

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

porridge



peanut butter & blueberries

plain or agave **2.39**
banana & sultanas **2.79**
peanut butter & blueberries **2.79**

low GI bagels



avocado salsa

smashed avocado **3.49**
smashed avocado on a multiseed bagel
salmon & cream cheese **3.49**
roast salmon & low-fat soft cheese on multiseed bagel
multiseed bagel **1.99**
with marmite, low-fat soft cheese or peanut butter

organic coffee

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

	small	regular
cappuccino	2.79	3.19
latte	2.79	3.19
americano	2.39	2.69
espresso	1.69	1.99
65 cal flat light	2.69	
tea	1.99	2.19
english breakfast, green, superberry, fresh mint		
fairtrade hot choc	2.99	3.29

choose from 1% fat or coconut milk!

new! protein shakes



muscle marathon

muscle marathon **new!** **4.49**
chocolate protein, cocoa, peanut butter & almond milk
bounty beast **new!** **4.49**
chocolate protein, cocoa & coconut milk
berry cheesecake **new!** **4.49**
protein, raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, oats, agave & almond milk
gym greens **new!** **4.49**
protein, spinach, mint, lemon, omega seeds, banana & apple juice
peanut butter protein **4.49**
protein, peanut butter, banana & 1% fat milk

juices

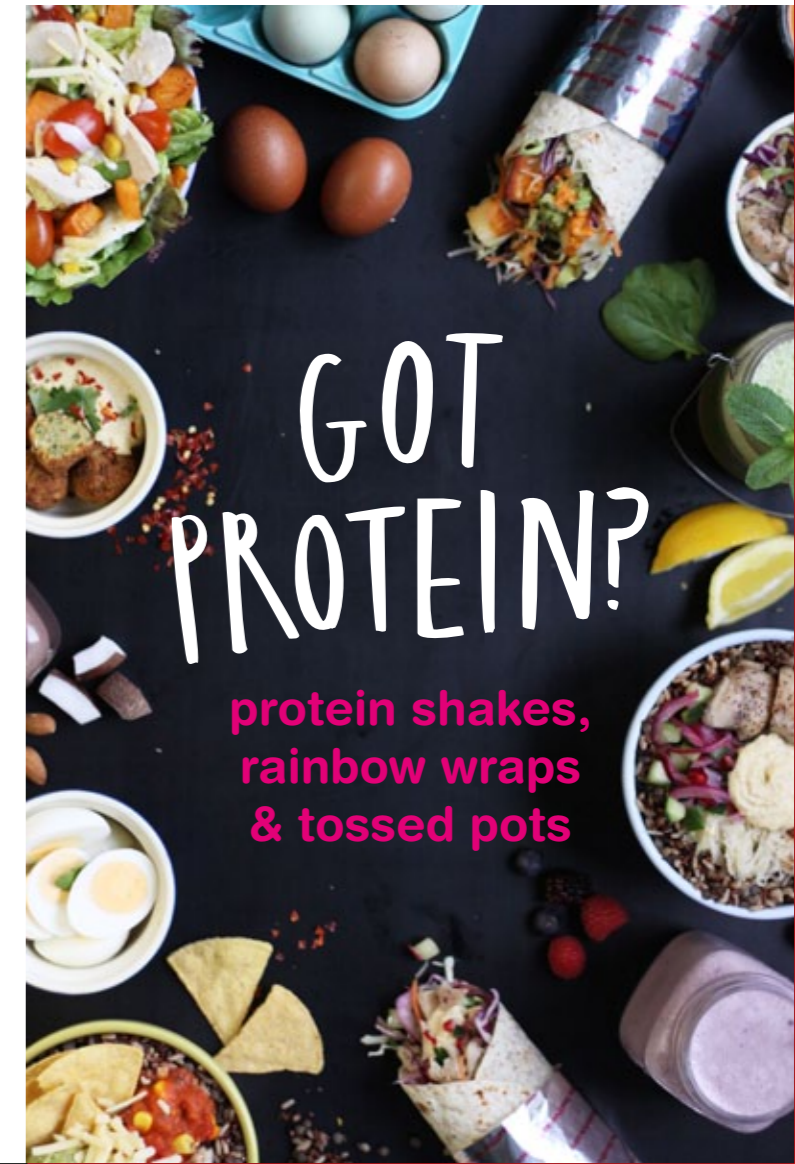
immune boost **new!** **3.99** **4.99**
carrot juice, orange juice, lemon, ginger & turmeric
super kale **3.99** **4.99**
kale, cucumber, lemon, mint & apple
ACG **3.99** **4.99**
apple, carrot & ginger
fresh orange **2.99** **3.99**

smoothies

green dream **3.99** **4.99**
spinach, avocado, banana, apple juice, lemon juice & mint
passionista **3.99** **4.99**
mango, strawberries, passion fruit, banana, orange juice
berry punch **3.99** **4.99**
strawberries, raspberries, blackberries, blueberries, banana & apple juice
strawberry supreme **3.99** **4.99**
strawberries, banana & apple juice



menu



tossed pots

on low GI supergrains or get naked (no base)



new!

low GI

hearty houmous
chicken gf / grilled halloumi V gf / falafel vg
spicy beans, pickled cabbage, houmous, cucumber, mint, pickled red onion & pomegranate on supergrains

medium large
5.49 6.49



new!

up to 4 of your 5-a-day

spicy superveg
chicken gf / grilled halloumi V gf / falafel vg
smashed avocado, piri piri sauce, roasted sweet potato & carrot, mango, radish & mint, on supergrains & rainbow slaw

medium large
5.49 6.49



new!

low cal

clean coconut curry n
chicken / roasted roots
coconut curry, soy beansprouts & carrot, mango, radish, mint & cashews on supergrains

medium large
5.49 6.49



new!

up to 38g protein

mighty mexican
chicken gf / falafel V
spicy beans, smashed avocado, cheddar & tortilla chips on supergrains

medium large
5.49 6.49

rainbow wraps



up to 28g protein

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



up to 31g protein

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



2 of your 5-a-day

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

5.49

jacket potatoes

- low-fat spread V 3.99
- beans V 4.99
- cheese & tomato V 4.99
- spicy beans & houmous V new! 4.99
- cheese & beans V 5.99
- cheese & bacon 5.99
- grilled chicken & smashed avocado new! 5.99
- salmon & cream cheese new! 5.99

house salads



salmon greens & grains

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

medium large
6.19 6.99

muscle builder gf gf 56g protein
double chicken
cheddar, free range egg, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing

6.19 6.99

avocado kale caesar
chicken / salmon
avocado, free range egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice

5.69 6.49

chicken, bacon & avocado
chicken & bacon
avocado, sweet potato, baby plum tomatoes, pine nuts, french dressing

5.69 6.49

chipotle
chicken gf / falafel V
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

5.49 6.29

the italian gf gf
chicken / mozzarella V
avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

5.49 6.29

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

5.19 5.99

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

4.69 5.49

V vegetarian?

you can swap the meat for any other item at no extra charge

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create your own

size options

- med salad 5.39
- large salad 6.19
- wrap 6.19

base choices

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

2 premiums

- avocado
- bacon
- cheddar
- chicken breast
- grilled chicken SSS
- falafel* vg
- feta
- free range egg
- grilled halloumi SSS
- mozzarella
- parmesan crisps
- roast salmon + 0.79

add 1.19 for extra

3 veggies V

- beetroot
- broccoli
- carrot
- croutons*
- cucumber
- edamame
- houmous
- jalapeños
- mixed beans
- olives
- pesto
- pickled red onion
- pine nuts
- fresh peppers
- omega seeds
- roasted peppers
- roasted tomatoes
- supergrains
- sweetcorn
- sweet potato
- tomato salsa
- baby plum tomatoes
- tortilla chips

add 0.59 for extra

dressing

- balsamic vinaigrette vg gf
- balsamic vinegar vg gf
- caesar
- french vg
- lemon juice vg gf
- ranch gf
- 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