



HEALTHY FOOD CHOICES | SERVED ALL DAY

STEP 1 CHOOSE YOUR PROTEIN		STEP 2 CHOOSE YOUR 2 CARBS		STEP 3 CHOOSE YOUR SAUCE	FLAT BREADS £6.95
GO REGULAR £7.95	BAKED CAJUN TOFU <small>Gf Ve</small>	GARLIC & HERB POTATO SALAD <small>Gf</small>	ADD AN EXTRA CARB +£1.50	KATSU CURRY SAUCE <small>Gf</small> CHICKEN & HERB GRAVY BEETROOT & FETA <small>Gf V</small> GARLIC & HERB HUMMUS <small>Gf V</small> SWEET CHILLI KETCHUP <small>Gf Ve</small> CARIBBEAN BBQ SAUCE <small>Gf Ve</small> BASIL PESTO <small>Gf</small> ROAST RED ONION & PEPPER SAUCE CURRY MAYONNAISE <small>V</small>	PULLED PORK IN A BBQ APPLE SAUCE CHORIZO & RED PEPPER ROASTED CHICKEN CUMIN FALAFEL & CHARGRILLED HALLOUMI <small>V</small>
	CHARGRILLED HALLOUMI <small>Gf V</small>	STEAMED GREENS <small>Gf Ve</small>			
	THAI FISHCAKES	MUSHROOM & BACON CREAMED LEEKS <small>Gf</small>			
	KATSU ROAST CHICKEN THIGHS <small>Gf</small>	CHORIZO & PAPRIKA BAKED BEANS <small>Gf</small>			
	HONEY & CUMIN FALAFEL <small>Ve</small>	ROAST RED PEPPER PASTA <small>V</small>			
	QUORN & FIVE BEAN CHILLI <small>Gf Ve</small>	HONEY & MUSTARD MASH <small>Gf Ve</small>			
	SALT & PEPPER CHICKEN <small>Gf</small> +£1.50	PIRI PIRI & CHORIZO RICE <small>Gf</small>			
	APPLE & GINGER PORK STEAK <small>Gf</small> +£1.50	SWEET POTATO FRIES <small>Ve</small>			
	LIME, CHILLI & COCONUT 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>			
CHIMICHURRI RUMP STEAK <small>Gf</small> +£2.50	ASIAN RED QUINOA SLAW <small>Gf Ve</small>				
1-2-3 HEALTHY CHOICES + COMPLIMENTARY SALAD / KIDS EAT HALF PRICE					BURGERS £8.95 GRILLED BEEF BURGER TOMATO & RED ONION SALSA CHARGRILLED HALLOUMI BURGER AVACADO & PEPPER SALSA <small>V</small> ASIAN LAMB BURGER, CURRY MAYONNAISE, ASIAN SLAW <small>ALL BURGERS SERVED WITH SWEET POTATO FRIES</small>

*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 <small>Gf</small></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 <small>V</small></p> <p>SOFT POACHED EGGS OVER SMOKED BACON & HOLLANDAISE SAUCE</p> <p>SOFT POACHED EGGS, WILTED SPINACH & HOLLANDAISE SAUCE <small>V</small></p> <p>PULLED PORK IN BBQ APPLE SAUCE WITH SOFT POACHED EGGS</p>	<p>AMERICAN <small>Gf</small> SMOKED BACON, BLUEBERRIES & MAPLE SYRUP</p> <p>BRITISH <small>Gf V</small> GOLDEN SYRUP, LEMON JUICE & BLUEBERRIES</p> <p>FRENCH <small>Gf V</small> GARLIC & ROSEMARY MUSHROOMS WITH CREAM CHEESE</p>
£6.95	£5.95	£4.95

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