



NUTRITIONAL INFO / HOT FOOD

BREAKFAST NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
CHEEKY BREAKFAST BUN Toasted brioche bun, streaky bacon, poached egg, baby spinach, crispy onions & sriracha mayo	/SERVING	642.40	43.82	20.59	29.74	6.71	20.43	3.56
	/100 G	238.7	13.52	4.47	17.85	1.74	11.44	1.17
VEGGIE BREAKFAST BUN Toasted brioche bun, grilled halloumi, poached egg, baby spinach, crispy onions & sriracha mayo	/SERVING	794.94	59.71	27.26	29.62	6.86	29.53	3.76
	/100 G	198.2	8.47	2.32	20.36	3.05	7.93	0.83
CHEEKY BEEF BUN Toasted brioche bun, pulled beef, poached egg, baby spinach, caramelized onions & sriracha mayo	/SERVING	633.47	29.65	15.00	54.56	9.36	30.25	2.62
	/100 G	247.1	14.18	4.88	15.61	1.49	13.97	1.26
HOT NOURISH BOWLS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
SICILIAN CHICKEN MEATBALL Homemade Sicilian chicken meatballs, white rice, herb pesto, house tomato sauce, sun dried tomato cream, pan fried zucchini, broccoli & onions	/SERVING	705.12	38.79	10.36	43.52	4.98	43.91	2.24
	/100 G	141.2	7.38	1.85	9.42	2.18	9.86	0.41
MEDITERRANEAN CHICKEN Grilled chicken breast, pepper, mushrooms, broccoli, rice, potato roasties, sun-dried tomato cream, sesame seeds & chives	/SERVING	678.65	26.93	6.74	57.28	7.62	40.41	2.06
	/100 G	131.6	7.59	2.11	9.47	2.12	5.36	0.64
TERIYAKI BEEF BOWL Teriyaki marinated pulled beef, avocado, poached egg, pickled onions, shredded carrots, broccoli, basmati rice, edamame beans, sriracha mayo & crushed peanuts	/SERVING	817.43	34.98	10.16	63.01	6.32	52.66	2.43
	/100 G	141.3	6.32	1.79	10.52	4.21	9.84	0.83
BALANCE BOWL Grilled marinated chicken breast, basmati rice, sweet potato, broccoli, Baby spinach, carrots, pickled Cabbage, poached egg with a satay & tahini sauce	/SERVING	844.78	36.40	9.67	80.94	11.47	49.36	2.65
	/100 G	112.8	5.42	1.11	11.64	2.88	6.71	0.67
CRISPY TOFU BOWL Crispy tofu, basmati rice, sweet potato, baby spinach, wakame salad, vegan spicy mayo, cucumber zoodles, crushed peanuts, spring onions, fresh coriander, served with curry sauce & a lime	/SERVING	755.63	27.98	6.49	93.04	10.42	26.76	2.29
	/100 G	138.2	7.94	1.37	9.32	2.41	6.88	0.72
ASIAN BOWLS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
KHAO SAN CURRY Rich massaman curry sauce, onions, mushrooms, zucchini, sweet potato & basmati rice	/SERVING	694.21	24.53	12.63	97.99	11.50	10.70	2.27
	/100 G	146.5	8.18	2.89	12.37	3.57	4.21	0.76
RAINBOW TERIYAKI RICE Teriyaki chicken thighs, kimchi, pickled red cabbage, shredded carrots, cucumber, red chilli pepper, fresh coriander, salad mix, spring & red onions with rice & miso dressing	/SERVING	490.63	14.87	2.81	76.92	15.46	8.87	2.17
	/100 G	135.7	4.96	0.92	18.64	4.75	3.92	0.68
TERIYAKI NOODLES Soba noodles, wok fried broccoli, peppers, onions, edamame, mushrooms & house teriyaki sauce.	/SERVING	481.00	14.01	2.15	65.44	12.06	13.03	1.85
	/100 G	142.3	5.28	1.03	20.12	4.98	4.25	0.73
CHOOSE PROTEIN:								
BEEF 100 G		250.00	15.00	6.00	0.00	0.00	26.00	0.10
CHICKEN THIGH 120 G		240.00	14.40	4.00	0.00	0.00	28.00	0.16
XL CHICKEN BREAST 170 G		215.5	6.57	1.28	1.47	0.16	37.47	0.81
FALAFEL BITES X4		289.30	15.40	1.60	21.60	1.10	11.20	1.04
CRISPY TOFU		305.50	20.80	2.30	10.50	1.20	20.40	0.78
BAO BUNS (2 XL) NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
TERIYAKI BEEF Slow cooked pulled beef, carrots, coriander, peanuts, teriyaki sauce & sriracha mayo	/SERVING	565.00	25.14	6.58	52.64	11.38	33.29	2.10
	/100 G	211.6	8.42	2.61	23.87	6.74	9.74	0.89
CRISPY CHICKEN Crispy chicken, carrots, red cabbage, chives & chipotle mayo	/SERVING	552.69	23.22	4.99	55.03	8.66	30.79	2.10
	/100 G	218.4	9.15	2.83	22.46	4.62	10.82	0.94
CRISPY TOFU Crispy tofu, wakame salad, red cabbage, baby spinach & vegan spicy mayo	/SERVING	446.25	16.69	2.31	51.20	6.21	13.34	1.61
	/100 G	150.5	7.99	2.58	16.64	11.40	1.94	0.15
BURGERS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
DILL-JCOUS CHICKEN Yogurt & honey marinated chicken, pickled red cabbage, tomatoes, carrots, cucumber, pickled onions & dill mayo	/SERVING	486.50	17.08	2.28	44.89	5.40	33.42	1.48
	/100 G	224.6	10.48	2.64	17.92	3.21	13.47	1.02
BEEF BRISKET Slow cooked brisket, smoked cheese, sour cr�me, red cabbage slaw & sriracha sauce	/SERVING	499.60	23.10	7.72	39.88	4.31	31.22	1.87
	/100 G	237.3	12.62	4.58	16.34	2.87	14.25	1.08
VEGAN TRUFFLE Beyond burger patty, caramelized onions, vegan truffle mayo, vegan cheddar, tomato, green leaves & sun dried tomatoes in a sesame bun	/SERVING	572.20	31.34	9.44	41.73	5.32	25.88	2.46
	/100 G	219.4	10.84	2.14	20.52	4.36	7.92	0.97
SHARING NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
WOK FRIED GREENS Broccoli, edamame beans, pak choi, zucchini, & mushrooms	/SERVING	224.70	15.14	2.45	11.65	5.45	7.30	1.53
	/100 G	101.61	5.83	2.01	6.42	0.61	5.74	0.52
POWER UP RICE Steamed rice, edamame beans, broccoli, egg, light soy sauce	/SERVING	355.40	13.72	2.51	36.31	5.71	20.02	1.39
	/100 G	138.6	4.43	0.78	20.84	1.94	4.92	0.62
FALAFEL BITES	/SERVING	420.80	22.40	2.33	31.42	1.60	16.29	1.51
	/100 G	263.00	14.00	1.45	19.64	1.00	10.18	0.95
TRUFFLE POTATO ROASTIES	/SERVING	371.00	22.26	2.67	38.73	0.68	4.15	0.59
	/100 G	176.2	9.87	2.11	17.42	1.24	2.83	0.78
FETA & DILL POTATO ROASTIES	/SERVING	384.50	20.66	3.39	38.93	1.34	6.06	0.65
	/100 G	183.4	10.42	2.76	16.85	1.48	3.95	0.92
SRIRACHA POTATO ROASTIES	/SERVING	322.70	15.76	2.63	38.36	1.53	4.11	1.08
	/100 G	175.9	8.60	1.43	20.91	0.83	2.24	0.63
SWEET POTATO FRIES	/SERVING	304.70	10.56	1.35	47.08	13.42	2.40	0.62
	/100 G	193.2	6.88	0.88	29.28	0.34	1.49	0.39
CHICKEN MEATBALLS In tomato sauce with parmigiana & baby spinach	/SERVING	403.00	26.10	7.40	7.60	2.70	29.90	1.36
	/100 G	176.4	10.36	2.58	6.18	1.15	14.57	0.68
SALADS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
POWER GARDEN SALAD Buckwheat, feta cheese, kale, tomatoes, sweet potato, broccoli, cucumber, edamame beans, carrots, salad mix & roasted almonds, balsamic dressing & pomegranates.	/SERVING	428.60	28.64	6.34	26.92	12.04	14.18	1.23
	/100 G	104.9	7.5	1.45	6.43	2.87	2.78	0.28
CHOOSE PROTEIN:								
BEEF 100 G		250.00	15.00	6.00	0.00	0.00	26.00	0.10
CHICKEN THIGH 120 G		240.00	14.40	4.00	0.00	0.00	28.00	0.16
XL CHICKEN BREAST 170 G		215.5	6.57	1.28	1.47	0.16	37.47	0.81
FALAFEL BITES X4		289.30	15.40	1.60	21.60	1.10	11.20	1.04
CRISPY TOFU		305.50	20.80	2.30	10.50	1.20	20.40	0.78
SUPER BURNER SALAD Avocado, feta cheese, broccoli, cucumber, edamame beans, pickled red cabbage, quinoa, salad mix, honey mustard dressing, roasted almonds & pomegranates.	/SERVING	552.40	33.21	6.82	45.78	15.90	18.53	1.33
	/100 G	110.5	6.63	1.36	7.92	2.75	3.17	0.26
CHOOSE PROTEIN:								
BEEF 100 G		250.00	15.00	6.00	0.00	0.00	26.00	0.10
CHICKEN THIGH 120 G		240.00	14.40	4.00	0.00	0.00	28.00	0.16
XL CHICKEN BREAST 170 G		215.5	6.57	1.28	1.47	0.16	37.47	0.81
FALAFEL BITES X4		289.30	15.40	1.60	21.60	1.10	11.20	1.04
CRISPY TOFU		305.50	20.80	2.30	10.50	1.20	20.40	0.78
FLAT BREAD SUPREME NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
VEGAN SUPREME Sweet potato falafel, zucchini, onions, mushrooms, pepper with yoghurt coriander dressings	/SERVING	464.10	15.02	2.31	58.77	9.44	14.56	1.26
	/100 G	120.4	3.89	0.6	15.34	2.47	4.58	0.34
POWERED CHICKEN Crispy chicken, edam, roasted peppers & onions, baby spinach, sour cr�me, tomato sauce, sesame seeds & chives	/SERVING	520.40	20.65	5.07	42.83	5.51	38.41	1.52
	/100 G	130.1	5.15	1.26	10.70	1.38	9.78	0.38
CHIPOTLE BEEF Pulled beef, apple wood cheese, caramelized onions, sour cr�me, baby spinach, spring onions, chipotle sauce, sesame seeds & chives	/SERVING	633.40	35.12	12.41	33.57	5.37	41.20	1.95
	/100 G	140.8	7.80	2.76	8.28	1.32	9.35	0.44
SUPER KIDS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
KIDZ CHICKEN BAO BUNS	/SERVING	494.00	17.71	4.06	49.38	5.06	28.61	2.29
	/100 G	68.94	2.26	0.31	8.83	1.87	1.93	0.22
KIDZ NUGGETS & SWEET POTATO FRIES	/SERVING	625.50	30.00	5.13	53.10	7.69	30.49	2.83
		211.2	10.48	2.16	20.53	5.23	8.76	0.6