

## STARTERS

### Grilled Halloumi with Kiwi and Chilli Sauce

Halloumi, courgettes and cherry tomatoes grilled and served with kiwi and chili sauce infused with ginger and cloves

Calories: 328Kcal

Sat. Fat: 15g

Protein: 21.6g

Carbs: 13.9g

£10.90

### Edamame Beans with Himalayan Rock Salt

Calories: 134Kcal

Sat. Fat: 0.7g

Protein: 13.1g

Carbs: 9.8g

£9.90

### Chargrilled Padrón Peppers with Smoked Sea Salt

Calories: 29Kcal

Sat. Fat: 0.1g

Protein: 1.2g

Carbs: 3.8g

£9.90

### Baked "Fried" Chicken Wings

Served with celery and dill sour cream

Calories: 474Kcal

Sat. Fat: 5.8g

Protein: 27.2g

Carbs: 58.5g

£11.00

## MAINS

### Smoked Jerk Chicken and Tabbouleh Salad £18.90

Succulent chicken seasoned, smoked and chargrilled in our homemade jerk marinade. Served with tabbouleh salad made with cucumber, broccoli and pomegranate.

Calories: 392Kcal

Sat. Fat: 2.1g

Protein: 44.5g

Carbs: 35.3g

Supreme Breast: EXTRA: £1.50  
366Kcal, Sat. Fat: 1.1g, Protein: 46.1g, Carbs: 35.1g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00  
Edamame Beans with Himalayan Rock Salt - £5.00  
Roast Sweet Potato and Broccoli - £4.00  
Roast Baby Potatoes with Herbs and Broccoli - £4.00  
Padrón Peppers with Smoked Sea Salt - £5.00  
Baked "Fried" Chicken Wings - £6.00

Beef Rump Steak £14.50

Served alongside chickpea stew, roast potatoes and Chimicurri sauce

Calories: 714Kcal

Sat Fat: 13g

Carbohydrate: 34.8g

Protein: 44.5g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00  
Edamame Beans with Himalayan Rock Salt - £5.00  
Roast Sweet Potato and Broccoli - £4.00  
Roast Baby Potatoes with Herbs and Broccoli - £4.00  
Padrón Peppers with Smoked Sea Salt - £5.00  
Baked "Fried" Chicken Wings - £6.00

Chargrilled Chicken Shawarma £11.50

Lebanese spiced grilled chicken served alongside pearl barley salad with dried cranberries, feta, spinach and broad beans

Calories: 484Kcal

Sat Fat: 4.0g

Carbohydrate: 39.6g

Protein: 46.4g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00  
Edamame Beans with Himalayan Rock Salt - £5.00  
Roast Sweet Potato and Broccoli - £4.00  
Roast Baby Potatoes with Herbs and Broccoli - £4.00  
Padrón Peppers with Smoked Sea Salt - £4.00  
Baked "Fried" Chicken Wings - £6.00

Tea Smoked Salmon Buddha Bowl £12.50

A combination of shredded mooli and kale, turmeric sauteed chickpeas, sesame carrots, roasted sweet potato, red cabbage and quinoa. Topped with our home tea-smoked salmon fillet.

Calories: 585Kcal

Sat. Fat: 5.5g

Protein: 33.4g

Carbs: 44.2g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00

Edamame Beans with Himalayan Rock Salt - £5.00

Roast Sweet Potato and Broccoli - £4.00

Roast Baby Potatoes with Herbs and Broccoli - £4.00

Padrón Peppers with Smoked Sea Salt - £5.00

Baked "Fried" Chicken Wings - £6.00

Sesame Tofu Buddha Bowl £10.50

A combination of shredded mooli and kale, turmeric sauteed chickpeas, sesame carrots, roasted sweet potato, red cabbage and rainbow quinoa. Topped with sesame crusted tofu.

Calories: 527Kcal

Sat. Fat: 4.8g

Protein: 18.3g

Carbs: 46.1g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00

Edamame Beans with Himalayan Rock Salt - £5.00

Roast Sweet Potato and Broccoli - £4.00

Roast Baby Potatoes with Herbs and Broccoli - £4.00

Padrón Peppers with Smoked Sea Salt - £5.00

Baked "Fried" Chicken Wings - £6.00

Meatballs with Orzo Pasta, Chorizo and Tomato Sauce £11.50

Homemade meatballs made with fresh spices and herbs cooked slowly with chorizo in our tomato sauce. Served with fresh baby spinach and orzo pasta.

Calories: 505Kcal

Sat Fat: 8.8g

Carbohydrate: 29.6g

Protein: 39.0g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00

Edamame Beans with Himalayan Rock Salt - £5.00

Roast Sweet Potato and Broccoli - £3.00

Roast Baby Potatoes with Herbs and Broccoli - £3.00

Padrón Peppers with Smoked Sea Salt - £5.00

Baked "Fried" Chicken Wings - £6.00

Carrot and Sweet Potato Fritters £11.50

Pan-fried homemade fritters served with courgette and dill salad

Calories: 349Kcal  
Sat Fat: 4.5g  
Carbohydrate: 42.9g  
Protein: 14.6g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - 5.00  
Edamame Beans with Himalayan Rock Salt - £5.00  
Roast Sweet Potato and Broccoli - £3.00  
Roast Baby Potatoes with Herbs and Broccoli - £3.00  
Padrón Peppers with Smoked Sea Salt - £5.00  
Baked "Fried" Chicken Wings - £6.00

Baked Sweet Potato & Lentil Falafels £10.00

Served with bulgur and shredded broccoli, red onion, cranberries salad and satay sauce

Calories: 475Kcal

Sat Fat: 3.1g  
Carbohydrate: 63.5g  
Protein: 23.6g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00  
Edamame Beans with Himalayan Rock Salt - £5.00  
Roast Sweet Potato and Broccoli - £4.00  
Roast Baby Potatoes with Herbs and Broccoli - £4.00  
Padrón Peppers with Smoked Sea Salt - £5.00  
Baked "Fried" Chicken Wings - £6.00  
Oven Roasted Okra and Pomegranate - £6.00

Blackened Sea Bream with Quinoa Salad £12.50

Fresh sea bream fillet dry rubbed in our cajun spices, blackened on our chargrill and served with quinoa, carrot, peppers, kale, spring onions, dill and sour cream.

Calories: 257.2Kcal, Sat Fat: 2.1g, Carbohydrate: 37.1g, Protein: 10.0g

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00  
Edamame Beans with Himalayan Rock Salt - £5.00  
Roast Sweet Potato and Broccoli - £4.00  
Roast Baby Potatoes with Herbs and Broccoli - £4.00  
Padrón Peppers with Smoked Sea Salt - £5.00  
Baked "Fried" Chicken Wings - £6.00

Halloumi & Heritage Tomato Salad with Kale Pesto £12.50

Chargrilled halloumi, fresh cut heritage tomatoes, black lentils, cucumber, rocket, red radish, onions, pumpkin seeds and kale pesto dressing

Calories: 559Kcal, Sat Fat: 12.9g, Carbohydrate: 20.4g, Protein: 25.2g

Add:

Extra Chicken Shawarma: £5.50

Extra Rump Steak: £6.50

Extra Lentil Falafels: £4.50

Add:

Chargrilled Halloumi with Kiwi and Chilli Sauce - £5.00

Edamame Beans with Himalayan Rock Salt - £5.00

Roast Sweet Potato and Broccoli - £4.00

Roast Baby Potatoes with Herbs and Broccoli - £4.00

Padrón Peppers with Smoked Sea Salt - £5.00

Baked "Fried" Chicken Wings - £6.00

DRINKS

Fanta £1.20

Coka cola £1.20

7UP £1.20

Diet coke £1.20

Zero cola £1.20

Ginger Beer £1.20

Goava Juice £3.50

Mango £3.50

Mix cocktails £3.50

Sparkling Water £2.00

Still Water £2.00