

| STEP 1 CHOOSE YOUR PROTEIN | | STEP 2 CHOOSE YOUR 2 CARBS | | STEP 3 CHOOSE YOUR SAUCE | | FLAT BREADS £6.95 | |
|---|--|--|--|---|--|---|--|
| <p>GO REGULAR £7.95</p> <p>GO LARGE* +£2.00</p> | BAKED CAJUN TOFU <small>Gf Ve</small> | ROASTED BABY POTATOES <small>Gf Ve</small> | <p>ADD AN EXTRA CARB +£1.50</p> | CHICKEN & HERB GRAVY | <p>PULLED PORK IN A BBQ APPLE SAUCE</p> | <p>ALL FLAT BREADS SERVED WITH SWEET POTATO FRIES</p> | |
| | CHARGRILLED HALLOUMI <small>Gf V</small> | STEAMED GREENS <small>Gf Ve</small> | | BEETROOT & FETA <small>Gf V</small> | | | |
| | THAI FISHCAKES | ORANGE & POMEGRANATE COUS COUS <small>Ve</small> | | GARLIC & HERB HUMMUS <small>Gf V</small> | <p>CUMIN FALAFEL & CHARGRILLED HALLOUMI <small>V</small></p> | | |
| | GARLIC & LEMON CHICKEN <small>Gf</small> | CHORIZO & PAPRIKA BAKED BEANS <small>Gf</small> | | SWEET CHILLI KETCHUP <small>Gf Ve</small> | <p>ALL BURGERS SERVED WITH SWEET POTATO FRIES</p> | | |
| | HONEY & CUMIN FALAFEL <small>Ve</small> | MUSHROOM & BACON PASTA CARBONARA | | CARIBBEAN BBQ SAUCE <small>Gf Ve</small> | | | |
| | QUORN & FIVE BEAN CHILLI <small>Gf Ve</small> | SWEET POTATO MASH <small>Gf Ve</small> | | BASIL PESTO <small>Gf</small> | <p>GRILLED BEEF BURGER TOMATO & RED ONION SALSA</p> | | |
| | SALT & PEPPER CHICKEN <small>Gf</small> +£1.50 | PINEAPPLE & CORIANDER CARIBBEAN RICE <small>Gf Ve</small> | | ROAST RED ONION & PEPPER SAUCE | <p>CHARGRILLED HALLOUMI BURGER AVACADO & PEPPER SALSA <small>V</small></p> | | |
| | JERK SPICED PORK STEAK <small>Gf</small> +£1.50 | SWEET POTATO FRIES <small>Ve</small> | | CURRY MAYONNAISE <small>V</small> | <p>SALT & PEPPER CHICKEN BURGER SWEET CHILLI KETCHUP</p> | | |
| PAPRIKA & GINGER KING PRAWNS <small>Gf</small> +£1.95 | CHILLI & SPRING ONION NOODLES <small>Gf Ve</small> | | | | | | |
| PAN SEARED SEA BASS <small>Gf</small> +£2.50 | HONEY ROAST CARROT & PARSNIP <small>Gf Ve</small> | | | | | | |
| CAJUN RUMP STEAK <small>Gf</small> +£2.50 | CAULIFLOWER, LEMON & CHILLI QUINOA <small>Gf Ve</small> | | | | | | |

1-2-3 HEALTHY CHOICES + COMPLIMENTARY SALAD / KIDS EAT HALF PRICE

*INDICATES 50% EXTRA PROTEIN

Gf - GLUTEN FREE Ve - VEGAN V - VEGETARIAN

WE USE NO REFINED SUGARS, ADDITIVES OR PRESERVATIVES. ALL FOOD COOKED FRESH DAILY ON SITE BY OUR TEAM OF CHEFS. FOR ANY OTHER DIETARY OR ALLERGEN INFORMATION PLEASE ASK ONE OF OUR TEAM MEMBERS.



HEALTHY OPTIONS BRUNCH MENU | SERVED DAILY 10.00AM - 12.30PM

| OPTION A TRADITIONAL BREAKFAST | OPTION B ON A MUFFIN | OPTION C PROTEIN PANCAKES |
|---|---|---|
| <p>THE VIGOUR BREAKFAST ^{Gf}</p> <ul style="list-style-type: none">+ CHORIZO & SMOKED PAPRIKA BAKED BEANS+ SMOKED BACON+ GARLIC & ROSEMARY MUSHROOMS+ SOFT POACHED EGG+ TURKEY SAUSAGE+ CHARGRILLED HALLOUMI | <p>AVOCADO SMASH & ROAST PEPPER SALSA WITH SOFT POACHED EGGS ^v</p> <p>SOFT POACHED EGGS OVER SMOKED BACON & HOLLANDAISE SAUCE</p> <p>SOFT POACHED EGGS, WILTED SPINACH & HOLLANDAISE SAUCE ^v</p> <p>PULLED PORK IN BBQ APPLE SAUCE WITH SOFT POACHED EGGS</p> | <p>AMERICAN ^{Gf} SMOKED BACON, BLUEBERRIES & MAPLE SYRUP</p> <p>BRITISH ^{Gf V} GOLDEN SYRUP, LEMON JUICE & BLUEBERRIES</p> <p>FRENCH ^{Gf V} GARLIC & ROSEMARY MUSHROOMS WITH CREAM CHEESE</p> |
| £6.95 | £5.95 | £4.95 |

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