



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	493.9	29.63	9.86	31.11	3.72	24.28	2.02
	/100 G	257.4	15.45	5.14	16.23	1.94	12.66	1.05
VEGGIE BREAKFAST BUN Toasted brioche bun, grilled halloumi, poached egg, baby spinach, crispy onions & sriracha mayo	/SERVING	577.4	36.46	17.59	30.59	3.88	23.41	2.21
	/100 G	243.29	15.35	7.4	12.89	1.63	9.86	0.93
CHEEKY BEEF BUN Toasted brioche bun, pulled beef, poached egg, baby spinach, caramelized onions & sriracha mayo	/SERVING	612.3	38.84	13.71	32.92	4.39	32.68	1.96
	/100 G	289.06	18.34	6.47	15.55	2.07	15.46	0.93
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	736.9	19.91	5.63	90.85	14.85	43.18	6.04
	/100 G	123.6	3.34	0.94	15.24	2.49	7.24	1.01
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	482.1	24.03	4.92	39.88	4.39	28.01	1.52
	/100 G	199.96	9.97	2.04	16.53	1.82	11.61	0.63
BEEF BRISKET Slow cooked brisket, smoked cheese, sour crème, red cabbage slaw & sriracha sauce	/SERVING	556.9	28.44	10.94	36.17	3.52	31.49	1.65
	/100 G	250.41	12.79	4.91	16.25	1.58	14.13	0.74
VEGAN TRUFFLE Beyond burger patty, caramelized onions, vegan truffle mayo, vegan cheddar, tomato, green leaves & sun dried tomatoes in a sesame bun	/SERVING	474.4	23.69	3.56	43.22	4.12	20.83	1.64
	/100 G	236.15	11.78	1.77	21.5	2.05	10.37	0.82
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	595.6	30.91	7.43	45.19	7.49	22.53	2.02
	/100 G	138.51	7.19	1.73	10.51	1.85	5.24	0.47
POWERED CHICKEN Crispy chicken, edam, roasted peppers & onions, baby spinach, sour crème, tomato sauce, sesame seeds & chives	/SERVING	580.20	29.13	6.12	38.91	6.44	35.25	2.15
	/100 G	123.45	6.2	1.3	8.28	1.37	7.5	0.46
CHIPOTLE BEEF Pulled beef, apple wood cheese, caramelized onions, sour crème, baby spinach, spring onions, chipotle sauce, sesame seeds & chives	/SERVING	685.1	39.23	10.18	34.87	7.11	37.27	2.23
	/100 G	142.7	8.17	2.12	7.88	1.48	7.76	0.46
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



BREAKFAST

AVO BENEDICT (V)

VEGGIE BREAKFAST BUN

CHEEKY BREAKFAST BUN

CHEEKY BEEF BUN

AVO & EGG

BOSS OMELETTE

SHARING IS..

NEW CHICKEN MEATBALLS

SRIRACHA POTATOES

TRUFFLE POTATOES

FETA & DILL POTATOES

POWER UP RICE

SWEET POTATO FRIES

FALAFEL BITES

SUPER SLAW

BURGERS

BEEF BRISKET

VEGAN TRUFFLE

CLASSIC CHIKCEN

BAO BUNS X2

TERIYAKI BEEF

CRISPY CHICKEN

SALADS

NEW SALMON SALAD

NEW CRISPY SALMON

CHICKEN BURNER

BEEF BURNER

ASIAN BOWLS

NEW UDON KATSU CHICKEN

TERIYAKI NOODLES

KHAO SAN CURRY

RAINBOW TERIYAKI RICE

NOURISH BOWLS

MUSHROOM MISO BOWL

TERIYAKIBEEF BOWL

BALANCE BOWL

CRISPY TOFU BOWL

SUPER KIDZ

KIDZ CHICKEN BAO BUNS

KIDZ NGGETS &
SWEET POTATO FRIES

FLATBREAD SUPREME

POWERED CHICKEN SUPREME

CHIPOTLE BEEF SUPREME

DINNER BOWLS

MEDITERRANEAN CHICKEN

CRISPY SALMON

HARISSA CHICKEN

GINGER CHICKEN MEATBALL

FLAX CRUSTED
CHICKEN SCHNITZEL

CLASSIC CHICKEN

KATSU CHICKEN

CHICKEN PARMIGIANA

	CEREALS INCLUDING GLUTEN	EGG	MILK	NUTS	SOY	SESAME	CRUSTACEANS	FISH	MOLLUSCS	LUPIN	CELERY	MUSTARD	PEANUTS	SULPHUR DIOXIDE
AVO BENEDICT (V)														
VEGGIE BREAKFAST BUN														
CHEEKY BREAKFAST BUN														
CHEEKY BEEF BUN														
AVO & EGG														
BOSS OMELETTE														
CHICKEN MEATBALLS														
SRIRACHA POTATOES														
TRUFFLE POTATOES														
FETA & DILL POTATOES														
POWER UP RICE														
SWEET POTATO FRIES														
FALAFEL BITES														
SUPER SLAW														
BEEF BRISKET														
VEGAN TRUFFLE														
CLASSIC CHIKCEN														
TERIYAKI BEEF														
CRISPY CHICKEN														
SALMON SALAD														
CRISPY SALMON														
CHICKEN BURNER														
BEEF BURNER														
UDON KATSU CHICKEN														
TERIYAKI NOODLES														
KHAO SAN CURRY														
RAINBOW TERIYAKI RICE														
MUSHROOM MISO BOWL														
TERIYAKIBEEF BOWL														
BALANCE BOWL														
CRISPY TOFU BOWL														
KIDZ CHICKEN BAO BUNS														
KIDZ NGGETS & SWEET POTATO FRIES														
POWERED CHICKEN SUPREME														
CHIPOTLE BEEF SUPREME														
MEDITERRANEAN CHICKEN														
CRISPY SALMON														
HARISSA CHICKEN														
GINGER CHICKEN MEATBALL														
CLASSIC CHICKEN														
KATSU CHICKEN														
CHICKEN PARMIGIANA														