

# good eggs™



**better breakfast** **3.99**  
scrambled free range eggs, smashed avocado, wilted spinach, baby plum tomatoes & crispy bacon



**39g gym junkie** **3.99**  
scrambled free range eggs, smashed avocado, wilted spinach, grilled chicken thigh & piri piri sauce



**omega salmon** **4.49**  
scrambled free range eggs, smashed avocado, wilted spinach, roast salmon & omega seeds



**fiery eggs** **4.49**  
scrambled free range eggs, smashed avocado, wilted spinach, feta, baby plum tomatoes & chilli flakes

**power up your protein!**  
swap for egg whites for +0.50

# porridge



**chocolate chia protein porridge**

**coconut milk porridge**

plain or agave   
granola & cranberry   
banana & sultanas  
peanut butter & blueberries

	mini	large
plain or agave	1.89	2.69
granola & cranberry	2.09	2.99
banana & sultanas	2.09	2.99
peanut butter & blueberries	2.09	2.99

# low GI bagels



**smashed avocado** **2.99**  
smashed avocado on a multiseed bagel

**salmon & cream cheese** **3.49**

roast salmon & low-fat soft cheese on multiseed bagel

**multiseed bagel** **1.49**

with marmite, low-fat soft cheese or peanut butter

# organic coffee

Our arabica beans are triple-certified; fairtrade, rainforest alliance and organic.

<b>cappuccino</b>	<b>2.29</b>	<b>tea</b>	<b>1.69</b>
<b>latte</b>	<b>2.29</b>	english breakfast, green, superberry, fresh mint	
<b>americano</b>	<b>1.99</b>	<b>fairtrade hot choc</b>	<b>2.49</b>
<b>espresso</b>	<b>1.69</b>		
<b>65 cal flat light</b>	<b>2.29</b>		

add extra shot +0.30

choose from 1% fat, almond or coconut milk!

# protein shakes



**muscle marathon** **4.49**  
chocolate protein, cocoa, peanut butter & almond milk

**bounty beast** **4.49**  
chocolate protein, cocoa & coconut milk

**berry cheesecake** **4.49**  
protein, raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, oats, agave & almond milk

**gym greens** **4.49**  
protein, spinach, mint, lemon, omega seeds, banana & apple juice

**peanut butter protein** **4.49**  
protein, peanut butter, banana & 1% fat milk

**create your own protein shake!** **4.49**  
choose your milk + protein shot + flavour

# juices

**immune boost** **3.99** **4.99**  
carrot juice, orange juice, lemon, ginger & turmeric

**super kale** **3.99** **4.99**  
kale, cucumber, lemon, mint & apple

**ACG** **3.99** **4.99**  
apple, carrot & ginger

**fresh orange** **2.99** **3.99**

# smoothies

**green dream** **4.99** **4.99**  
spinach, avocado, banana, apple juice, lemon & mint

**passionista** **3.59** **4.59**  
mango, strawberries, passion fruit, banana, orange juice

**berry punch** **3.59** **4.59**  
raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, banana & apple juice

**strawberry supreme** **3.59** **4.59**  
strawberries, banana & apple juice

**power up your protein!** **0.99**  
add protein shot



**GOT PROTEIN?**

**protein shakes, rainbow wraps & tossed pots**

# tossed pots



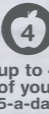
**hearty houmous**  
**chicken gf / grilled halloumi V gf / falafel vg**  
 spicy beans, pickled cabbage, houmous, cucumber & mint relish, pickled red onion, pomegranate & supergrains, or choose naked for grain-free!

naked med large  
 4.79 5.79 6.79



**spicy superveg**  
**chicken gf / grilled halloumi V gf / falafel vg**  
 avocado salsa, piri piri sauce, roasted sweet potato & carrot, mango, radish & mint, supergrains & rainbow slaw, or choose naked for grain-free!

naked med large  
 4.79 5.79 6.79



**clean coconut curry**  
**chicken / roasted roots**  
 coconut curry, soy beansprouts & carrot, mango, radish & mint, cashews & supergrains, or choose naked for grain-free!

naked med large  
 4.79 5.79 6.79



**mighty mexican**  
**chicken gf / falafel V**  
 spicy beans, avocado salsa, cheddar, tortilla chips & supergrains, or choose naked for grain-free!

naked med large  
 4.79 5.79 6.79

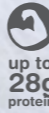


# rainbow wraps



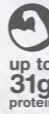
**piri protein**  
**chicken / grilled halloumi V / falafel vg**  
 smashed avocado, piri piri sauce, pickled cabbage and rainbow slaw

chicken halloumi falafel  
 4.99 4.89 4.49



**muscle mezze**  
**chicken / grilled halloumi V / falafel vg**  
 houmous, cucumber, mint, pickled red onion & pomegranate relish, pickled cabbage and rainbow slaw

chicken halloumi falafel  
 4.99 4.89 4.49



**jumbo fish finger**  
**fish fingers**  
 tomato salsa, pickled red onions, pickled cabbage and rainbow slaw

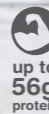


# house salads



**muscle builder** gf 56g protein  
**double chicken** +1.00 for grilled chicken SSS  
 cheddar, baked egg whites, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing

med large  
 6.19 6.99



**salmon greens & grains** gf gf 6.19 6.99  
**roast salmon**  
 sweet potato, avocado, pesto, edamame, supergrains, baby plum tomatoes, lemon juice & olive oil

**avocado kale caesar** 5.89 6.69  
**salmon / chicken** +0.50 for grilled chicken SSS  
 avocado, free range egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice

**chicken, bacon & avocado** 5.89 6.69  
**chicken & bacon** +0.50 for grilled chicken SSS  
 avocado, sweet potato, baby plum tomatoes, pine nuts, french dressing

**chipotle** 5.69 6.49  
**falafel V / chicken gf** +0.50 for grilled chicken SSS  
 avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

**the italian** gf 5.69 6.49  
**mozzarella V / chicken** +0.50 for grilled chicken SSS  
 avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

**greek** gf V gf 5.39 6.19  
**grilled halloumi V / avocado vg**  
 houmous, olives, baby plum tomatoes, cucumber, fresh peppers, pickled red onion, balsamic vinaigrette

**halloumi & roasted veg** V gf 4.89 5.69  
**grilled halloumi**  
 sweet potato, roasted peppers, roasted tomatoes, pickled red onion, pesto & balsamic vinaigrette

**V vegetarian?**  
 you can swap the meat for any other item at no extra charge

In following the law of the land, we are required to charge you VAT on certain items should you wish to eat in with us. However, the good news is that our cold salads and wraps are yours tax-free if you want to take them away!

# create your own

## size options

med 5.59  
 large 6.39  
 wrap 6.39

## base choices

kale & cos mix  
 lettuce mix  
 spinach  
**supergrains**   
 brown, red & wild rice, red quinoa & green lentils

## 2 premiums

avocado vg, bacon, baked egg whites, cheddar, chicken breast, grilled chicken +0.50 SSS, falafel\* vg, feta, free range egg, grilled halloumi SSS, mozzarella, parmesan crisps, roast salmon +0.79, \*contains gluten

add 1.19 for extra

## 3 veggies

beetroot, broccoli, carrot, cashews n, chia seeds, croutons\*, cucumber, edamame, houmous, jalapeños, mango, mixed beans, olives, pesto, pickled cabbage, pickled red onion, pine nuts, fresh peppers, pomegranate, omega seeds, roasted peppers, supergrains, sweetcorn, sweet potato, tomato salsa, baby plum tomatoes, tortilla chips, \*contains gluten

add 0.59 for extra

## dressing

balsamic vinaigrette vg gf, balsamic vinegar vg gf, caesar, french vg, honey & lemon gf, lemon juice vg gf, ranch gf, soy and sesame vg, XV olive oil vg gf

## nutritional symbols

**n** contains nuts, **V** suitable for vegetarians, **vg** suitable for vegans, **df** dairy free, **gf** no gluten ingredients, whole grain, **SSS** served hot!, **3** 5-a-day, low GI, skinny, big protein

For all nutritional or allergen information on any of our products, please ask a member of the team or visit [tosseduk.com](http://tosseduk.com)