

SAMPLE MENU



Breakfast Pots from £3.50

Fresh fruit salad, pomegranate
and mint **vg, gf**

Tropical fruit salad with coconut **vg, gf**

Overnight oats carrot cake **v, gf**

Mango soy yoghurt, passion fruit
and goji berry **vg, gf**

Acai, blueberry and banana **vg, gf**

Protein Pots from £3.95

Smoked salmon, crushed pea
& watercress **gf**

Spiced hummus, lime, tomato &
toasted seeds with crudities **vg**

Edamame and chickpea and lentil **vg, gf**

Freekeh wheat tabbouleh **vg**

Carrot hummus with crudities **vg, gf**

Flaked tuna, quinoa & lemon pot

Selection of Sandwiches & Wraps

from £3.95

Salad Pots from £5.95

Chicken pesto whole wheat pasta salad

Bulgur wheat, quinoa and
broccoli super salad **vg**

Caesar salad **v**

Greek salad **v**

Tuna Nicoise salad **gf**

Salmon with super grain salad

Bakery Items from £2.95

Apple & raspberry muffins **v**

Fruity oat cookies **v**

Pineapple, seed & lime energy balls **vg**

Sunflower & orange energy balls **vg**

Juices from £4.25

Organic cloudy apple and elderberry

Sicilian blood orange nectar

Mango and banana Smoothie

Pineapple, cucumber, celery and
matcha super smoothie