

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



Cheesecake

£5



Banoffee Pudding

£4

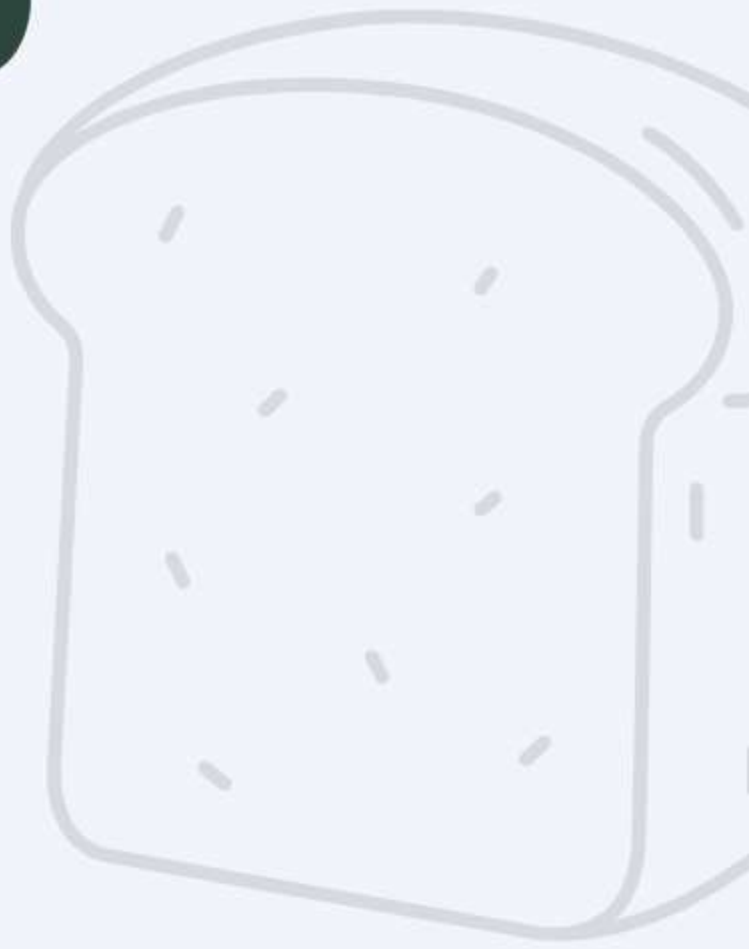
Freshly made Naturally sweet Always a good idea

Oven or Nothin.

Breakfast

7:30am - 11:30am

OoN Breakfast Toasts



Spiced Banana

£5.50



Mediterranean

£4.5



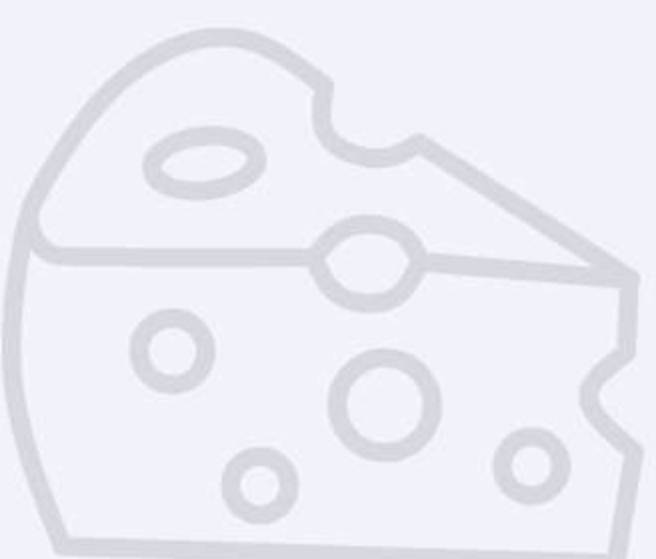
Salmon Cheese

£6.50



Mexican Chilli

£5



Toast that snaps your mornings that finally make sense

Oven or Nothin.

Breakfast

7:30am - 11:30am

OoN Porridges



Apple Crumble

£5



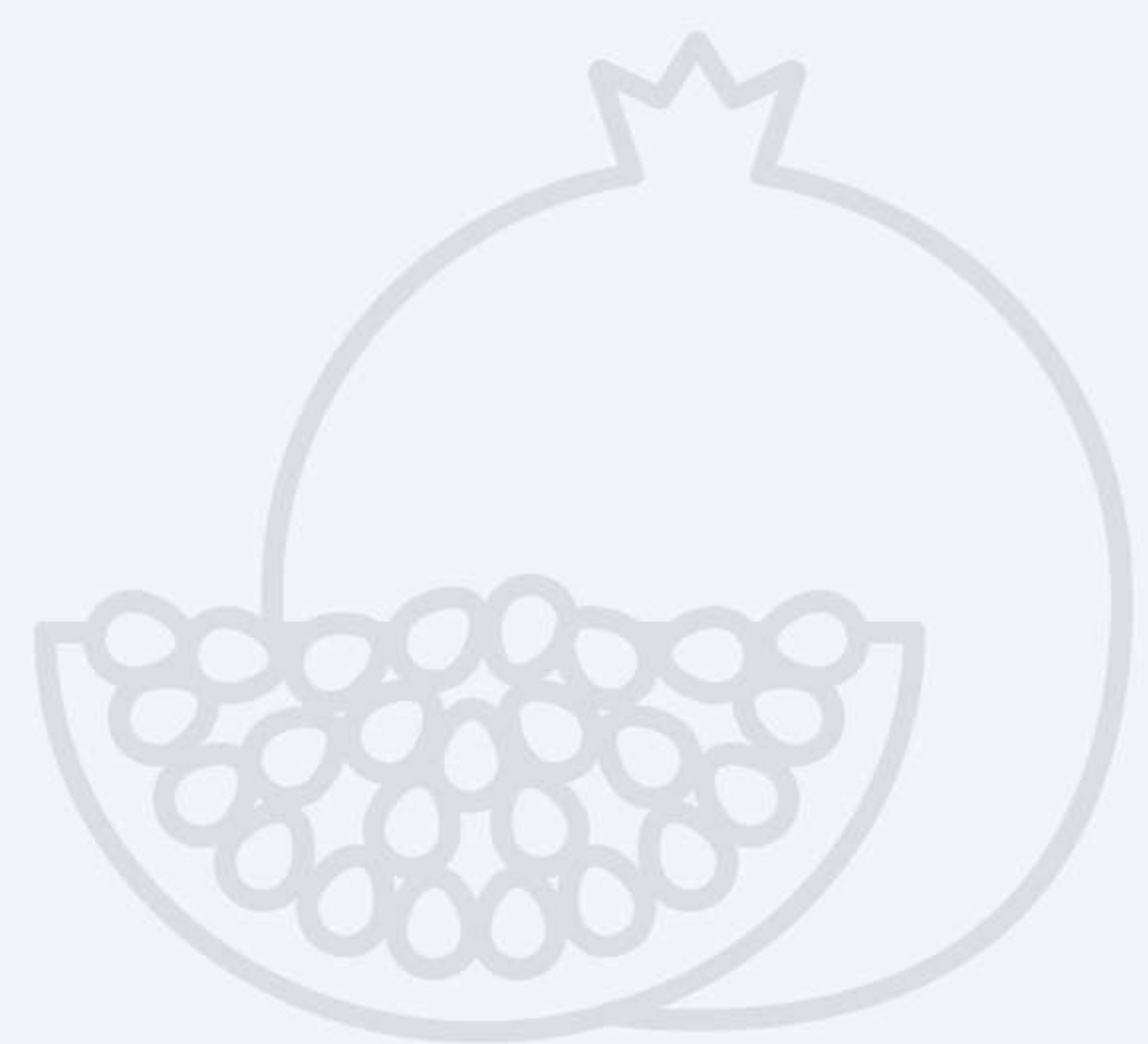
Spiced Banana

£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
Misfits Protein Bars — £2.50
- Gluten-Free Banana Bread — £4.50
Honey Nut Granola Yoghurt — £4.50
Banoffee Pudding— £4
Coconut Chia — £3
Cheesecake— £5



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



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

BOWL



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

Lime & Herb Salmon

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



£12.50

Lamb & Beef Kofta Plate

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



£10.95

Harissa Chicken Plate

CousCous Harissa Chicken,
Rainbow Salad and Mac and Cheese



£9.95

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