

## BREAKFAST – SERVED UNTIL 11AM

### SCRAMBLED EGGS & TOAST

Mexican Eggs	REG / LRG	4.50/5.50
Omega 3 Booster Eggs	REG / LRG	4.99/5.99
Chorizo Power Eggs	REG / LRG	4.50/5.50
Energiser Scrambled Eggs	REG / LRG	4.50/5.50
Superb Scrambled Eggs	REG / LRG	4.50/5.50
Plain Scrambled Eggs	REG / LRG	3.50/4.50

### PORRIDGE

Peanut Butter Power Porridge	REG / LRG	2.49/2.79
Berry Boost Porridge	REG / LRG	2.49/2.79
Forest Berry & Peanut Butter	REG / LRG	2.49/2.79
Plain Porridge	REG / LRG	1.99/2.29

## The Big Deal!

A BRIOCHE, BAGEL  
OR SANDWICH &  
A HOT DRINK  
**4.99**



### BRIOCHE BUNS

Scrambled Egg	2.75
Bacon or Sausage & Egg	3.75
The Full Works	3.95
Veggie Feast	3.15
Halloumi, Avocado & Tomato	3.75

### TOASTED SANDWICHES

Bacon or Sausage	3.75
Avocado & Chilli	3.75

### TOASTED BAGELS

Smoked Salmon & Cream Cheese	3.75
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## LUNCH

### SALADS

*New*

#### NUTRI BOXES

Halloumi Super Bowl	3.99
South Beach Salmon	
Skinny Chicken Shawarma	

Gym Bowl	4.99
Chicken Teriyaki & Super Greens	5.99
Naked Club Sandwich	5.99
Roast Smoked Salmon & Egg	5.99
Naked Burrito Bowl	5.99
Tabbouleh / with Chicken	5.49/6.49
Heart Boosting Beets	4.99
Sweet Potato, Avo & Pomegranate	4.99
Chicken & Avocado Protein Punch	5.99
Protein Box	5.75

#### NUTRI PODS

Salmon & Egg Protein	3.60
Free Range Eggs	1.60
British Chargrilled Chicken	2.50
Vegan Falafel Mezze	2.60

### HOT FOOD

#### HOT PODS

Reg 6.39 Lrg 6.99

Thai Red Chicken Curry	
Thai Green Chicken Curry	
Naked Chicken Katsu Curry	
Malaysian Coconut Chicken	
Smoky Three Bean Chilli	
Butter Chicken	

*New*

Reg 6.39 Lrg 6.99

Moroccan Chicken Tagine	
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#### LAKSA

3.99

Organic Tofu	
King Prawn	
Vegetable Gyoza Topped	
Chicken Breast	

#### PHO (MILD) & BUÑ HUE (SPICY)

3.99

King Prawn	
British Chicken	
Organic Tofu	
Vegetable Gyoza Topped	

#### STEAMED GYOZA

2.99

6 Duck Gyoza	
6 Vegetable Gyoza	
6 Chicken Gyoza	

#### HOT WRAPS

Halloumi, Falafel & Spinach	4.39
Grilled Chicken & Chorizo	4.99
Pesto Chicken & Emmental	4.99

### WRAPS & BAGUETTES

#### WRAPS

Hummus & Falafel	3.39
Beetroot & Crumbled Cheese	3.79
Asian Chicken	3.99
Omega Salmon & Spinach	3.99

#### BAGUETTES

Chicken Caesar & Bacon	4.25
Avocado & Caprese	3.75

### DRINKS

#### COFFEE

Reg / Lrg

Flat White	2.55
Latte/Cappuccino/Mocha	2.55/2.75
Americano	1.99/2.29
Golden Turmeric Latte	2.95/3.25
Mind Boost Matcha Latte	2.95/3.25
Iced Americano	2.29
Iced Latte	2.75

#### SMOOTHIES

4.25

Breakfast Protein Shake	
Berry Cooler	
Mango Energiser	
Kale Cleanse	
Super Fruit	

For allergen and nutritional info,  
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