

# It's time to take platters into your own hands!

Picnics, meetings or food-fights, we've got platters to suit all!

## sandwich & wrap platters **from 14.95** 4-6 people

choice of either veggie, meaty or mixed sandwiches & wraps.

## salad platters **19.50** 4-6 people

Filled with one of our best-selling salads. Perfect to share!

## breakfast platter **15.95** 4-6 people

whole wheat croissants, honey & yoghurt pots, apples & bananas.

## sides platter **19.95**

selection of real hand cooked crisps, mini greek pots, supergreens pots & veggie dippers.

## fruit platter **15.95**

grapes, mixed melon, pineapple chunks, apples & bananas.

## dessert platter **19.95**

yoghurt & honey pots, banana & custard pots, mixed melon, grapes, pineapple chunks & yoghurt yummys.

**order online at [www.tosseduk.com](http://www.tosseduk.com)**

## free lunch

**for the person placing the platter order\***

\*orders over £25, T&Cs apply.

## nutrition

### salad & wrap

	calories		carbs		protein		sat fat		fruit/veg	
	med	large	med	large	med	large	med	large	med	large
lettuce	12	17	2	2	1	1	0	0	1.1	1.4
mixed rice	101	202	22	43	2	4	0	0	0	0
noodles	145	289	29	57	6	11	0	1	0	0
whole wheat wrap	271		44		8		3		0	
asian tuna	286	335	8	9	24	25	3	4	1	1
caesar deluxe	337	357	18	19	33	33	8	8	0.7	0.7
chicken goujon	501	554	31	34	21	22	8	8	0.9	0.9
chipotle	511	544	32	33	31	31	9	10	0.6	0.6
falafel mexicana (v)	482	583	23	44	14	20	8	9	0.5	0.5
greek (v)	320	358	11	11	10	10	7	7	2.7	2.7
muscle builder	509	550	29	29	44	51	9	9	1.7	1.7
omega salmon	234	254	30	30	15	18	2	3	2	2
sesame chicken	392	454	31	32	23	24	3	4	0.8	0.8
sweet chilli chicken	398	433	25	26	30	30	8	8	0.3	0.3

### smoothies

berry punch	216	51	3	0	3.2
mango mango	213	49	4	0	3.2
passionista	202	48	3	0	3.7
strawberry supreme	194	45	3	0	3.3
power breakfast	422	78	15	1	1.9
peanut butter protein	277	27	22	2	0.7
fat-free frozen yoghurt (1 scoop)	24	5	1	0	0

### breakfast

	calories	carbs	protein	sat fat	fruit/veg
strawberry start smuesli	325	52	9	1	2
berry boost smuesli	346	58	9	1	2
pineapple pick-up smuesli	334	49	9	1	2
trimmed bacon & egg muffin	271	26	15	5	0
sausage & egg muffin	338	30	15	6	0
egg, roasted tomato & italian cheese muffin	323	29	15	8	0.25
tossed muesli	455	76	13	3	0.2
balanced breakfast pot	349	67	32	6	1
whole-wheat croissant	322	22	7	10	0
toast & flora	264	35	9	2	0
+ jam topping	48	19	0	0	0.15
+ honey topping	25	2	4	0	0
+ marmite topping	75	20	0	0	0
+ peanut butter topping	178	3	7	3	0
cheese & marmite toastie	354	36	20	5	0
all day breakfast toastie	456	44	23	5	0
ham & cheese toastie	357	35	25	5	0

### soup & stew

	calories		carbs		protein		sat fat	
	med	large	med	large	med	large	med	large
100 cal tomato & basil	48	96	8	15	1	2	0	0
chickpea & spinach dhal (v)	74	175	5	13	3	6	4	8
chilli chicken	99	166	9	15	11	18	1	1
indonesian chicken noodle	90	213	11	25	6	13	1	2
malaysian chicken	59	104	6	10	7	12	0	0
skinny minestrone (vg)	34	67	6	12	2	3	0	0
summer chicken	77	136	5	9	8	15	1	1
sweet potato, coconut & coriander (vg)	127	259	13	27	2	4	6	12
pea & mint (v)	43	103	6	14	2	6	0	1
sicilian meatballs on rice	552	755	56	69	17	25	8	11
super skinny miso (vg)	29	4	2	0				
butternut lentil hotpot (v)	332	48	9	7				
thai green chicken	345	46	15	8				
low GI chinese chicken	435	42	20	5				
low GI mexican chicken	414	59	23	4				
wholesome haloumi	499	55	19	6				

# menu 2012

If you are what you eat, then I must be nuts!



# I Love Tossed

I get butterflies thinking about healthy eating!



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## drinks

### coffee

	reg	strong
<b>cappuccino</b>	<b>1.95</b>	<b>2.15</b>
<b>latte</b>	<b>1.95</b>	<b>2.15</b>
<b>americano</b>	<b>1.65</b>	<b>2.85</b>

**espresso** **1.25**

**tea** **1.30**  
english breakfast, green tea, superberry

**fresh mint tea** **1.30**

**hot chocolate** **1.95**

## smoothies

all your daily fruit

**passionista** **2.95**  
mango, strawberries, passion fruit, banana, OJ

**berry punch** **2.95**  
strawberries, raspberries, blackberries, blueberries, banana, apple juice, yoghurt (ff)

**mango mango** **2.95**  
mango, lime, banana, OJ, yoghurt (ff)

**strawberry supreme** **2.95**  
strawberries, banana, apple juice, yoghurt (ff)

**peanut butter protein\*** **2.95**  
peanut butter, protein shot, banana, milk, yoghurt (ff)

**power breakfast\* (n)** **2.95**  
strawberries, honey, oats, milk, yoghurt (ff)

\*one portion of fruit

## freshly squeezed orange juice

**2.50**

## fat-free

**frozen yoghurt** **1.25**  
vanilla, mango, strawberry

## breakfast

**smuesli (n)**  
blended fruit, juice and fat free yoghurt topped with Tossed muesli

strawberry start	<b>2.95</b>
berry breakfast	<b>2.95</b>
pineapple pick-up	<b>2.95</b>

**low GI porridge**

	mini	large
plain, honey or jam	<b>1.40</b>	<b>1.75</b>
with sultanas	<b>1.55</b>	<b>1.95</b>
with banana & sultanas	<b>1.70</b>	<b>2.20</b>

**whole wheat muffins**

trimmed bacon & egg <small>only 271 cals</small>	<b>1.95</b>
egg, roasted tomatoes & italian cheese	<b>1.95</b>
sausage & egg	<b>1.95</b>

**granary toast**

with low-fat spread	<b>0.95</b>
with honey, peanut butter, marmite or jam	<b>1.45</b>

**granola or muesli (n)**

with milk (hot or cold)	<b>1.50</b>
with yoghurt or soya milk	<b>2.00</b>

**toasties**

cheese & marmite toastie (v)	<b>1.65</b>
ham & cheese toastie	<b>2.65</b>
all day breakfast	<b>2.95</b>

**whole wheat croissant (v)** **0.95**

## pots

**honey & yoghurt (v/n)** **1.25**

**wild berry bircher (v/n)** **1.90**

**mango & passionfruit (v)** **1.95**

**balanced breakfast pot (v/n)** **2.45**

**big fat greek (v/n)** **2.45**

## house salads & wraps

vegetarian? you can swap meat for any other item, at no extra cost.

**chicken goujon**  
chicken goujons, cheddar, sweetcorn, carrot & sesame sticks, served on lettuce with low fat mayo.  
**med 3.50 large 3.95 wrap 3.95**

**asian tuna (n)**  
tuna mayo lite, broccoli, fresh peppers, toasted cashews & coriander, served on noodles with soy & sesame dressing.  
**med 4.35 large 4.95 wrap 4.95**

**sesame chicken**  
chicken breast, bean sprouts, carrots, spring onion, wasabi peas, sesame sticks & chilli, served on noodles with soy & sesame dressing.  
**med 4.35 large 4.95 wrap 4.95**

**falafel mexicana (v)**  
falafel, cheddar, sweetcorn, mixed beans, coriander & tortilla chips, served on lettuce with ranch dressing.  
**med 4.35 large 4.95 wrap 4.95**

**sweet chilli chicken**  
chicken breast, jalapeno peppers, tortilla chips, cheddar, red onion, mixed beans & coriander, served on lettuce with low fat sweet chilli dressing.  
**med 4.35 large 4.95 wrap 4.95**

## toasted wraps

**tuna melt** **3.25** **falafel** **3.95**  
tuna mayo lite, cheddar & spring onions.  
falafel, cheddar, coriander, roasted peppers & spring onion.

**halloumi (v)** **3.35** **chicken caesar** **4.45**  
halloumi, olives, roasted tomatoes & red onion.  
chicken breast, bacon, tomatoes & italian cheese with a caesar dressing.

**chicken, mozzarella & pesto** **3.55** **chipotle chicken** **4.45**  
chicken breast, mozzarella, pesto (nut free) & red onion.  
chicken breast, avocado, cheddar, mixed beans, jalapenos, tomato salsa & coriander.

**greek (v)**  
feta, houmous, black olives, vine tomatoes, cucumber, fresh peppers, red onion & oregano, served on lettuce with balsamic vinaigrette.  
**med 4.75 large 5.45 wrap 5.45**

**caesar deluxe**  
chicken breast, egg, italian cheese, tomatoes & croutons, served on lettuce with a low fat caesar dressing.  
**med 5.15 large 5.95 wrap 5.95**

**chipotle chicken**  
chicken breast, avocado, cheddar, mixed beans, jalapeno peppers, coriander, tomato salsa & tortilla chips, served on lettuce with ranch dressing.  
**med 5.15 large 5.95 wrap 5.95**

**omega salmon**  
salmon, artichokes, roasted new potato, cucumber & red onion, served on lettuce with fat free honey & lemon dressing.  
**med 5.30 large 6.25 wrap 6.25**

**muscle builder**  
chicken breast, turkey, egg, cheddar, tomatoes, new potatoes, cucumber & sweet corn, served on lettuce with a ranch dressing.  
**med 5.30 large 6.25 wrap 6.25**

## create your own

**med 4.95 large 5.65 wrap 5.65**

### select a base

lettuce  
brown rice  
noodles

**+ 1 protein** add 1.10 for extra

bacon  
chicken breast  
chicken goujons (+0.35)  
falafel (v)  
prawns  
smoked roast salmon  
tuna  
tuna mayo lite  
turkey

**+ 1 deli** add 0.75 for extra

artichokes  
avocado  
beetroot  
cheddar  
egg (free range)  
feta

houmous  
italian cheese  
mozzarella  
roasted peppers  
roasted tomatoes  
sweet potato

**+ 3 veggies** add 0.55 for extra

bean sprouts  
black olives  
broccoli  
cashews  
carrots  
coriander  
croutons  
cucumber  
jalapenos  
mixed beans  
mushrooms  
peas

peppers  
potatoes  
pumpkin seeds  
red onion  
sesame sticks  
spring onion  
sweet corn  
tomato salsa  
tomatoes  
tortilla chips  
wasabi peas

### dressing

balsamic vinaigrette  
balsamic vinegar (ff)  
caesar (lf)  
french  
honey dijon  
honey lemon (ff)

lemon juice (ff)  
mayo (lf)  
ranch  
soy and sesame  
sweet chilli (lf)  
XV olive oil

## soups

**everyday**

	mini	large
<b>100 cal tomato &amp; basil (vg)</b>	<b>2.65</b>	<b>2.95</b>

tomato passata, tomatoes, carrots, rice flour, onions, sugar, basil, celery, organic veg stock, salt, olive oil, black pepper.

**monday**

**malaysian chicken** **2.95 3.35**  
chicken, coconut milk, spring onions, carrots, rice flour, vermicelli noodles, lime juice, fish sauce, chicken stock, salt, green chilli, soy sauce, sugar, garlic, lime leaves, coriander, chilli, turmeric.

**chickpea & spinach dhal (v)** **2.65 2.95**  
chickpeas, tomatoes, onions, spinach, greek yoghurt, vegetable stock, ginger, lemon juice, garlic, rice flour, salt, red chilli, gram masala, mustard seed, cumin seed, turmeric, curry leaves.

**tuesday**

**summer chicken** **2.95 3.35**  
tomatoes, chicken, potato, leeks, peas, savoy cabbage, chicken stock, salt, dill, garlic, fennel seeds, pepper.

**sweet potato, coconut & coriander (vg)** **2.65 2.95**  
sweet potato, carrots, onions, celery, coconut, soy sauce, spring onions, organic veg stock, ginger, garlic, coriander, corn flour, salt, chilli.

**wednesday**

**chilli chicken** **2.95 3.35**  
chicken, tomatoes, onions, green peppers, red peppers, celery, red kidney beans, tomatoes, rice flour, salt, organic veg stock, red chilli, cumin, chilli powder.

**pea & mint (v)** **2.65 2.95**  
peas, potatoes, green split peas, organic vegetable stock, butter, whole milk, lemon juice, mint, parsley, salt, garlic, pepper.

**thursday**

**indonesian chicken noodle** **2.95 3.35**  
chicken, bean sprouts, onions, spring onions, vermicelli noodles, lime juice, chicken stock, garlic, coriander, chilli, salt, pepper, sugar.

**skinny minestrone (vg)** **2.65 2.95**  
tomatoes, onions, leek, orzo pasta, peas, courgette, celery, carrots, cornflour, haricot beans, organic veg stock, salt, garlic, basil, parsley, oregano, pepper, herb de provence.

**anything goes on a friday, so pop in & see what we've got!**

## hot pots

**med large**

<b>sicilian meatballs</b>	<b>4.95</b>	<b>6.25</b>
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brown rice, meatballs (beef, bacon, green peppers, eggs, oats, parmesan, sunflower oil, oregano), tomato passata, onions, garlic, pepper, salt, balsamic vinegar, organic veg stock, red chilli, tabasco.

**butternut lentil hotpot (v)** **4.95**  
brown rice, butternut squash, onions, spinach, potato, coconut, chickpeas, yellow split peas, green lentils, ginger, garlic, red chilli, veg stock, salt, coriander, turmeric, lemongrass, pepper, mustard seeds, cardamom.

**thai green chicken** **4.95**  
brown rice, chicken, organic veg stock, coconut, sweet potato, red peppers, baby corn, carrots, onions, spinach, green chilli, coriander, garlic, fish sauce, basil, rice flour, coriander, sugar, lemongrass, shrimp paste, galangal, lime leaves, coriander seeds, salt, pepper, cumin seeds.

**low GI chinese chicken** **3.95**  
brown rice, chicken breast, scrambled eggs, carrot, spring onion, green peas, chilli, with soy & sesame dressing.

**low GI mexican chicken** **3.95**  
brown rice, chicken breast, sweetcorn, mixed beans, feta, jalapenos, roasted tomatoes, tomato salsa.

**wholesome halloumi (v)** **3.95**  
brown rice, halloumi, mixed grains (wheat, bulgur wheat, red lentils, red quinoa, toasted soya flakes), roasted peppers, sweetcorn, pesto (nut free).

## beat the queues

order online at  
[www.tosseduk.com](http://www.tosseduk.com)

(v) vegetarian  
(vg) vegan  
(n) contains nuts  
(ff) fat free  
(lf) low fat

