

Breakfast

7:30am - 11:30am

OoN Breakfast Rolls



£5.0

Bacon & Egg Roll



£5.5

Avocado & Egg Roll



£5.5

Turkey & Egg Roll



£5.5

Salmon & Chesse Roll

NEW

OoN Breakfast Pots

NEW



£6.5

Chef OoN Special Pot



£6.5

Shashuka OoN Pot



£7.5

Salmon OoN Pot



£6.5

Full OoN English Pot

Rise and shine — your OoN breakfast is ready to fuel your day

Breakfast

7:30am - 11:30am

OoN Dessert Pots



**Honey Nut
Granola**

£4.50

**Coconut Chia
Pudding**

£3.50



NEW

Cheesecake

£5



Banoffee Pudding

£4

Freshly made Naturally sweet Always a good idea

Breakfast

7:30am - 11:30am

OoN Breakfast Toasts



Spiced Banana

£5.50



Mediterranean

£4.5



Salmon Cheese

£6.50



Mexican Chilli

£5

Toast that snaps your mornings that finally make sense

Breakfast

7:30am - 11:30am

OoN Porridges



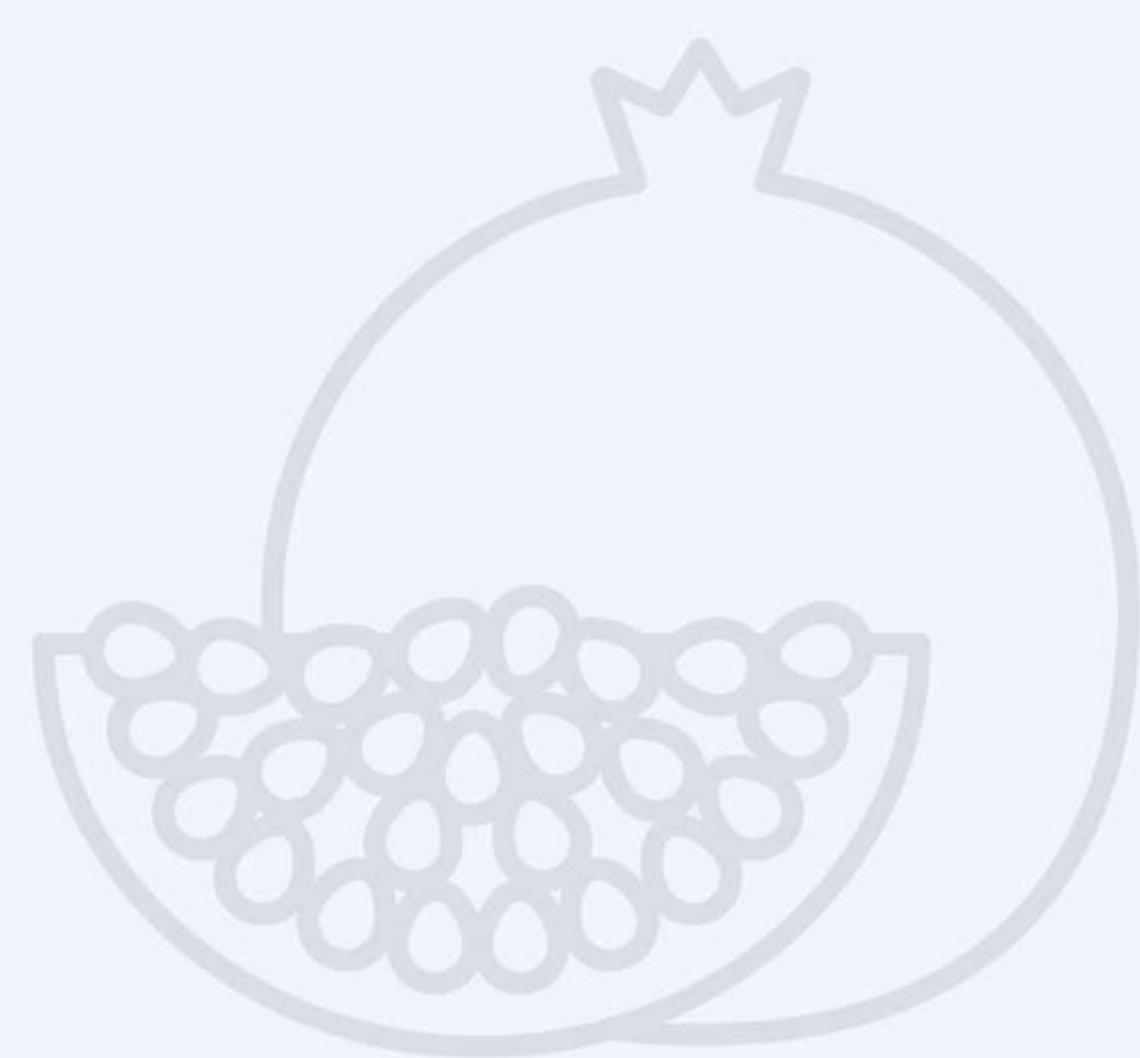
Apple Crumble

£5



Spiced Banana

£5



Energiser Porridge

£4.5

Porridge that warms your hands and your mood



Small Wins — Because You Deserve It



Sweet Treats

Chocolate Cookies — £1.50

Oat Raisin Cookie — £1.50

Vegan Chocolate Cookie — £1.50

Triple Chocolate Cookie — £1.95

Sweet Potato Chocolate Brownie — £3.50 **Cheesecake — £5**

Misfits Protein Bars — £2.50

Gluten-Free Banana Bread — £4.50

Honey Nut Granola Yoghurt — £4.50

Banoffee Pudding — £4

Coconut Chia — £3



Cold Drinks

Coke / Diet / Zero — £1.80

Kombucha / CBD — £3 / £3.20

San Pellegrino (Lemon / Blood Orange) — £2.20

Still / Sparkling Water — £1.50

Flawsome Flavours Sparklin water — £2.50

FlawSome Juices — £3.20

(Orange, Mango, Apple)



OoN Homemade Homebrews & Smoothies

Mango Iced Black Tea Homebrew — £3

Yuzu & White Peach Homebrew — £3

Lemon & Strawberry Homebrew — £3

Berry Matcha Glow Up Smoothie — £6

Chocolate Whey & Banana Smoothie — £6



Coffee, Tea & Matcha

Espresso / Macchiato — £2.50

Americano — £2.90

Cappuccino / Latte — £3.7

Flat White — £3.50

Mocha — £4

Iced Latte — £3.70

Iced Americano — £2.90

Herbal Teas — £2.5



Matcha Latte — £4

Matcha Tea — £3.50

Iced Matcha Latte — £4

Iced Matcha Tea — £3.5

Vanilla Matcha — £4.5

Strawberry Matcha — £4.5

Hot Chocolate — £3.80

Chai Latte — £3.60

SYURPS: Caramel, Biscoff, Gingerbread, Punkim, Vanilla, Strawberry, Honey - 50p

Build Your Own – Because You're in Charge

Option 1 : Plate = Protein + Base + 2 Side

Option 2 : Bowl = Protein + Base + 1 Side

STEP 1 : Pick Your Protein

PLATE



BOWL



Harissa Chicken – £10.95

Chilli, lemon & coriander

Spanish Citrus Chicken – £10.95

Orange, lemon & Herb

Lime & Herb Salmon – £12.50

Lemon & coriander

Lamb & Beef Kofta – £12.50

Roasted peppers & sun spices

Provenance Aubergine – £10.95

Aubergine

Veggie – £9.95

Any 3 sides and 1 grain

Harissa Chicken – £9.50

Chilli, lemon & coriander

Spanish Citrus Chicken – £9.50

Orange, lemon & Herb

Lime & Herb Salmon – £10.95

Lemon & coriander

Lamb & Beef Kofta – £10.95

Roasted peppers & sun spices

Provenance Aubergine – £9.50

Aubergine

Veggie – £8.95

Any 2 sides and 1 grain

STEP 2 : Pick Your Base

Brown Garden Rice

carrots & peas

Bean Skillet

Beans, sweetcorn & Vegetables

Couscous

Vegetable couscous with Toasted almonds

STEP 3 : Pick Your Side

Choose 2 Sides for a plate

Choose 1 Side for a bowl

NEXT SCREEN

Plates for the hungry. Bowls for the nimble. Both for legends

Make It Colourful – Sides, Salads & Sauces



Sides & Salads

Sweet Potato

Feta, herbs & Parsley

Ginger Broccoli

Sesame seeds & House sauce

Super Green Mac & Cheese

Peas & Spinach

Miso Cabbage

Roasted hispi & Miso dressing (nuts)

Provenance Aubergine

Aubergine

Beets & Squash

Beets, Butternut Squash with Herb

Rainbow Salad

Tomatoes, Cucumber, Vegetables

Waldorf Salad

Mayonaise, Fruits & Nuts

Greek Style Salad

Tomato, Olives, Feta mousse

Potato Gratin

Potatoes, Cheese, Herbs



Turn the flavour up?

Upgrade your meal?

Harissa Sauce

smoky & bold

Salsa Ranchera

Jalapenos, Garlic, Tomatoes & Coriander

Salsa Verde

Tomatillos, Avocado & Onion

ALL - 75p



Chicken - £5

Kofta - £6

Salads - £3.50

Salmon - £6



Warning: side envy is a real thing

★ Signature Oven Creations – No Guesswork Needed

Signature Plates

(Protein + Base +2 Sides)



£12.50



£12.50

Lime & Herb Salmon

Brown Rice, Lemon and Herb Salmon,
Sweet Potato and Ginger Broccoli



£10.95

Lamb & Beef Kofta Plate

Brown Rice, Lamb & Beef Kofta,
Gratin Potato and Ginger Broccoli



£9.95

Harissa Chicken Plate

CousCous Harissa Chicken,
Rainbow Salad and Mac and Cheese

Veggie Tray

Any 3 Sides And 1 Grain

Signature Bowls

(Protein + Base +Side)

Brain freeze?
We've got you!



Provenza Aubergine



Less thinking, more eating — our signatures do the work for you

-Oven or Nothin

Black Sesame OoN Latte

New In



NUTTY
CREAMY
UNIQUE



£4.90

-Oven or Nothin

OoN Homemade Homebrews & Smoothies



Lemon & Strawberry



Mango Iced Black Tea



Berry Matcha Glow Up Smoothie



Yuzu & White Peach



Chocolate Whey & Banana Smoothie

Smooth Blends Real Ingredients Pure Goodness