

SALADS AND BOXES	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
ARGE SALADS										
Oak roasted super salmon salad Ingredients: leek, kale, mixed leaves, beetroot, peas, edamame beans, carrots, coriander leaves, chilli & spring onion, chilli munchy seeds, autumn seeds, beetroot & wasabi dressing topped with roasted salmon	Autumn seeds (sesame), beetroot & wasabi dressing (soya, mustard, sulphites), roasted salmon (fish)	435	36.7	23.1	9.4	22.9	5	13.1	2	DF GF WF SEEDS
Lebanese red pepper chicken tabbouleh Ingredients: Chicken, mildly spiced red pepper paste (nuts), quinoa, cucumber, tomatoes, pumpkin seeds, carrot, parsley, spring onion, seeds, mixed leaves & pomegranate seeds.	Chicken (dairy), seeds (sesame), red pepper paste (nuts)	490	26.4	46.6	4.9	24	3	9.4	0.6	GF WF SEEDS NUTS!
Pod slaw & avocado salad Ingredients: slaw mix (leek, kale, cabbage, carrots, peas, beetroot), avocado, edamame beans & wasabi seed mix with a miso dressing	Edamame beans (soya), miso dressing (soya, sulphites, sesame).	384	15.1	29.9	10.7	23.2	3.6	15.3	0.6	DF GF WF V ▼ SEED
Pod tabbouleh Ingredients: cucumber, tomatoes, avocado, leek, kale, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice & lemon dressing	Pistachio (nuts), lemon dressing (sulphites, soya)	323	6.2	19.6	4.9	24.7	3.3	9.4	0.4	DF GF WF V ▼ NUTS
Chicken tabbouleh Ingredients: as above with chicken	Chicken (dairy, pistachio (nuts), lemon dressing (sulphites, soya)	432	18.7	19.6	4.9	31.2	5.1	9.4	0.4	GF WF NUTS!
Pod tabbouleh side salad Ingredients: as above	As above	161	3.1	9.8	2.4	12.3	1.8	4.7	0.2	DF GF W V ▼ NUT
Slow burner with chicken Ingredients: chicken, Turkish cheese, cucumber, peas, pearl barley, lentils, shredded green cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachio, mint, coriander & red chilli with a sweet chilli & sesame dressing	Chicken (milk), Turkish cheese (milk), pearl barley (gluten), pistachio (nuts), sweet chilli dressing (sulphites, sesame), peanuts (peanuts)	516	28.7	57.7	6.9	18.6	6.3	22.2	2.2	SEEDS NUTS!
Slow burner Ingredients: As above without chicken	Turkish cheese (milk), pearl barley (gluten), peanuts (peanuts), pistachio (nuts), sweet chilli dressing (sulphites, sesame)	462	17.5	57.7	6.9	17.5	6	22.2	2.1	V SEEDS NUTS!
Slow burner side salad Ingredients: as above without chicken	As above	242	9	30.1	3.6	9.3	3.1	12.2	1.1	V SEEDS Nuts!
Shredded pork & pod slaw Ingredients: avocado, peas, mixed cabbage, shredded pork, beetroot, mixed wasabi seeds, sweet chilli sauce, coriander & a shot of Tamari dressing	Tamari dressing (soya), sweet chilli sauce (sulphites, sesame)	326	22.3	26.1	9	14.3	2.7	16.8	0.3	DF GF WI SEEDS
Go green chicken salad Ingredients: chicken, peas, edamame beans, carrots, spring onion, broccoli, kale, leek, sugar snap peas, lettuce, red chilli, corriander mix, seeds & miso dressing.	Miso dressing (soya, sulphites, sesame), seeds (sesame), chicken (dairy)	349	26.8	24.2	8.4	16.5	2	13.7	0.6	GF WF SEEDS
Go green salad Ingredients: as above without chicken	Miso dressing (soya, sulphites, sesame), seeds (sesame)	296	14.8	24.2	8.4	16	1.8	13.7	0.6	DF GF WI V ▼ SEEI



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DETOX BOX										
Chicken detox box Ingredients: chicken nori wrap, avocado with autumn seeds, spinach, kelp pickle, red cabbage, cucumber, pickled ginger, pumpkin seeds & a side salad of green peas, edamame beans, shredded carrot, coriander, chilli peppers & spring onions with a tamari dressing	Chicken (dairy), Edamame beans (soya), tamari dressing (soya), autumn seeds (sesame)	242	22	14.3	5.5	10.9	1.6	5.1	1	GF SEEDS
Salmon detox box Ingredients: salmon nori wrap, avocado with autumn seeds, spinach, kelp pickle, red cabbage, cucumber, pickled ginger, pumpkin seeds & a side salad of green peas, edamame beans, shredded carrot, coriander, chilli peppers & spring onions with a tamari dressing	Edamame beans (soya), tamari dressing (soya), salmon (fish), autumn seeds (sesame)	289	22.1	16.7	5.6	14.9	2.2	5.2	2.2	DF GF SEEDS
POWER BOXES										
Gym box Ingredients: hummus, falafel, broccoli, pearl barley & green lentils, shredded cabbage, carrot, spring onion, spinach, dal muth, peanuts, sunblushed tomatoes, chia seeds & a mango dressing	Hummus (sesame), pearl barley (gluten), peanuts (peanuts), mango dressing (sulphites), falafel (egg, gluten)	434	15.4	41.6	9.2	25.5	4.7	15.7	2.1	DF V SEEDS
Protein Box Ingredients: salmon tossed in dill & horseradish, roasted salmon, chicken with chilli & slices of hard boiled egg. Suitable for the Dukan diet	Salmon (fish), hard boiled egg (egg), prawns (crustaceans), chicken (dairy)	357	48.1	0.5	0.1	18.1	5.1	0.5	3.7	GF WF
DRESSINGS (PER 45G SERVING)										
Beetroot & wasabi	Sulphites, mustard, soy	54	1.1	11.4	0.7	0.1	0	11.1	0.5	GF WF
Tamari	Tamari (soya)	50	2.1	2.5	0	2.8	0.2	2.3	0	DF GF V ▼
Miso	Sulphies, sesame	154	2.61	10	0.94	11.61	1.12	6.7	0.45	DF GF WF V ▼ SEEDS
Lemon	Lemon juice (sulphites), tamari (soya)	91	0.1	3.6	0	8.3	0.6	3.2	0.3	DF GF WF V ♥
Sweet chilli	Garlic (sulphites), sesame oil	74.2	0.1	18.3	0.1	0.1	0	15.7	0.1	DF GF WF V SEEDS
Mango chutney	Lemon juice (sulphites)	79	0.2	10.6	0.1	4.4	0.6	0	0.7	DF GF WF V ▼



BAGUETTES & WRAPS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat	Sugar (g)	Salt (g)	Nutrition info
BAGUETTES										
Lebanese baguette Ingredients: spiced red pepper paste, chicken, tomatoes & basil in a superseed baguette.	baguette (gluten, sesame), red pepper paste (nuts), chicken (dairy)	433	25.9	60.2	5.5	4.8	0.5	3.1	1.8	SEEDS NUTS
Thai red chicken Ingredients: our legendary red chicken curry sauce, chicken, cucumber slices in a superseed baguette	Baguette (gluten, sesame), fish sauce (fish), shrimp paste (crustaceans), chicken (dairy)	448	18.9	59.2	5.4	10	5.5	1.2	2.2	SEEDS
Ham & Monterey Jack Ingredients: mixed lettuce, mustard, low fat mayonnaise, ham and monterey jack cheese in a superseed baguette	Mustard (mustard), mayonaisse (egg), cheese (dairy), baguette (gluten, sesame)	516	25.4	58.7	4.9	14.7	5.3	2.5	3.7	SEEDS
Mozzarella avocado Ingredients: mozarella, sunblushed tomato, avocado, basil leaves, olive oil in a superseed baguette	Mozarella (milk), baguette (gluten, sesame)	571	21.2	59.3	5.8	22.6	8.7	1.1	2.3	V SEEDS
WRAPS (SELECTED SHOPS ONLY)										
Hummus & pod slaw wrap Ingredients: hummus, peas, beetroot, white cabbage, leek, spring greens, carrot & a tortilla wrap	Hummus (sesame), tortilla wrap (gluten)	373	13.2	44.8	4.3	15.8	3.2	4.7	2.9	DF V ▼ SEEDS
Chicken dijon & pod slaw wrap Ingredients: pulled chicken, wholegrain mustard mayonnaise, peas, beetroot, white cabbage, leek, spring greens, carrot & a tortilla wrap	Chicken (dairy), Mayonnaise (egg, mustard), tortilla wrap (gluten)	312	21.8	42.2	3.8	8.3	2.1	3.1	1.8	
Lebanese red pepper wrap Ingredients: pulled chicken in spiced red pepper paste, mixed leaves, cucumber & a tortilla wrap	Chicken (dairy), red pepper paste (nuts, sulphites), tortilla wrap (gluten)	287	19.7	33.4	0.7	8	2.2	2.3	1.6	NUTS!
Salmon & wasabi wrap Ingredients: smoked salmon, dill, cream cheese, cucumber, green salad, wasabi mix in a tortilla wrap.	Salmon (fish), cream cheese (dairy), tortilla wrap (gluten)	398	19	31.1	0.6	21.6	11.2	1.2	4	
Pork & pod slaw wrap Ingredients: Pulled pork & sweet chilli sauce & pod slaw salad in a tortilla wrap.	Sesame, tortilla wrap (gluten)	549	11.7	49.6	2.2	33.6	12.3	16	1.5	DF SEEDS
NORI WRAPS										
Salmon nori wrap Ingredients: smoked salmon, umeboshi (plum pickle), sesame paste, cucumber, red cabbage, pickled ginger, spinach and a crunchy side salad with a free optional Tamari dressing	Salmon (fish), sesame paste (Sesame), tamari dressing (soya)	191	23.4	8.6	4.8	7.2	1.1	5.7	3.5	DF GF WF SEEDS
Chicken nori wrap Ingredients: chicken, umeboshi (plum pickle), sesame paste, cucumber, red cabbage, pickled ginger, spinach and a crunchy side salad with a free optional Tamari dressing	Chicken (dairy), Sesame paste (Sesame), tamari dressing (soya)	187	26.2	7.4	5.7	6	1.2	3.6	0.5	GF WF SEEDS
Egg mayonnaise & chia seed sandwich Ingredients: egg mayo, chia seeds & spinach on malted brown bread	milk, egg, mustard, gluten	492	20.5	51	4.7	25.8	3.9	3.2	1.9	V

We try to be as accurate as possible with our portion sizes, however some dishes may vary slightly.

DF DAIRY FREE GF GLUTEN FREE WF WHEAT FREE V VEGETARIAN ▼ VEGAN SEEDS CONTAINS SEEDS NUTS! CONTAINS NUTS



BAGUETTES & WRAPS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
SANDWICHES										
Tuna mayonnaise & sunblush tomato sandwich Ingredients: tuna mayo, sunblush tomatoes, lettuce, malted brown bread	milk, egg, mustard, gluten	477	25.3	51.9	3.6	20	2	3.7	2.5	DF
Super club sandwich Ingredients: Bacon, tomatoes, chicken, mayonnaise & green salad on malted brown bread	egg, milk, gluten, wheat	703	43.4	54.2	4.1	35.5	10.3	5.8	5.4	
Coronation chicken sandwich Ingredients: Coronation chicken, almonds, cucumber & spinach on malted brown bread	milk, egg, soya, mustard, nuts, gluten	526	30.1	66.3	4.9	17.2	2.5	17.4	1.9	NUTS!
Ham & Monterey Jack sandwich Ingredients: ham, Monterey jack cheese, mayonnaise, mustard & lettuce on malted brown bread	milk, egg, mustard, sulphites	460	27.1	52.3	3.6	16.9	6.1	4.7	4.1	
Hummus & falafel sandwich Ingredients: falafel, hummus, sunblush tomatoes & green salad on malted brown bread	falafel (egg, gluten), hummus (sesame)	507	18.9	66.8	13.1	17.9	2	6.1	3.1	V



Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
As below	327	21.1	47.7	5	6.3	1.4	4.7	0.8	GF WF
As below	355	19	42.7	4.3	12.5	3.9	4.1	1.8	GF WF
As below	378	15.7	53.5	2.5	11.9	4.8	2.7	1.2	GF WF
As below	363	9.8	51.3	7.7	14	8.8	7.8	0.97	GF WF DF V ▼
As below	368	21.1	47.3	6.1	11.2	6.3	5.9	0.78	GF WF
As below	418	23.8	52.2	7	13.4	7.9	6.8	1.4	GF WF
As below	437	23.8	65.4	5.5	10.1	1.7	4.1	1.8	GF WF
As below	355	20.4	49.3	4.8	9	2.1	4.1	0.9	GF WF
As below	370	16.2	42.2	3.7	15.7	7.9	1.9	1.4	GF WF
As below	386	8	45.9	4.9	20	10.7	8.4	1.3	GF WF
Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya)	522	29.3	82.3	6.9	9.6	2.1	6	1.1	GF WF
Meatballs (celery, eggs, milk), edamame beans (soya)	623	32	77.1	6.6	21.6	6.9	6.2	3.2	GF WF
Malaysian chicken (fish, egg, celery, milk), edamame beans (soya)	561	27.7	73.7	4.9	18.3	7.3	5.4	1.9	GF WF
Kerelan veg stew (mustard, celery, sulphites)	570	14.1	86.9	10.4	19.8	11.9	10.2	1.4	GF WF DF V ♥
	As below Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery,	As below 355 As below 363 As below 368 As below 418 As below 437 As below 355 As below 355 As below 370 As below 370 As below 386 Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, 570	As below 355 19 As below 378 15.7 As below 363 9.8 As below 368 21.1 As below 418 23.8 As below 437 23.8 As below 355 20.4 As below 370 16.2 As below 386 8 Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, 570 14.1	As below 355 19 42.7 As below 378 15.7 53.5 As below 363 9.8 51.3 As below 368 21.1 47.3 As below 418 23.8 52.2 As below 437 23.8 65.4 As below 355 20.4 49.3 As below 370 16.2 42.2 As below 386 8 45.9 Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, milk), edamame beans (soya)	As below 355 19 42.7 4.3 As below 378 15.7 53.5 2.5 As below 363 9.8 51.3 7.7 As below 368 21.1 47.3 6.1 As below 418 23.8 52.2 7 As below 437 23.8 65.4 5.5 As below 355 20.4 49.3 4.8 As below 370 16.2 42.2 3.7 As below 386 8 45.9 4.9 Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, elery, milk), edamame beans (soya)	As below 355 19 42.7 4.3 12.5 As below 363 9.8 51.3 7.7 14 As below 368 21.1 47.3 6.1 11.2 As below 418 23.8 52.2 7 13.4 As below 437 23.8 65.4 5.5 10.1 As below 355 20.4 49.3 4.8 9 As below 370 16.2 42.2 3.7 15.7 As below 386 8 45.9 4.9 20 Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, elery, elery, edamame beans (soya)	As below 355 19 42.7 4.3 12.5 3.9 As below 378 15.7 53.5 2.5 11.9 4.8 As below 363 9.8 51.3 7.7 14 8.8 As below 368 21.1 47.3 6.1 11.2 6.3 As below 418 23.8 52.2 7 13.4 7.9 As below 355 20.4 49.3 4.8 9 2.1 As below 370 16.2 42.2 3.7 15.7 7.9 As below 386 8 45.9 4.9 20 10.7 Moroccan stew (celery, sulphites), chicken (fish, egg, celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, 570 14.1 86.9 10.4 19.8 11.9	As below 355 19 42.7 4.3 12.5 3.9 4.1 As below 378 15.7 53.5 2.5 11.9 4.8 2.7 As below 363 9.8 51.3 7.7 14 8.8 7.8 As below 368 21.1 47.3 6.1 11.2 6.3 5.9 As below 418 23.8 52.2 7 13.4 7.9 6.8 As below 437 23.8 65.4 5.5 10.1 1.7 4.1 As below 355 20.4 49.3 4.8 9 2.1 4.1 As below 370 16.2 42.2 3.7 15.7 7.9 1.9 As below 386 8 45.9 4.9 20 10.7 8.4 Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, egr, milk), edamame beans (soya)	As below 355 19 42.7 4.3 12.5 3.9 4.1 1.8 As below 378 15.7 53.5 2.5 11.9 4.8 2.7 1.2 As below 363 9.8 51.3 7.7 14 8.8 7.8 0.97 As below 368 21.1 47.3 6.1 11.2 6.3 5.9 0.78 As below 418 23.8 52.2 7 13.4 7.9 6.8 1.4 As below 437 23.8 65.4 5.5 10.1 1.7 4.1 1.8 As below 355 20.4 49.3 4.8 9 2.1 4.1 0.9 As below 370 16.2 42.2 3.7 15.7 7.9 1.9 1.4 As below 386 8 45.9 4.9 20 10.7 8.4 1.3 Moroccan stew (celery, sulphites), chicken (dairy), edamame beans (soya) Meatballs (celery, eggs, milk), edamame beans (soya) Malaysian chicken (fish, egg, celery, milk), edamame beans (soya) Kerelan veg stew (mustard, celery, for the first of th



HOT FOOD	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Keralan chicken Ingredients: Kerelan chicken stew served over three grain rice & topped with coriander. Served with a side salad of peas, edamame beans, carrots, spring onion & red chilli.	Keralan stew (mustard, celery, sulphites)	578	29.3	81.7	8.4	16.2	8.7	7.7	1.1	GF WF
Bengal bean chicken Ingredients: Bengal bean chicken stew served over three grain rice & topped with coriander. Served with a side salad of peas, edamame beans, carrots, spring onion & red chilli.	Bengal bean stew (gluten, celery, sulphites, sesame), edamame beans (soya)	645	32.9	88.3	9.6	19	10.8	8.9	1.9	
Vietnamese pork Ingredients: Bahn-mi sauce, pulled pork & vegetables served over three grain rice and topped with corriander. Served with a side salad of peas, edamame beans, carrots, spring onion & red chilli.	Bahn-mi sauce (soya, sesame), edamame (soya)	671	32.9	106	7.6	14.6	2.6	5.3	0.4	GF WF DF
Spanish chicken & chorizo Ingredients: Tomato, sweet potato & black bean stew, chicken & chorizo served over three grain rice and topped with coriander. Served with a side salad of peas, edamame beans, carrots, spring onion & red chilli.	Sweet potato & black bean stew (celery), edamame beans (soya), chorizo (soya, milk), chicken (dairy)	555	27.8	84.2	6.6	12.8	2.9	5.2	1.3	GF WF
Thai red chicken curry Ingredients: Thai red chicken curry served over three grain rice and topped with coriander. Served with a side salad of peas, edamame beans, carrots, spring onion & red chilli.	Fish sauce (fish), shrimp paste (crustaceans), chicken (dairy), edamame beans (soya)	644	27	74.6	5.4	27.4	14	2.3	2.5	GF WF
Thai green chicken curry Ingredients: Thai green chicken curry served over three grain rice and topped with coriander. Served with a side salad of peas, edamame beans, carrots, spring onion & red chilli.	Fish sauce (fish), shrimp paste (crustaceans), chicken (dairy) edamame beans (soya)	673	26	81.2	7.6	34.9	18.9	13.9	2.3	GF WF



HOT FOOD (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
LARGE HOT PODS				- 					- 	
Moroccan chicken Ingredients: as above	As above	598	37.1	89.1	9.2	11.5	2.5	8.4	1.3	GF WF
Sicilian beef Ingredients: as above	As above	772	44.7	83.8	9.3	29.4	9.6	9.3	4.5	GF WF
Malaysian chicken Ingredients: as above	As above	726	41.6	81.6	7.1	26.9	11.2	8.7	2.9	GF WF
Keralan vegetable Ingredients: as above	As above	527	15.5	94.7	10.9	10.7	2.4	11.5	1.6	DF GF WF V ▼
Keralan chicken Ingredients: as above	As above	581	33.9	89.3	8	11.3	2.5	11.3	2	GF WF
Bengal bean chicken Ingredients: as above	As above	751	41.6	96.6	12.6	23.3	13.4	11.9	2.3	
Vietnamese pork Ingredients: as above	As above	783	41.6	118.7	10.1	17.8	3.1	7.4	0.4	GF WF DF
Spanish chicken & chorizo Ingredients: as above	As above	638	35.1	91.5	8.8	15.7	3.5	7.4	1.6	GF WF
Thai red chicken curry Ingredients: as above	As above	792	36.4	82.4	7.5	36.4	18.8	3.7	3.1	GF WF
Thai green chicken curry Ingredients: as above	As above	833	16.5	91.3	10.6	46.7	25.7	19.6	3.1	GF WF
MINI HOT & SKINNY										
Hot & skinny Moroccan chicken Ingredients: as below	As below	152	17.3	13.8	4.6	3.1	0.8	5.8	0.6	GF WF
Hot & skinny Sicilian beef meatballs Ingredients: as below	As below	180	15.2	8.8	3.9	3.9	3.3	5.2	1.7	GF WF
Hot & skinny Malaysian chicken Ingredients: as below	As below	193	16.3	10	3.2	9.8	4.7	5.3	1.2	GF WF
Hot & skinny Keralan vegetable Ingredients: as below	As below	128	6	18	5.6	3.6	0.9	7.1	0.8	DF GF WF V ▼
Hot & skinny Keralan chicken Ingredients: as below	As below	193	17.3	13.4	5.7	8.1	5.7	7	0.65	GF WF
Hot & skinny Bengal bean chicken Ingredients: as below	As below	244	20	18.3	6.6	10.2	7.3	7.9	1.2	
Hot & skinny Vietnamese pork Ingredients: as below	As below	263	19.9	31.5	5.1	6.9	1.1	5.2	0.1	GF WF DF
Hot & skinny Spanish chicken & chorizo Ingredients: as below	As below	180	16.6	15.4	4.4	5.8	1.5	5.2	0.8	GF WF
Hot & skinny Thai red Ingredients: as below	As below	303	20.1	13.3	4.6	18.9	10.5	3.1	1.2	GF WF
Hot & skinny Thai green Ingredients: as below	As below	303	19.9	15.3	5.5	18.5	10.1	9.4	1.2	GF WF



HOT FOOD (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
REGULAR HOT & SKINNY			-(8)	(8)	- (8)	(S)	- (8)	(8)	- (8) - ·	
pod slaw: peas, beetroot, white cabbage	, leek, spring greens,	carrot								
Hot & skinny Moroccan chicken Ingredients: Moroccan chicken stew over our crunchy pod slaw and topped with corriander	Moroccan stew (celery, sulphites)	221	24.4	21.1	7.5	4.4	1.1	9.2	0.9	GF WF
Hot & skinny Sicilian beef meatballs Ingredients: Sicilian beef meatballs over our crunchy pod slaw and topped with corriander.	Sicilian meatballs (milk, egg, celery)	322	27.1	15.9	7.1	16.4	5.9	9.4	2.9	GF WF
Hot & skinny Malaysian chicken Ingredients: Malaysian chicken stew over our crunchy pod slaw and topped with corriander.	Malaysian chicken (fish, egg, celery, milk), edamame beans (soya)	276	23.1	16	5.6	13.4	6.3	8.6	1.6	GF WF
Hot & skinny Keralan vegetable Ingredients: Kerelan vegetable over our crunchy pod slaw and topped with corriander.	Keralan veg stew (mustard, celery, sulphites)	269	9.2	25.8	11	14.6	10.9	13.4	1.1	DF GF WF V ▼
Hot & skinny Keralan chicken Ingredients: Kerelan chicken over our crunchy pod slaw and topped with corriander.	Keralan veg stew (mustard, celery, sulphites)	286.3	26.6	20.5	8.9	11.1	7.7	10.9	0.88	GF WF
Hot & skinny Bengal bean chicken Ingredients: Bengal bean chicken over our crunchy pod slaw and topped with corriander.	Bengal bean stew (gluten, celery, sulphites, sesame), edamame beans (soya)	344	28	27.1	10.1	13.9	9.8	12.1	1.6	SEEDS
Hot & skinny Vietnamese pork Ingredients: Vietnamese pork over our crunchy pod slaw and topped with corriander.	Bahn-mi sauce (soya, sesame), edamame (soya)	392	29.6	48.3	9.9	9.7	1.6	10.6	0.1	GF WF DF SEEDS
Hot & skinny Spanish chicken & chorizo Ingredients: Tomato, sweet potato & black bean stew, chicken & chorizo over our crunchy pod slaw and topped with corriander.	Sweet potato & black bean stew (celery), chorizo (soya, milk)	253	22.9	23.1	7	7.7	1.9	8.4	1.1	GF WF
Hot & skinny Thai red Ingredients: Thai red curry over our crunchy pod slaw and topped with corriander.	Thai red curry (fish, crustaceans, sulphites)	468	30.3	20.9	8.2	29.4	17.3	7.6	2	GF WF
Hot & skinny Thai green Ingredients: Thai green curry over our crunchy pod slaw and topped with corriander	Thai green curry (fish, crustaceans, sulphites)	368	23.5	18.4	7.3	22.9	13.4	1.4	1.6	GF WF
LARGE HOT & SKINNY										
Hot & skinny Moroccan chicken Ingredients: as above	As above	284	31.1	27.6	9.9	5.6	1.4	12.3	1.1	GF WF
Hot & skinny Sicilian beef meatballs Ingredients: as above	As above	459	38.6	22.4	10	23.5	8.4	13.2	4.2	GF WF
Hot & skinny Malaysian chicken Ingredients: as above	As above	353	29.4	21.2	7.6	16.9	7.9	11.5	2	GF WF
Hot & skinny Keralan vegetable Ingredients: as above	As above	344	12	33.4	14.3	18.4	13.7	17.5	1.4	DF GF WF V ▼
Hot & skinny Keralan chicken Ingredients: as above	As above	353.9	31.1	26.9	11.8	13.9	9.6	14.3	1.1	GF WF



HOT FOOD (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
LARGE HOT & SKINNY CONT.										
Hot & skinny Bengal bean chicken Ingredients: as above	As above	225	18.3	18.1	6.8	9	6.3	8.2	1.1	
Hot & skinny Vietnamese pork Ingredients: as above	As above	470	35.5	57.2	10.8	11.9	2	11.3	2	GF WF DF
Hot & skinny Spanish chicken & chorizo Ingredients: as above	As above	324	29.1	30.1	9.5	9.8	2.4	11.3	1.3	GF WF
Hot & skinny Thai red Ingredients: as above	As above	468	30.3	20.9	8.2	29.4	17.3	7.6	2	GF WF
Hot & skinny Thai green Ingredients: as above	As above	468	30	24.2	9.7	28.7	16.8	18.3	2	GF WF
BAKED POTATOES										
Moroccan chicken baked potato Ingredients: Moroccan chicken stew over a baked potato with pod slaw and topped with corriander.	Moroccan stew (celery, sulphites)	365	26.7	57.2	4.4	4.4	1	7.1	0.9	GF WF
Sicilian beef meatballs baked potato Ingredients: Sicilian beef meatballs over a baked potato with pod slaw and topped with corriander.	Sicilian meatballs (milk, egg, celery)	455	28.4	51.7	4	15.7	5.5	7.1	2.8	GF WF
Malaysian chicken baked potato Ingredients: Malaysian chicken stew over a baked potato with pod slaw and topped with corriander.	Moroccan stew (celery, sulphites)	421	25.4	52.1	2.6	13.4	6.3	6.5	1.7	GF WF
Keralan vegetable baked potato Ingredients: Kerelan vegetable stew over a baked potato with pod slaw and topped with corriander.	Keralan veg stew (mustard, celery, sulphites)	304	8.4	26.1	10.5	18.7	14.3	13	1.5	DF GF WF V ▼
Keralan chicken baked potato Ingredients: Kerelan chicken stew over a baked potato with pod slaw and topped with corriander.	Keralan veg stew (mustard, celery, sulphites)	237	21.6	14.4	5.9	10.5	7.6	7.3	0.87	GF WF
Bengal bean chicken baked potato Ingredients: Bengal bean chicken stew over a baked potato with pod slaw and topped with corriander.	Bengal bean stew (gluten, celery, sulphites, sesame), edamame beans (soya)	304	25.2	21	7.1	13.3	9.7	8.5	1.6	
Vietnamese pork baked potato Ingredients: Vietnamese pork over a baked potato with pod slaw and topped with corriander.	Bahn-mi sauce (soya, sesame), edamame (soya)	489	28.4	78.2	5	8.6	1.4	7	0.15	GF WF DF
Spanish chicken & chorizo baked potato Ingredients: Tomato, sweet potato & black bean stew, chicken & chorizo over a baked potato with pod slaw and topped with corriander.	Sweet potato & black bean stew (celery), chorizo (soya, milk)	397	25.2	59.1	4.1	7.6	1.8	6.3	1.1	GF WF
Thai red baked potato Ingredients: Thai red curry over a baked potato with pod slaw and topped with corriander.	Thai red curry (fish, crustaceans, sulphites)	547	10.2	58.8	5.5	32	19.2	15.9	2.3	GF WF
Thai green baked potato Ingredients: Thai green curry over a baked potato with pod slaw and topped with corriander.	Thai green curry (fish, crustaceans, sulphites)	547	10.6	54.8	3.8	32.9	19.8	3.4	2.3	GF WF



HOT FOOD (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
ENERGY PODS			6/	6/				6/		
Super food chicken energy pod Ingredients: white quinoa, pearl barley, lentils, chicken, spirulia, chopped mint, spring onions, parsley, peas, edamame beans, Peruvian corn, lemon juice, vegetable stock & tarragon	Pearl barley (gluten), edamame (soy), lemon juice (sulphites), vegetable stock (celery), chicken (dairy)	320	26.8	41.6	5.7	6.3	1	5.1	1.6	
BBQ chicken energy pod Ingredients: bbq stew, white quinoa, pearl barley, lentils, chicken, parsley	Chicken (dairy), Pearl barley (gluten)	364	24.1	45	5.2	5.9	0.6	7.5	2.5	
Moroccan chicken energy pod Ingredients: Moroccan chickpea sauce, chicken, quinoa, pearl barley, green lentils, mint, parsley.	chicken pea sauce (celery), chicken (dairy), pearl barley (gluten)	388	22.7	55.6	5	6	0.6	15	1.6	
REGULAR BOOST SOUPS										
Chicken & noodle soup Ingredients: chicken, peas, cabbage, leek, spring greens, carrot, rice noodles, chicken stock, sweet chilli dressing & dill	Chicken stock (celery, egg), sweet chilli sauce (sulphites, sesame), chicken (dairy)	231	17.9	28.6	3.5	5.1	0.6	8.4	1.9	GF WF SEEDS
Lebanese red pepper chicken & noodle soup Ingredients: chicken, peas, cabbage, leek, spring greens, carrot, rice noodles, vegetable stock, muhammara & dill	Muhammara (nuts, sulphites), vegetable stock (celery), chicken (dairy)	280	18.1	26.8	4.4	8.7	1.1	4.6	0.2	GF WF NUTS!
Lebanese red pepper vegetable & noodle soup Ingredients: peas, beetroot, cabbage, leek, spring greens, carrot, rice noodles, vegetable stock, muhammara & dill	Muhammara (nuts, sulphites), vegetable stock (celery)	256	5.2	23.8	4	13.1	1.2	3.2	0.25	DF GF WF V ♥ NUTS!
Go green pesto chicken & noodle soup Ingredients: chicken, peas, cabbage, leek, spring greens, carrot, rice noodles, vegetable stock, pesto & dill	Pesto (nuts, sulphites), vegetable stock (celery), chicken (dairy)	356	18.5	30.3	5	15	1.5	4.3	0.33	GF WF NUTS!
Go green pesto vegetable & noodle soup Ingredients: peas, cabbage, leek, spring greens, carrot, rice noodles, vegetable stock, pesto & dill	Pesto (nuts, sulphites), vegetable stock (celery)	303	6.5	30.3	5	14.5	1.4	4.3	0.2	DF GF WF V ▼ NUTS!
Bean boost chicken soup Ingredients: pod beans, pearl barley, lentils, bbq sauce, vegetable stock, chicken, red chilli, coriander	pod beans (mustard), pearl barley (gluten), chicken (dairy)	324	24.3	51.2	9.6	1.6	0.4	15.1	0.1	
REGULAR BOOST SOUPS CONT.										
Bean boost pork soup Ingredients: pod beans, pearl barley, lentils, bbq sauce, vegetable stock, pork, red chilli, coriander	pod beans (mus- tard), pearl barley (gluten)	454	17.3	58.9	9.6	15.7	5.5	21.6	0.12	DF
Bean boost vegetable soup Ingredients: pod beans, pearl barley, lentils, bbq sauce, vegetable stock, red chilli, coriander	pod beans (mus- tard), pearl barley (gluten)	295	14.7	51.2	9.6	1.1	0.3	15.1	0.04	V DF

LARGE BOOST SOUPS



HOT FOOD (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
Chicken & noodle soup Ingredients: as above	As above	295	19.7	39.7	4.8	6.5	0.7	13.2	2.2	GF WF SEEDS
Lebanese red pepper chicken & noodle soup Ingredients: as above	As above	353	19.3	34.6	5.4	12.4	1.4	6.4	0.4	GF WF NUTS! ▼
Lebanese red pepper vegetable & noodle soup Ingredients: as above	As above	300	7.3	34.6	5.4	12.4	1.4	6.4	0.4	DF GF WF V ♥ NUTS!
Go green pesto chicken & noodle soup Ingredients: as above	As above	356	18.5	30.3	5	15	1.5	4.3	0.33	GF WF Nuts!
Go green pesto vegetable & noodle soup Ingredients: as above	As above	303	6.5	30.3	5	14.5	1.4	4.3	0.1	DF GF WF V ▼ NUTS!
Bean boost chicken & noodle soup Ingredients: as above	As above	610	41.2	102.3	19.1	2.8	0.7	30	0.15	
Bean boost pork & noodle soup Ingredients: as above	As above	773	32.6	111.9	19.1	20.4	7.1	38.2	0.17	DF
Bean boost vegetable & noodle soup Ingredients: as above	As above	571	29.2	102.3	19.1	2.2	0.5	30	0.07	DF V



BREAKFAST	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
HOT BREAKFAST SANDWICHES										
Sausage sandwich (with ketchup) Ingredients: free range sausage, brown bread, tomato ketchup	Sausages (gluten), bread (gluten), tomato ketchup (celery)	464	23.0	46.5	2.7	22.0	7.9	8.0	3.4	DF
Sausage sandwich (with brown sauce) Ingredients: free range sausage, brown bread, brown sauce	Sausages (gluten), bread (gluten), brown sauce (wheat)	428	20.0	47.3	2.7	25.9	9.7	0	2.7	DF
Sausage sandwich (no added sauce) Ingredients: free range sausage, brown bread	Sausages (gluten), bread (gluten)	410	19.9	43.1	2.6					DF
Bacon sandwich (with ketchup) Ingredients: brown bread, bacon, tomato ketchup	Brown bread (wheat), tomato ketchup (celery)	440	25.8	46.1	3.7	18.3	6.5	6.3	5.4	DF
Bacon sandwich (with brown sauce) Ingredients: brown bread, bacon, brown Sauce	Brown bread (wheat), brown sauce (wheat)	439	25.8	45.4	3.7	18.3	6.5	5.5	5.3	DF
Bacon sandwich (no added sauce) Ingredients: brown bread, bacon	Brown bread (wheat)	436	25.9	44.4	4.0	18.4	6.6	4.8	5.0	DF
Scottish smoked salmon bagel Ingredients: salmon, cream cheese, bagel	Salmon (fish), cream cheese (milk), bagel (gluten)	482	20.6	59.3	3.3	18.9	9.8	7	2.5	SEEDS
Avocado & chilli on toast Ingredients: avocado & red chilli on brown bread with butter	Brown bread (wheat/gluten), butter (milk)	324	9.5	44.4	5.3	11.8	2.5	4.0	1.4	SEEDS
HOT & TOASTED										
Protein bread	Gluten - wheat, protein plus (milk)	221	17.85	26.35	5.1	3.8	0	0.85	1.0	V SEEDS
Toast	Gluten	118	3.12	36.78	2.7	3.5	1.52	3	0.3	DF GF WF V ▼ NUTS!
Bagel	Gluten	315.1	13.3	59.3	3.3	3.5	0.7	7	1.1	DF GF WF V ♥
Brown gluten free bread (x1 slice)	Soya	68	1.9	9.2	3.6	1.86	0.2	0.8	0.4	V ▼
Toppings										
Butter	Butter (milk)	50	0.07	0	0	5.7	3.6	0	0.03	GF WF V
Peanut butter	Peanuts (peanuts)	181.9	7.5	2.3	1.8	15.9	2.9	1.3	0.3	DF GF WF V ▼ NUTS!
Jam		42	0	10	0.1	0	0	7.4	0	DF GF WF V ▼
Marmite	Gluten, celery	15	0	0	0	0	0	0	0	DF V
Cream Cheese	Cream cheese (milk)	70	1.6	0.6	0	7	4.4	0	0.1	GF WF V
Honey		61	0	16.4	0	0	0	16.4	0	DF GF WF V
Marmalade		37	0	10	0.1	0	0	9	0	DF GF WF V ▼



BREAKFAST (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
SCRAMBLED EGGS										
Salmon & superseed scrambled eggs Ingredients: two eggs, smoked salmon (fish), tomatoes, chilli, seeds (sesame, linseed, chia seeds), parsley & a slice brown toast with butter.	Eggs, fish, sesame, bread (gluten), butter (milk)	252	18.2	27.9	2.6	8.5	2.1	3	2.2	SEEDS
Energiser scrambled eggs Ingredients: two eggs, mozzarella, basil, sunblushed tomatoes, avocado and a slice of brown toast with butter	Eggs, mozzarella (dairy) bread (gluten), butter (milk)	340	20.4	18.6	1.9	20.9	7	1.1	1.2	V
Super food scrambled eggs Ingredients: two eggs, spinach, tomato, chilli, Turkish cheese, toasted seeds & a slice of brown toast cut in half with butter	Eggs, Turkish cheese (dairy), bread (gluten), butter (milk)	367	23.4	15.7	1.5	23.8	9.7	1	1.8	V
Chorizo power eggs Ingredients: two eggs, chorizo, tomatoes, spinach, mixed seeds, peppers, capsicum, chilli and a slice of brown toast with butter	Eggs, chorizo (dairy, soya), bread (gluten), butter (milk)	410	27.7	14.3	1.5	27.2	5	2.4	1.6	
PORRIDGE										
Superfood porridge Ingredients: gluten free porridge oats, full fat milk, water, Inca berries, pumpkin seeds, sesame seeds, linseeds, chia seeds, agave.	Milk, sesame	333	11.3	42.7	7.8	14	2.9	15.4	0.3	GF V WF SEEDS
Regular gluten free porridge Ingredients: gluten free porridge oats, full fat milk, water	Milk	185	6.2	26.4	3.6	5.8	1.7	2.8	0.3	GF V WF
Large gluten free porridge Ingredients: gluten free porridge oats, full fat milk, water	Milk	264	8.8	38	5.2	8.1	2.3	39	0.4	GF V WF
Protein power porridge Ingredients: gluten free porridge oats, full fat milk, water, pecan nuts, pumpkin seeds, sultanas, brazil nuts, agave, guarana	Milk, nuts	680	15.5	62	6.7	41.4	8.4	34.6	0.3	GF V WF NUTS!
Berry boost porridge Ingredients: gluten free porridge oats, full fat milk, water, blueberries, agave, chia, linseed, sesame & pumpkin seeds.	Milk, sesame	271	19.1	52.7	5.2	15.8	5.6	6.7	0.67	GF V WF SEEDS
Classic combo porridge Ingredients: gluten free porridge oats, full fat milk, water, banana, honey & sultanas.	Milk, sulphites	370	7.4	74.6	5.3	7.5	1.8	45.7	0.3	GF V WF
PORRIDGE TOPPINGS										
Strawberry puree		44	0.1	11.6	0	0.1	0	3.85	0	DF GF WF V ▼
Lemon curd	Milk, egg, sulphites	145	1.8	18.4	0	7.2	4	18.4	0.1	DF GF WF V
Pumpkin seeds		142	6.1	3.8	1.3	11.4	1.8	0.3	0	DF GF WF V ▼
Sultanas	Sulphites	15	0	3.9	0	0	0	23.6	0	DF GF WF V ▼
Banana		39	0.5	9.4	0.5	0.2	0	2.4	0	DF GF WF V ▼
Honey		61	0	16.4	0	0	0	16.4	0	DF GF WF V

We try to be as accurate as possible with our portion sizes, however some dishes may vary slightly.

DF DAIRY FREE GF GLUTEN FREE WF WHEAT FREE V VEGETARIAN ▼ VEGAN SEEDS CONTAINS SEEDS NUTS! CONTAINS NUTS



BREAKFAST (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
BREAKFAST PLATES										
The big breakfast Ingredients: bacon scrambled eggs, pod baked beans, sausage, tomatoes, bacon, mixed seeds and protein bread.	Mustard (mustard), brown sauce (wheat), sausage (gluten) , bread (wheat)	1095	70.3	67.4	12.7	57.9	17.2	12.9	4.7	DF
COUNTER										
Super fruit energy bar Ingredients: baked bread stick with mixed fruit and seeds for an energy boost on the go	Bread (gluten)	148	5.3	24.6	2.7	3.4	0.5	10.8	0.5	V SEEDS
CHILLED BREAKFAST										
Immune boost blitz Ingredients: Banana, mango, kiwi fruit, spirulina, spinach, flaxseed, yoghurt	Yoghurt (milk)	249	21.3	29.3	7.7	6	2.1	24.7	0.43	GF WF V
Caribbean blitz Ingredients: mango, banana, apple, strawberry & orange juice		223	2.9	54.3	4.9	0.7	0.2	50.1	0.02	DF GF WF V ▼
Smooth berry blitz Ingredients: water, strawberry, blueberry, banana, yoghurt, strawberry puree & agave	Yoghurt (milk)	220	5.3	37.1	2.4	6.5	4.1	34.8	0.1	DF GF WF V
Power smoothie Ingredients: banana, apple juice, gluten free oats, organic soya milk & agave	Soya milk (soya)	525	14.8	96	9.2	9.7	0.6	44.6	0.55	DF GF WF V ▼
Energy smoothie Ingredients: passion fruit puree, banana, purple grape juice, gluten free oats, organic soya milk	Soya milk (soya)	516	13.8	97.3	10.1	8.5	0.5	45.8	0.51	DF GF WF V ♥
Super green detox blitz Ingredients: broccoli, mango, cucumber, ginger, spinach, leek & kale mix, lemon juice, apple juice		111	2.8	24.7	2.4	0.9	0.2	23.3	0.07	DF GF WF V ▼



HEALTHY SNACKS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
YOGHURTS										
Berry boost yoghurt Ingredients: Greek yoghurt , agave, blueberries, pumpkin seeds, sesame, chia & linseeds	Yoghurt (milk), sesame seeds	230	12.9	26.3	1.6	10	3.9	23.5	0.37	GF WF V Seeds
Buckwheat crunch yoghurt Ingredients: Greek yoghurt, agave, buckwheat muesli	Yoghurt (milk)	461	15.5	36.5	0.9	28.6	16	27.3	0.3	GF WF V
Lemon superseed yoghurt Ingredients: Greek yoghurt, chia seeds, raisins, pumpkins seeds, lemon curd	Yoghurt (milk), raisins (sulphites), lemon curd (milk, egg, sulphites)	445	15	39.4	2.7	28.3	13.9	35.5	0.37	GF WF V
Mixed berry super food pot Ingredients: Greek yoghurt (milk), quinoa, frozen mixed berries (redcurrants, blackberries, frozen blueberries), blackcurrant puree, agave, toasted almonds	Yoghurt (milk), nuts (almonds)	239	8.9	28.4	1.4	11	4.9	14	0.18	GF WF V Nuts!
Cacao, pistachio & agave yoghurt pot Ingredients: Greek yoghurt, cacao nibs, agave nectar, pistachio	Nuts, yoghurt (milk)	165	6.4	8.2	0.9	12	6.4	4	0.4	GF WF V Nuts!
Purple grape and banana yoghurt Ingredients: Greek yoghurt, banana, purple grape juice, toasted almonds & agave nectar	Nuts, yoghurt (milk)	228	7.9	24	0.7	4.2	3.7	5	0.2	GF WF V Nuts!
Chocolate granola Greek yoghurt Ingredients: Greek yoghurt with chocolate granola	Milk	448	11.1	56.5	5.1	15.9	13	21.3	0.1	GF WF V
Mango super food pot Ingredients: mango puree, mango pieces, quinoa, Greek yogurt, toasted almonds & agave nectar	Nuts, yoghurt (milk)	248	8.6	30.1	1.1	11.1	4.9	15.9	0.18	GF WF V NUTS!
Bircher muesli with bee pollen Ingredients: probiotic yoghurt with gluten free oats, muesli mix and bee pollen	Yoghurt (milk)	218	7.4	36.5	3.8	4.2	1.5	22.4	0	GF V



HEALTHY SNACKS (CONT)	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	Nutrition info
PICKING POTS										
Falafel picking pot	Gluten, egg	197	6.2	12.8	11.4	10.9	0.9	2.8	0.8	DF V
Hummus and sugar snaps Ingredients: hummus (sesame), sugar snap peas	Hummus (sesame)	76	3.7	5.6	1.3	4.5	0.5	1.8	0.6	DF GF WF V ▼
Edamame beans Ingredients: edamame beans, soy chilli dressing	Soy	123	11.4	4.9	4.9	6.5	0.8	0	0.3	DFV▼
Free-range boiled egg Ingredients: one and a half eggs	Eggs	133	11.3	0	0	9.8	2.9	0	0.3	DF GF WF V
Chicken pot	Dairy	84	19.2	0	0	0.9	0.2	0	0.1	GF WF
Crumbly cheese pot Ingredients: Turkish cheese & red chilli.	Turkish cheese (dairy)	175	10.9	1.1	0	14.1	9.6	1.1	2.6	GFWFV
SWEET TREATS										
Flapjack Ingredients: butter (dairy), golden syrup, sugar, coconut, oats (gluten), flour (gluten), bicarb soda, sultanas	Butter (dairy)	424	4.4	53	3.4	23	15.3	27.8	1.1	V
Fruit flapjack Ingredients: butter (dairy), golden syrup, sugar, coconut, oats (gluten), flour (gluten), bicarb soda, sultanas, apricots and prunes	Butter (dairy)	433	4.6	55	3.5	23	15.3	29.8	1.1	V
Nutty nibble pot Ingredients: pecans, pumpkins seeds, sultanas, brazil nuts (nuts)	Nuts	493	11	16.4	3.5	42.9	8.1	13.5	0	DF GF WF V ▼ NUTS!
Divine dark chocolate bar Ingredients: see packaging	Milk, soy	238	2.7	12.9	4.3	18.5	11.7	10.8	0	GF WF V
Divine milk chocolate bar Ingredients: see packaging	Milk, soy	216	2.5	22.9	0.7	12.6	7.9	22.6	0	GF WF V
Raspberry & white chocolate muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified starch, whey powder, raising agents (E541, E500), emulsifiers (E475), milk protein, salt, thickening agent (E415)), water, rapeseed oil, frozen raspberries (12%), white chocolate (7%)(sugar, cocoa butter, whole milk powder, emulsifier (soy lecithin), natural vanilla), fresh raspberry. Milk chocolate contain 21% cocoa butter minimum.	Gluten, eggs, dairy	421	6	49.7	2.3	2.8	3.1	29.9	0.8	V
Blueberry muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified maize starch, whey powder, raising agents (E541, E500), emulsifiers (E475), milk protein, salt, thickening agent (E415)), water, blueberry (14%), rapeseed oil, wheat flour, butter, flour treatment agent (ascorbic acid).	Gluten, eggs, dairy	405	5.6	48.7	2.3	20.9	1.8	27.1	0.8	V
Carrot muffin Ingredients: Muffin mix (wheat flour, sugar, eggs, modified starch, whey powder, raising agents (E541, E500), emulsifiers (E475), milk protein, salt, thickening agent (E415)), carrot (18%), rapeseed oil, sultana (8%), pineapple piece (pineapple, water, sugar), pecan pieces, water, wheat flour, ground cinnamon.	Gluten, eggs, dairy	298	3.3	52.2	5	7.3	0.7	45.6	0	V

We try to be as accurate as possible with our portion sizes, however some dishes may vary slightly.

DF DAIRY FREE GF GLUTEN FREE WF WHEAT FREE V VEGETARIAN ▼ VEGAN SEEDS CONTAINS SEEDS NUTS! CONTAINS NUTS



Pipers crisps - cheddar & onion Ingredients: see packaging	Milk	213	2.5	22.4	1.3	12.3	1.4	0.6	0.6	GF WF V
Pipers crisps - sea salt Ingredients: see packaging		213	2	22.8	1.4	12.28	1.32	0.2	0.2	DF GF WF V ▼
Pipers crisps - sea salt & vinegar Ingredients: see packaging		209	2.1	22.8	1.3	11.6	1.2	1.08	0.8	DF GF WF V ▼
Pipers crisps - chorizo Ingredients: see packaging	Milk	526	2	22.7	1.4	12	1.24	2.24	0.6	GF WF V ▼
Popcorn - fiery salsa Ingredients: see packaging		135	1.6	18.2	1.2	5.7	0.5	8.2	0.3	DF GF WF V ▼
Popcorn - sea salt & black cracked pepper Ingredients: see packaging		106	1.5	10.7	1.2	5.9	0.5	0.1	0.3	DF GF WF V ▼
Popcorn - salty sweet Ingredients: see packaging		136	1.5	18.4	1.2	5.8	0.5	8.1	0.3	DF GF WF V ▼
Bounce ball - spirulina & ginseng Ingredients: see packaging	Nuts	191	5	21	2.8	9	0.9	10	0.2	DF GF WF V ▼ NUTS!
Bounce ball - peanut Ingredients: see packaging	Nuts	207	14	19	2.4	8	1.1	12	0.4	DF GF WF V ▼ NUTS!
Bounce ball - almond Ingredients: see packaging	Nuts, milk	216	12	20	3.5	9	0.8	11	0.3	GF WF V ▼ Nuts!
Chocolate brownie Ingredients: see packaging	Egg, milk	376	3.8	40.1	2.8	22.4	6	33.7	0.1	GF WF V
Chocolate orange brownie Ingredients: see packaging	Egg, milk	375	3.8	40.1	2.8	22.4	6	33.7	0.1	GF WF V
Gluten free macaron Ingredients: see packaging	Egg	180	1.3	23.4	1.8	8.7	8	19.8	0	DF GF WF V ▼
Chocolate, hazlenut & raisin nookie bar Ingredients: see packaging	Nuts, milk	257	4.2	41.8	3	10.5	3.7	27	0	GF WF V Nuts!
Peanut butter and milk choc chip nookie bar Ingredients: see packaging	Nuts, milk	276	5.9	34.1	2.5	14.9	5.1	23	0.2	GF WF V NUTS!



DRINKS	Allergens	Kcals	Protein (g)	Carbs (g)	Fibre (g)	Fat (g)	Sat Fat (g)	Sugar (g)	Salt (g)	
REG HOT DRINKS										
Flat white	Milk	132	8.1	9.1	0	7.2	4.6	8.5	0.2	
Latte	Milk	182	10.6	12.6	0	10.1	6.4	12	0.3	
Cappuccino	Milk	182	10.7	12.2	1.4	10	6.3	10.6	0.3	
Americano	Milk	50	4	3.4	0	2.3	1.5	2.8	88.8	
Mocha	Milk	182	10.7	12.2	1.4	10	6.3	10.6	0.3	
Espresso		50	4	3.4	0	2.3	1.5	2.8	0.1	
Lemon, ginger, mint & agave steeper		25.4	0.5	5.9	0	0.1	0	4.9	0	
Orange, ginger & honey steeper		102.7	1.6	25.4	0.3	0	0	25	0	
Hot chocolate	Milk	265	11.8	26.9	1.2	11.1	7	29.1	0.5	
Fresh mint tea		4.3	0.4	0.5	0	0.1	0	0	0	
Breakfast tea	Milk	39.6	2	2.8	0	2.3	1.5	2.8	0.1	
COLD DRINKS										
Orange juice		100	1.75	23	0	0	0	21	0.08	
Ginger juice		72.5	0	19.5	0	0	0	19.5	0	
Beetroot juice		97	3.5	21.5	4.7	0.2	0	18.7	0.3	
Lemon quencher		195	0	50	0	0	0	49.5	0	
The Master Cleanse		47.5	0.25	24.5	0	0.25	0	9.75	9.75	
Iced tea		60	0	15.5	0	0	0	15	0	
Carrot, orange and ginger juice		103	2.5	24.2	6.7	0.5	0	12.2	0.4	
Coke		139	0	35	0	0	01	35	0	
Diet Coke		1	0	0	0	0	0	0	0	
Coke Zero		1	0	0	0	0	0	0	0	
Coke Life		89	0	22	0	0	0	22	0	
San Pellegrino - Blood orange		165	0	39.9	0	0	0	38.9	0	
San Pellegrino - Lemon		149	0	34.7	0	0	0	33	0	
Cawston Press - Rhubarb		125.4	0.3	28	0	0	0	28	0	
Cawston Press - Elderflower		129	0.1	7.4	0	0	0	7.4	0	
Tenzing Natural Energy		62	0	13.2	0	0	0	13.5	0.1	
Coconut water		73.7	0	15	0	0	0	15	0	
Water		0	0	0	0	0	0	0	0	