



# NUTRITIONAL INFO / HOT FOOD

BREAKFAST NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
<b>CHEEKY BREAKFAST BUN</b> 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
<b>VEGGIE BREAKFAST BUN</b> 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
<b>CHEEKY BEEF BUN</b> 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)
<b>SICILIAN CHICKEN MEATBALL</b> 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
<b>MEDITERRANEAN CHICKEN</b> 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
<b>TERIYAKI BEEF BOWL</b> 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
<b>BALANCE BOWL</b> 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
<b>CRISPY TOFU BOWL</b> 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)
<b>PAD THAI RICE</b> <span style="color: green;">NEW</span> Grilled marinated chicken thighs, rice, peanuts, egg, edamame, peppers, onions, garlic, ginger & aml sauce	/SERVING	869.3	34.08	7.62	93.68	20.84	48.49	2.67
	/100 G	129.55	5.08	1.14	13.96	3.11	7.23	0.40
<b>RAINBOW TERIYAKI RICE</b> 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
<b>TERIYAKI NOODLES</b> 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
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		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)
<b>TERIYAKI BEEF</b> 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
<b>CRISPY CHICKEN</b> 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
<b>CRISPY TOFU</b> 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
NEW THE BEAST MENU NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
<b>THE BEAST WRAP</b> <span style="color: red;">NEW</span> Chicken breast, pulled beef, bacon, tomatoes, baby spinach & sriracha mayo	/SERVING	737.8	34.4	10.78	37.41	4.93	68.38	3.06
	/100 G	184.5	8.6	2.69	9.35	1.23	17.09	0.76
<b>THE BEAST BOWL</b> <span style="color: red;">NEW</span> Pulled beef chilli, chicken wings, mango pico de galo, rice, sour cream, avocado & corn	/SERVING	875.34	39.3	11.13	92.92	9.68	45.73	1.56
	/100 G	119.91	5.38	1.52	12.73	1.33	6.26	0.21
<b>THE BEAST SHAKE</b> <span style="color: red;">NEW</span> Strawberries, blueberries, raspberries, banana, coconut water, coconut milk & whey protein	/100 ML	64.12	3.57	2.92	4.62	2.79	5.5	0.08
SHARING NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
<b>CHICKEN WINGS</b> <span style="color: red;">NEW</span>	/SERVING	424	28	8.1	2.6	2.2	39.4	1.54
	/100 G	212	14	4	1.3	1.1	19.7	0.77
<b>CHIPOTLE BEEF ROASTIES</b> Pulled beef, poached egg, peppers & onions, sesame seeds, chives & spring onions on a bead of chipotle potato roasties	/SERVING	759.75	46.15	10.24	56.92	4.54	33.89	1.07
	/100 G	183.07	11.12	2.47	13.72	1.09	8.17	0.26
<b>POWER UP RICE</b> 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
<b>FALAFEL BITES</b>	/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
<b>TRUFFLE POTATO ROASTIES</b>	/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
<b>FETA &amp; DILL POTATO ROASTIES</b>	/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
<b>PEANUT SATAY ROASTIES</b>	/SERVING	399	21.2	2.91	39.3	7.2	9.7	0.86
	/100 G	153	8.15	1.12	15.1	2.77	3.37	0.33
<b>SWEET POTATO FRIES</b>	/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	8.34	1.49	0.39
SALADS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
<b>PERI PERI SALAD</b> <span style="color: green;">NEW</span> Marinated peri peri chicken breast, rice, edamame, carrots, cucumber, sweet potatoes, mixed salad, pico de galo mango salsa peri peri sauce	/SERVING	621.34	11.81	2.15	80.28	6.96	48.49	2.09
	/100 G	96.33	1.8	0.33	12.45	1.08	7.52	0.32
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		305.50	20.80	2.30	10.50	1.20	20.40	0.78
<b>POWER GARDEN SALAD</b> 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
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		305.50	20.80	2.30	10.50	1.20	20.40	0.78
<b>ASIAN NOODLE SALAD</b> Rice noodles, pak choi, peppers, edamame beans, carrots, spring onions, honey & soy, sweet chillie & peanut sauce, topped with fresh coriander, sesame seeds & lime.	/SERVING	598.30	21.24	3.26	76.15	13.12	12.09	2.32
	/100 G	128.5	4.56	0.7	16.92	2.92	3.26	0.39
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		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)
<b>VEGAN SUPREME</b> Sweet potato falafel, zucchini, onions, mushrooms, pepper with yoghurt coriander dressings	/SERVING	560.5	15.16	2.24	85.04	12.12	16.16	2.7
	/100 G	193.3	5.23	0.77	29.32	4.18	5.57	0.9
<b>POWERED CHICKEN</b> Crispy chicken, edam, roasted peppers & onions, baby spinach, sour crème, tomato sauce, sesame seeds & chives	/SERVING	602.4	21.67	8.08	67.53	7.29	34.91	2.7
	/100 G	192.5	6.92	2.58	21.57	2.33	11.15	0.9
<b>CHIPOTLE BEEF</b> Pulled beef, apple wood cheese, caramelized onions, sour crème, baby spinach, spring onions, chipotle sauce, sesame seeds & chives	/SERVING	734.7	37.62	13.44	59.48	9.42	37.45	2.8
	/100 G	253.3	12.97	4.64	20.51	3.25	12.91	1
SUPER KIDS NUTRITIONAL INFO		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
<b>KIDZ CHICKEN BAO BUNS</b>	/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	1.67	1.93	0.22
<b>KIDZ NUGGETS &amp; SWEET POTATO FRIES</b>	/SERVING	625.50	30.00	5.13	53.10	7.69	30.49	2.83
	/100 G	211.2	10.48	2.16	20.53	5.23	8.76	0.6