

# BOWL me Over

## BREAKFAST

(SERVED UNTIL 11.00AM)

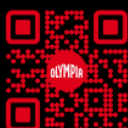
AVOCADO SUNRISE POKE BOWL	£6.95
SALMON SUNRISE POKE BOWL	£7.95
HAM & CHEESE CROISSANT	£4.50
ALL BUTTER CROISSANT	£4.50
ALMOND CROISSANT	£4.50
PAIN AU CHOCOLAT	£4.50
CINNAMON SWIRL	£4.50
MORNING LOAF SLICE	£4.50

## GRAB & GO

TUNA & OLIVE TAPENADE SANDWICH	£5.95
CHICKEN SALAD (GF) SANDWICH	£6.45
BBQ SOUTHERN FRIED CHICKEN & SLAW WRAP	£6.45
VEGAN FALAFEL & SWEET POTATO WRAP	£5.95
DUCK & HOISIN WRAP	£6.45
CHICKEN & BACON CAESAR SALAD	£6.95
GREEK STYLE SALAD	£6.45

**ADD SNACK +  
DRINK TO YOUR  
MAIN DISH** £3.95

PLEASE SCAN THE QR CODE FOR  
ALLERGEN AND CALORIE INFO.  
ADULTS NEED AROUND 2000  
KCAL A DAY.



## LUNCH

<b>THE AHI CLASSIC</b> MARINATED TUNA, EDAMAME, WAKAME, CUCUMBER RIBBONS & SESAME ON SUSHI RICE	£12.00
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<b>THE MANGO FIRE</b> SRIRACHA SALMON WITH MANGO, AVOCADO & RED CABBAGE ON KALE RICE	£12.00
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<b>THE TOKYO TERIYAKI</b> TERIYAKI CHICKEN, ROASTED SWEET POTATO, CARROT & NORI STRIPS ON JASMINE RICE	£11.00
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<b>THE GREEN TEMPLE</b> CRISPY TOFU, AVOCADO, BEETROOT & CHICKPEAS ON QUINOA GREENS	£10.00
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## SWEET TREATS

TRIPLE CHOCOLATE BROWNIE	£4.25
SALTED CARAMEL BROWNIE	£4.25
OAT & HONEY FLAPJACK	£4.25
PROTEIN FLAPJACK	£4.25
LEMON DRIZZLE LOAF	£4.25
CARROT CAKE	£4.70
VEGAN BROWNIE	£4.25
GIANT COOKIE	£4.50

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## SNACKS

SUNSHINE FRUIT SALAD POT	£4.50
YOGHURT & MIXED BERRY POT	£4.50
EGG & SPINACH POT	£4.50
LIGHTLY SALTED CRISPS	£2.10
BALSAMIC CRISPS	£2.10
CHEDDAR & RED ONION CRISPS	£2.10
SWEET CHILLI CRISPS	£2.10
CLASSIC DRY ROASTED PEANUTS	£2.25
SWEET CHILLI NUTS AND SEEDS	£2.50
YOGHURT COATED PEANUTS	£2.50
ROASTED SALTED CASHEW NUTS	£3.00
CRUNCHY PEANUT BUTTER PROTEIN BAR	£3.00
HAZELNUT DARK CHOC PROTEIN BAR	£3.00
WHITE CHOCOLATE	£2.50
DARK CHOCOLATE	£2.50
MILK CHOCOLATE	£2.50

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## COLD DRINKS

STILL WATER	£2.70
SPARKLING WATER	£2.70
ICED COFFEE - ORIGINAL	£3.95
ICED OAT COFFEE	£3.95
COKE	£3.50
DIET COKE	£3.50
SPRITE	£3.50
SPRITE ZERO	£3.50
SANPELLEGRINO ORANGE	£3.50
SANPELLEGRINO LEMON	£3.50
SANPELLEGRINO BLOOD ORANGE	£3.50
FRUIT WATER - APPLE	£3.50
FRUIT WATER - MANGO/ORANGE	£3.50
FRUIT WATER - BLACKCURRANT	£3.50
APPLE JUICE	£3.95
MANGO JUICE	£3.95
ORANGE JUICE	£3.95
WILD BERRY KOMBUCHA	£4.25

## HOT DRINKS

ESPRESSO SINGLE	£3.10
ESPRESSO DOUBLE	£3.95
AMERICANO	£3.95
LATTE	£4.40
FLAT WHITE	£4.50
CAPPUCCINO	£4.40
MOCHA	£4.50
HOT CHOCOLATE	£4.40
ENGLISH BREAKFAST TEA	£3.50
SPECIALITY TEA	£3.60
ALTERNATIVE MILKS (OAT/SOYA)	£0.30