino** £2.5
 - Latte** £2.5
 - Split Shot** £3
Cappuccino with an espresso shot on the side
 - Mocha** £2.75
 - Hot Chocolate** £2.5
 - Extra Shot** 40p
 - Syrup** 30p
 - Soy Milk** 30p
 - Almond Milk** 30p
 - Cream** 40p
 - Coconut Oil** 40p
Organic, unrefined cold pressed coconut oil

- ### Cold Brew Iced Coffee
- Iced Agave** £3.25
Cold brew coffee, almond milk & agave 70kcal 3.3F 5.5C 1P
 - Iced Cacao** £3.5
Cold brew coffee, almond milk & raw cacao 64kcal 3.5F 3C 1.5P
- ### Teas
- Ringtons Tea** £1.5
 - Teapigs Herbal Teas** £1.7
Lemon & Ginger
Peppermint
Chai
Chamomile
Darjeeling Earl Grey
Green Tea With Mint
Honeybush Rooibos
Rooibos Crème Caramel
 - Matcha Green Tea** £1.95
The world's healthiest tea, equivalent to 15 cups of green tea
 - Matcha Latte** £2.95
Made with almond milk

- ### Smoothies
- All made with semi skimmed milk and low-fat frozen yoghurt
- Berry Blast** £3.95
Strawberries, raspberries & blueberries 60kcal 0.5F 11C 3.5P
 - Bananarama Blues** £3.95
Banana, blueberries & peanut butter 224kcal 5F 40C 7P
 - Super Power** £3.95
Oats, strawberries, raspberries, chia seeds & banana 282kcal 3.2F 58C 9.5P
- ### Dairy Free Smoothies (VE)
- Purple Heart** £3.95
Blueberries, apple, avocado, kale & spinach 168kcal 6F 29C 2P
 - Matcha Mash Up** £3.95
Almond milk, banana, matcha, dates & ice 203kcal 3F 47C 3P
 - Go Green** £3.95
Apple juice, mango, spinach & mint 144kcal 0F 36C 1.5P

- ### Smoothie Extras
- Add Protein** £1
103kcal 2F 1C 21P
 - Add Chia** 50p
138kcal 1F 0.5C 0.5P
 - Add Wheat Grass** 50p
8kcal 0F 0.5C 0.5P
 - Add Spirulina** 50p
10kcal 0F 0.5C 2P

Please Note
Due to the presence of nuts in our kitchen, there is a possibility that nut traces may be present in any of our items on this menu. We take allergies very seriously so please ask about any dish which may contain something you are unsure of before you order so we can advise you.

MON - FRI 8.30AM - 5PM
SAT 9AM - 5PM | SUN 10AM - 4PM



SIT IN OR TAKEAWAY