

# LUNCH BOXES

[ALL £5.50 EACH & SERVED WITH SKIN ON FRIES OR SALAD]

## BEEF BURGER

on brioche with cheese, bacon & propa' sauce

## BUTTERMILK CHICKEN STRIPS

with bbq sauce

## NEW ORLEANS CAJUN CHICKEN SANDWICH

on brioche with cheese, bacon & cajun mayo

## SALT AND PEPPER CHICKEN SKEWERS

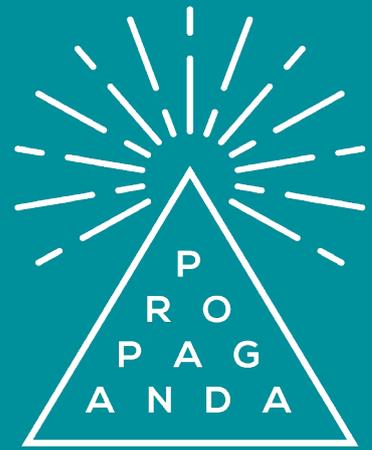
## JALAPENO POPPERS (V)

## CHICKEN WINGS [BBQ OR HOT BUFFALO]

## BBQ PULLED PORK

on brioche with slaw

UPGRADE  
YOUR FRIES  
FOR + £1.50  
SALT & PEPPER OR  
SQUEEZY CHEESE  
BACON



TAKE AWAY MENU

AVAILABLE FOR COLLECTION OR  
DELIVERY [ON ORDERS OVER £20]  
MON - FRI, 11PM - 5PM.  
TO ORDER PLEASE CALL OR  
MESSAGE 07377357136.

# LIGHT LUNCH BOXES

## STEP 1: CHOOSE YOUR PROTEIN [ALL 150G]

CHICKEN 235cal/35g protein [£6.50]

KING PRAWNS 150cal/25g protein [£7.25]

ASIAN STYLE STEAK 460cal/33g protein [£7.50]

POACHED SALMON 205cal/25g protein [£7.25]

GRILLED HALLOUMI 266cal/17.5g protein [V] [£6.50]

BBQ PULLED JACK FRUIT 150cal/2g protein [V/VE] [£5.95]

EDAMAME FALAFEL 91cal/7.5g protein [V/VE] [£5.95]

WEEKLY  
SUBSCRIPTION  
OFFER:  
CHOOSE ANY 5 LIGHT  
LUNCH BOXES FOR ONLY  
£22.50 P/W  
(MON - FRI ONLY)  
ONLY £4.50 PER BOX

## STEP 2: CHOOSE YOUR SALAD BASE

**ASIAN:** RED & WHITE CABBAGE, RED ONION, GRATED CARROT, SLICED SUGAR SNAPS, EDAMAME BEAN & CORIANDER WITH SWEET CHILLI DRESSING.

**MIXED LEAF:** MIXED LEAF, CUCUMBER, RED ONION AND CHERRY TOMATOES WITH OIL WITH A BALSAMIC VINEGAR DRESSING.

**HOT VEG:** BROCCOLI, GREEN BEANS, MANGETOUT, COURGETTE, AUBERGINE, CHERRY TOMATOES, SPINACH & GARLIC, SEASONED WITH GARLIC AND PEPPER.

**NOODLE SALAD:** STIR FRY VEG WITH PROTEIN EGG NOODLES & CASHEW NUTS. COOKED IN A TEA SPOON OF SESAME OIL AND SOY SAUCE. SERVED HOT. [VE - SWAP FOR RICE NOODLES]

## STEP 3: CHOOSE YOUR SEASONING

HIMILAYAN SALT & CRACKED BLACK PEPPER

CHINESE SALT & PEPPER

CAJUN SPICE

JERK SPICE

# FLAT BREAD PIZZAS

[VEGAN, GLUTEN FREE & DAIRY OPTIONS AVAILABLE]

PARMA HAM, PARMESAN, CHERRY TOMATOES & ROCKET [£5.50]

PEPPERONI, MOZZARELLA & TOMATO [£5.50]

CHICKEN, SWEETCORN, RED ONION & PEPPPER [£5.50]

MOZZARELLA CHEESE & TOMATO [V] [£4.50]

FETA CHEESE, CARAMELISED ONIONS, POMEGRANATE & ROCKET [V] [4.50]

## HOT DRINKS

ADD SYRUP FOR +£1.00

[VANILLA, CARAMEL, GINGERBREAD OR HAZELNUT]

### RIJO COFFEE

AMERICANO [£2.50]

ESPRESSO [£2.00]

LATTE [£2.95]

CAPPUCCINO [£2.95]

MOCHA [£2.75]

HOT CHOCOLATE [£3.25]

ICED COFFEE [£2.95]

FRAPPUCCINO [£3.25]

[ADD CREAM 25P]

### TEA

[ALL £1.95]

ENGLISH BREAKFAST

PURE GREEN

LEMON & GINGER

RED BERRY

PEPPERMINT

## SOFT DRINKS

ALL £1.50 & 330ML

COKE, DIET COKE, LEMONADE,  
STILL/SPARKLING WATER

## MILKSHAKES

[ALL £3.95]

BLENDED WITH VANILLA ICE CREAM, MILK & ICE

VANILLA [VE AVAILABLE]

STRAWBERRY

CHOCOLATE

OREO

MALTESERS

## SMOOTHIES

ALL £3.95

### SUPERGREEN

(APPLE, AVOCADO, BASIL, LIME,  
SPINACH & SPIRULINA)

### ACAI KICK

(ACAI, MANGO, STRAWBERRY & WILD  
BLUEBERRIES)

### RASPBERRY HEAVEN

(APPLE, BLUEBERRY, MANGO &  
RASPBERRY)

### MANGO DREAM

(MANGO, PEAR)

## GRENADE SHAKES & BARS

[ALL £3.50 EACH]

HIGH IN PROTEIN

PLEASE ASK FOR TODAYS FLAVOURS

## SNACK POTS

ALL £3.00 EACH

KAISO SEAWEED SALAD

EDAMAME PODS

MISO SOUP

## CHEESECAKE

[£3.50 EACH]

PLEASE ASK FOR TODAYS FLAVOURS

PLEASE ALERT A MEMBER OF STAFF OF ANY  
ALLERGIES OR INTOLERANCES.

V - VEGETARIAN | VE - VEGAN