

SALADS

EXTRA TOPPINGS £0.48 / EXTRA PREMIUM £1.48 / EXTRA PROTEIN £2.48

FALAFEL GLUTEN FREE £10.48

MIXED LEAF, RED ONION, SWEET POTATO, BEETROOT, PICKLED MIX, RAINBOW SLAW, HUMMUS, BABA GANOUSH, FALAFEL

 TAHINI & POMEGRANATE MOLASSES

HALLOUMI GLUTEN FREE £10.48

MIXED LEAF, CHERRY TOMATOES, OLIVES, RED ONION, ROASTED PEPPERS, CUCUMBER, CHICKPEAS, TZATZIKI, HALLOUMI

 OLIVE OIL

SPICY TACO GLUTEN FREE £11.48

MIXED LEAF, RED ONIONS, SWEETCORN, FRESH CHILLIES, TORTILLA CHIPS, RAINBOW SLAW, SALSA, AVOCADO, SPICY BEEF

 BUFFALO & RANCH

COBB £11.98

LETTUCE, SPINACH, CHERRY TOMATOES, RED ONIONS, RAINBOW SLAW, CRISPY ONIONS, SWEETCORN, BACON, BOILED EGG, AVOCADO, ROASTED CHICKEN

 RANCH

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BOWLS

EXTRA TOPPINGS £0.48 / EXTRA PREMIUM £1.48 / EXTRA PROTEIN £2.48

DIBS



£11.48

WILD RICE OR QUINOA, LETTUCE, SWEET POTATO, BROCCOLI, CRANBERRIES, PUMPKIN SEEDS, BEETROOT, GOATS CHEESE, ROASTED CHICKEN

BALSAMIC VINAIGRETTE

SHROOMAMI

£11.48

WILD RICE OR QUINOA, SPINACH, SAUTÉED MUSHROOM, CUCUMBER, FRESH CHILLIES, RAINBOW SLAW, PICKLED MIX, CRISPY ONION, BOILED EGG, ROASTED CHICKEN

SRIRACHA VINAIGRETTE

CHICKEN PESTO BOWL

£11.48

WILD RICE OR QUINOA, WILD ROCKET, SAUTÉED MUSHROOM, BROCCOLI, PEPPERS, TOMATOES, GARLIC CROUTONS, SHAVED PARMESAN, ROASTED CHICKEN

PESTO VINAIGRETTE

FOLDS

ADD HALLOUMI OR AVOCADO FOR £1.48 / ADD ANY PROTEIN FOR £2.48

DIBS ON FALAFEL **vegan**

£8.98

TOMATO SAUCE, FALAFEL, RED ONIONS, PEPPERS, ROASTED TOMATOES, HUMMUS, ROCKET

 TAHINI

CHICKEN PESTO

£8.98

TOMATO SAUCE, MOZZARELLA, ROASTED CHICKEN, RED ONION, ROASTED PEPPERS, FRESH CHERRY TOMATOES, ROCKET

 PESTO & GARLIC MAYONNAISE

CHIPOTLE CHICKEN

£8.98

TOMATO SAUCE, MOZZARELLA, ROASTED CHICKEN, FRESH CHILLIES, RED ONIONS, PEPPERS, RAINBOW SLAW, SALSA

 CHIPOTLE MAYONNAISE

CHICKEN PARM

£8.98

TOMATO SAUCE, MOZZARELLA, PARMESAN, BAKED PANKO CHICKEN, RED ONIONS, FRESH CHERRY TOMATOES, ROCKET

 MAYONNAISE.

CHICKEN BACON RANCH

£9.98

MOZZARELLA, BACON, BAKED PANKO CHICKEN, RED ONION, RAINBOW SLAW, CRISPY ONIONS

 BBQ & RANCH

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PIZZA

ONLY AVAILABLE THURSDAYS & FRIDAYS
GLUTEN FREE & DAIRY FREE AVAILABLE

SPICY ITALIAN

 £7.88  £10.38

TOMATO SAUCE, MOZZARELLA, RED ONIONS, FRESH CHILLIES,
PEPPERONI

 BUFFALO

PESTO

 £7.88  £10.38

TOMATO PESTO BASE, MOZZARELLA, BABY SPINACH, RED ONIONS,
PEPPERS, CHERRY TOMATOES

GARDEN

 £7.88  £10.38

TOMATO SAUCE, MOZZARELLA, ROCKET, RED ONIONS, PEPPERS,
CHERRY TOMATOES, SAUTÉED MUSHROOMS, SWEET CORN

 OLIVE OIL

BEEFY

 £7.88  £10.38

TOMATO SAUCE, MOZZARELLA, RED ONIONS, JALAPEÑOS, PEPPERS,
SAUTÉED MUSHROOMS, SPICY BEEF

 GARLIC MAYO

DIBS

 £8.48  £10.98

TOMATO SAUCE, MOZZARELLA, CHERRY TOMATOES, ROASTED
CHICKEN, PEPPERONI, ROCKET

 OLIVE OIL

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