

## breakfast

whole-wheat toast (v)	0.95
top with honey, jam, peanut butter, marmite	+0.35
whole-wheat croissant (v)	0.95
honey & yoghurt (v/n)	1.25
granola (v/n)	1.50
tossed muesli (v/n)	1.50
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
berry boost smuesli (v/n)	2.95
strawberry smuesli (v/n)	2.95
pineapple smuesli (v/n)	2.95
power breakfast smoothie (v)	2.95
mini porridge (v)	1.40
large porridge (v)	1.70
bacon & egg whole-wheat muffin	1.95
egg, tomato & cheese whole-wheat muffin (v)	1.95
sausage & whole-wheat egg muffin	1.95
cheese & marmite toastie (v)	1.65
ham & cheese toastie	2.65
all day breakfast toastie	2.95

## fruit

apple	0.50
banana	0.50
orange	0.50
grapes	1.15
mixed melon	1.85
pineapple chunks	2.00
mango & strawberries	2.35
fruit salad	2.65



That's some  
doggone  
good food!

## wraps

	full	half
tuna mayo wrap	3.25	1.65
chicken caesar wrap	3.50	1.95
falafel & houmous wrap (v)	3.65	1.95
chicken & avocado wrap	3.75	1.95
sweet chilli wrap	3.75	1.95
muscle builder wrap	3.95	2.25

## toasties

tuna melt toasted wrap	3.25
halloumi toasted wrap (v)	3.35
club toastie	3.35
chicken & pesto toasted wrap	3.55
falafel toasted wrap (v)	3.95
chicken caesar toasted wrap	4.45
chipotle chicken toasted wrap	4.45

## mini pots

veggie dippers (v)	1.85
mini greek (v)	1.95
italian tricolore (v)	1.95
supergreens (v)	1.95
sweet potato & feta (v)	1.95
asian chicken noodle	2.25
100 calorie prawn cocktail	2.25
tuna protein	2.25

## soups

	large	mini
veggie soup	2.95	2.65
meaty soup	3.35	2.95

## hot pots & stews

low GI chinese chicken	3.95
low GI mexican chicken	3.95
wholesome halloumi (v)	3.95
butternut lentil hotpot (v)	4.95
chicken tikka masala hotpot	4.95
chilli con carne hot pot	4.95
thai green chicken hotpot	4.95
sicilian meatballs & rice	5.45

## desserts & snacks

skinny crisps	0.65
crisps	0.75
wasabi peanuts (v/n)	0.90
mini cake squares	0.99
chocolate	1.00
popcorn	1.00
frozen yoghurt	1.25
choc brownie (v)	1.30
eat natural	1.30
nakd bar	1.50
retro candy	1.65
yoghurt yummys	1.70
bananas & custard (v/vg)	1.75
chocolate honeycomb	1.85

## smoothies & fresh OJ

fresh OJ	2.50
berry punch	2.95
mango mango (v)	2.95
passionista (v)	2.95
peanut butter protein (v)	2.95
strawberry supreme (v)	2.95

## drinks

water (still or sparkling)	0.95
organic juice cans	1.00
coke bottle	1.40
diet coke bottle	1.40
apple juice	1.55
apple carrot & ginger juice	1.85
lucozade	1.85
this water	1.85
cranberry juice	1.90
vita coco	1.95

## salad & wraps

	medium salad	large salad or wrap
<b>chicken goujon</b> chicken goujons, cheddar, sweetcorn, carrot & sesame sticks, served on lettuce with low fat mayo.	3.50	3.95
<b>asian tuna (n)</b> lite tuna mayo, broccoli, fresh peppers, toasted cashews & coriander, served on noodles with a soy & sesame dressing.	3.95	4.45
<b>moroccan</b> chicken breast, oven roasted tomatoes, roasted peppers, mixed beans, red onion & sultanas, served on cous cous with a fat free honey & lemon dressing.	3.95	4.65
<b>sesame chicken</b> chicken breast, bean sprouts, carrots, spring onion, wasabi peas, sesame sticks and chilli, served on noodles with a soy & sesame dressing.	3.95	4.85
<b>falafel mexicana (v)</b> falafel, cheddar, sweetcorn, mixed beans, coriander & tortilla chips, served on lettuce with a ranch dressing.	4.35	4.95
<b>sweet chilli chicken</b> chicken breast, cheddar, jalapenos, tortilla chips, red onion, mixed beans & coriander, served on cous cous with a low fat sweet chilli dressing.	4.35	4.95

## create your own

medium salad **4.75** large salad **5.45** wrap **5.45**

### select base →

lettuce  
noodles  
rice  
wrap  
toasted wrap

### choose a protein →

bacon  
chicken  
chicken goujons  
falafel (v)  
prawns  
tuna  
turkey

### pick 3 veggies →

bean sprouts mushrooms  
black olives new potatoes  
broccoli peas  
carrots peppers  
cucumber red onion  
fresh peppers spring onion  
jalapenos sweetcorn  
mixed beans tomatoes

### choose 1 garnish →

coriander  
croutons  
pumpkin seeds  
sesame sticks  
sultanas  
toasted cashews  
tomato salsa  
tortilla chips  
wasabi peas

### add deli for 0.75 →

avocado  
beetroot  
butternut squash  
cheddar  
egg (free range)  
feta  
houmous  
mozzarella  
parmesan  
roasted peppers  
roasted tomatoes

### add dressing

balsamic vinegar (ff)  
balsamic vinaigrette  
caesar (lf)  
french  
honey & lemon (ff)  
mayo (lf)  
lemon juice (ff)  
ranch  
soy & sesame  
sweet chilli (lf)  
XV olive oil

### add more:

**extra protein**  
**1.10**

**extra veggies**  
**0.55**

**extra garnish**  
**0.25**

## spicy prawn (n)

prawns, fresh peppers, bean sprouts, spring onion, toasted cashews, coriander & chilli, served on noodles with a low fat sweet chilli dressing.

4.45 5.15

## greek (v)

feta, houmous, black olives, tomatoes, cucumber, fresh peppers, red onion & oregano, served on lettuce with a balsamic vinaigrette dressing.

4.70 5.40

## caesar deluxe

chicken breast, egg, parmesan, tomatoes & croutons, served on lettuce with a low fat caesar dressing.

4.75 5.50

## chipotle

chicken breast, avocado, cheddar, mixed beans, jalapenos, coriander, tomato salsa & tortilla chips, served on lettuce with a ranch dressing.

5.15 5.95

## muscle builder

chicken breast, turkey, egg, cheddar, tomatoes, new potatoes, cucumber & sweetcorn, served on lettuce with a ranch dressing.

5.30 6.25



**vegetarian?**  
you can swap meat for any other ingredient at no extra charge

## toasted wraps

### tuna melt

tuna mayo lite, cheddar and spring onions.

3.25

### chicken, mozzarella & pesto

chicken breast, mozzarella, pesto (nut free) and onion

3.55

### halloumi (v)

halloumi, olives, tomatoes and red onion.

3.75

### chipotle chicken

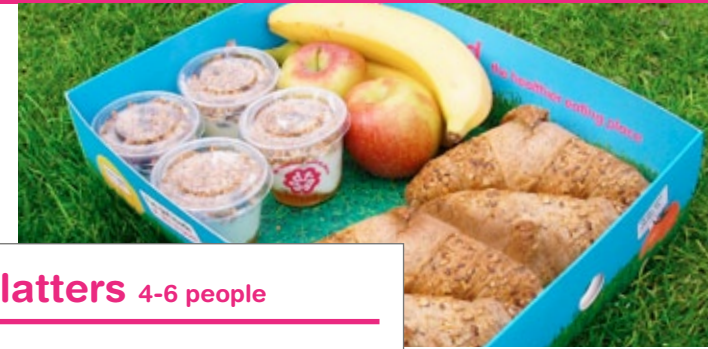
chicken breast, avocado, cheddar, mixed beans, jalapenos, tomato salsa and coriander.

4.45

### chicken caesar

chicken breast, bacon, tomatoes and parmesan with a low fat caesar dressing.

4.45



## salad platters 4-6 people

### **greek (v)**

feta, houmous, black olives, vine tomatoes, cucumber, fresh peppers, red onion and oregano with balsamic vinaigrette on mixed leaves

### **caesar deluxe**

chicken breast, egg, parmesan, vine tomatoes and croutons with low fat caesar dressing on mixed leaves

### **sweet chilli chicken**

chicken breast, jalapeno peppers, tortilla chips, cheddar, red onion, mixed beans and coriander with low fat sweet chilli dressing on mixed leaves

### **spicy prawn (n)**

prawns, fresh peppers, bean sprouts, spring onion, toasted cashews, coriander and chilli with low fat sweet chilli dressing on mixed leaves

### **sesame chicken**

chicken breast, bean sprouts, carrots, spring onion, wasabi peas, sesame sticks and chilli with soy & sesame dressing on mixed leaves

### **chipotle**

chicken breast, avocado, cheddar, mixed beans, jalapeno peppers, coriander, tomato salsa and tortilla chips with ranch dressing on mixed leaves

19.50

19.50

19.50

19.50

19.50

19.50

## sandwich & wrap platters 4-6 people

### **veggie**

a selection of veggie sandwiches & wraps

### **meatie**

a selection of meatie sandwiches & wraps

### **mixed**

a selection of fish, veggie & meatie sandwiches & wraps

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

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

### **sides platter**

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

### **fruit platter**

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

### **dessert platter**

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

14.95

15.95

15.95

15.95

19.95

15.95

19.95

Our award-winning platter boxes, filled with one of our best-selling salads. Perfect to share!



Delivery is FREE for all orders over £25 & within a 10 minute round walking trip from the store. Otherwise, there is a £6 delivery charge.

Our tossers deliver between 1030am and 1230pm (unless you specify otherwise).

Platters must be ordered by 1030am for same day delivery.

(v) vegetarian (vg) vegan (n) contains nuts

