

**BREAKFAST – UNTIL 11AM**

**SCRAMBLED EGGS & TOAST**

Protein Feast Eggs	5.99
Salmon and Green Eggs	4.99/5.99
Chorizo Power Eggs	4.25/5.25
Energiser Scrambled Eggs	4.25/5.25
Superb Scrambled Eggs	4.25/5.25



**HOT WRAPS**

available from 12:00

Cuban Chicken Wrap	4.99
Lebanese Chicken Wrap	4.99
<b>NEW</b> Lamb Keema Wrap	4.99

**SALADS**

<b>NEW</b> Oriental Duck Salad	5.99
Tabbouleh / with Chicken	4.99/5.99
Slow Burner / with Chicken	4.99/5.99
Go Green Salad / with Chicken	4.99/5.99
Mediterranean Salad / with Chicken	4.99/5.99
Lebanese Red Pepper Chicken Tabbouleh	5.99
Shredded Pork and crunchy slaw	5.99
Crunchy slaw and Avocado	4.99
Salmon / Chicken Nori	5.25
Salmon / Chicken Asian Fusion Box	5.99
Gym / Protein Box	4.99

**HOT BREAKFAST**

Shakshuka	3.99
<b>NEW</b> Big Breakfast Burrito	3.50
<b>NEW</b> Chorizo & Roast Potato Hash	4.50



**PORRIDGE**

Peanut Butter Power Porridge	1.99/2.25
Berry Boost Porridge	1.99/2.25
Acai Berry Porridge	1.99/2.25
Plain Porridge	1.50/1.75



**HOT & TOASTED**

Avocado & Chilli Toast	3.50
Sausage Sandwich	3.50
Bacon Sandwich	3.50
Salmon & Cream Cheese Bagel	3.50
Topped Toast & Bagels	1.99

**ANY SANDWICH AND COFFEE 4.75**

**LUNCH – FROM 11:30**

**HOT PODS**

Thai Red Chicken Curry	
Thai Green Chicken Curry	
Chicken Tikka Masala	
Smoky Three Bean Chilli	
<b>NEW</b> Chicken Dhansak	

sml 3.99 reg 5.99 lrg 6.99

<b>NEW</b> Braised Sichuan Pork	4.99/6.99/7.99
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**BREADS**

Ham & Monterey Jack Baguette	2.99
Mozzarella, Sunblush Tomato and Avocado Baguette	3.65
Hoisin Duck Wrap	3.25
Italian Chicken and Pesto Wrap	3.25
Hummus Falafel Wrap	2.99

**SANDWICH + CRISPS + A DRINK ONLY 4.50**

**MAC N' CHEESE**

<b>NEW</b> Three Cheese Macaroni	5.50
<b>NEW</b> Three Cheese Macaroni with 'Nduja	5.99

available from 12:00



**GYM BOWLS & SOUP**

Sri Lankan Gobi	4.99
<b>NEW</b> Chicken Chana Masala	5.50
<b>NEW</b> Creole Shrimp Jambalaya	5.99
Singapore Chicken Laksa Soup	4.50
Daily Rotating Soup	3.50/3.99

**HOT DRINKS**

Hot Fruit Steepers	2.40
Loose Leaf Teas	1.65/1.75
Fresh Mint Tea	1.95
Hot Chocolate	2.25/2.55

**SMOOTHIES**

<b>NEW</b> Acai & Banana Energiser	3.50/4.25
<b>NEW</b> Heartbeet Blueberry	3.50/4.25
<b>NEW</b> Anti-Oxidiser	3.50/4.25
<b>NEW</b> Collagen Boost Matcha	3.50/4.25
Immune Boost	3.50/4.25
Mean Green	3.50/4.25
Smooth Berry	3.50/4.25



**COFFEE**

Flat White	2.25
Latte/Cappuccino/Mocha	2.25/2.55
Americano	1.90/2.20
Golden Turmeric Latte	2.65/2.95
Mind Boost Matcha Latte	2.65/2.95
<b>NEW</b> Red Rooibos Latte	2.65/2.95