

BUILD YOUR OWN BOWL

BASE

PICK 2

QUINOA, WILD RICE, BABY SPINACH, WILD ROCKET, LETTUCE & MIXED LEAF.

CORE A

PICK 4

MIXED OLIVES, RED ONIONS, ROASTED PEPPERS, CHERRY TOMATOES, SEASONED CHICKPEAS, FRESH CHILIES, SWEETCORN, ROASTED BROCCOLI, ROASTED SWEET POTATO, CUCUMBER, SAUTÉED MUSHROOM.

CRUNCH

PICK 1

GARLIC CROUTONS, TORTILLA CHIPS, CRISPY ONIONS, PUMPKIN SEEDS, CRANBERRIES.

CORE B

PICK 1

RAINBOW SLAW, BEETROOT, SALSA, PICKLE MIX

DIPS

PICK 1

HUMMUS, TZATZIKI, BABA GHANOUSH.

PREMIUM/PROTEIN

PICK 1

ROASTED CHICKEN, PANKO CHICKEN, SPICY BEEF, BACON, FALAFEL, HALLOUMI, GOAT'S CHEESE, BOILED EGGS, PARMESAN, AVOCADO.

BUILD YOUR OWN FOLD/PIZZA

BASE

PICK 2

TOMATO SAUCE, TOMATO PESTO, SPINACH, MOZZARELLA, DAIRY FREE CHEESE.

VEG

PICK 3

OLIVES, RED ONIONS, ROASTED PEPPERS, CHERRY TOMATOES, FRESH CHILIES, SWEETCORN, SAUTEED MUSHROOMS, ROASTED BROCCOLI, ROASTED SWEET POTATO.

PROTEIN

PICK 1

ROASTED CHICKEN, PANKO CHICKEN, SPICY BEEF, BACON, PEPPERONI, FALAFEL, HALLOUMI, GOAT'S CHEESE, BOILED EGGS.

DRIZZLE/GARNISH

PICK 3

GRATED PARMESAN, WILD ROCKET, LETTUCE, SLAW, SALSA, HUMMUS, OIL, CHILLI OIL, PESTO, BUFFALO, RANCH, BBQ, MAYONNAISE, GARLIC MAYONNAISE, CHIPOTLE, CAESAR, (AVOCADO £1.50)

