

good eggs™



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



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



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



fiery eggs **4.49**
scrambled free range eggs, chunky 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



chocolate chia protein porridge

coconut milk porridge

plain or agave

granola & cranberry

banana & sultanas

peanut butter & blueberries

mini large

1.89 2.69

2.19 3.09

2.19 3.09

2.19 3.09

low GI bagels



smashed avocado

chunky avocado **2.99**
chunky 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.

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

add extra shot +0.30

choose from 1% fat, almond or coconut milk!

protein shakes



muscle marathon



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

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 **3.99** **4.99**
spinach, avocado, banana, apple juice, lemon & mint

passionista **3.99** **4.99**
mango, strawberries, passion fruit, banana, orange juice

berry punch **3.99** **4.99**
raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, banana & apple juice

strawberry supreme **3.99** **4.99**
strawberries, banana & apple juice

tossed
the healthier eating place

November 2017



NEW BALANCE POTS

healthy mini meals

from **3.99**

under 500 cal's

power bowls



thai red rocket

thai red rocket
add chicken for £1

supergrains, roasted roots, pickled veg, red thai sauce, with a sprinkle of omega seeds, and add chicken for £1

med **4.99** large **5.99**

thai green goodness
add chicken for £1

supergrains, roasted roots, pickled veg, green thai sauce, with a sprinkle of omega seeds, and add chicken for £1

med **4.99** large **5.99**

spicy superveg
chicken / **grilled halloumi** / **falafel**

chunky avocado, piri piri sauce, roasted roots, mango, radish & mint, supergrains & rainbow slaw

med **5.79** large **6.79**

hearty houmous
chicken / **grilled halloumi** / **falafel**

spicy beans, pickled veg, houmous, cucumber & mint relish, pickled red onion, pomegranate & supergrains

med **5.79** large **6.79**

mighty mexican
chicken / **grilled halloumi** / **falafel**

spicy beans, avocado salsa, cheddar, tortilla chips & supergrains.

med **5.79** large **6.79**

balance pots



sweet chilli supergrains

pesto powergrains
chicken / **grilled halloumi** / **falafel**

supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame and pesto

3.99

sweet chilli supergrains
chicken / **grilled halloumi** / **falafel**

supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame and sweet chilli dressing

3.99

rainbow wraps



piri protein

piri protein
chicken / **grilled halloumi** / **falafel**

chunky avocado, piri piri sauce, pickled veg and rainbow slaw

chicken **4.99** halloumi **4.89** falafel **4.49**

muscle mezze
chicken / **grilled halloumi** / **falafel**

houmous, cucumber, mint, pickled red onion & pomegranate relish, pickled veg and rainbow slaw

chicken **4.99** halloumi **4.89** falafel **4.49**

banging bahn mi
chicken / **grilled halloumi** / **falafel**

creamy sweet chilli, coriander & mint, pickled veg and rainbow slaw

chicken **4.99** halloumi **4.89** falafel **4.49**

super avocado caesar
chicken / **grilled halloumi** / **falafel**

chunky avocado, caesar dressing, pickled veg and rainbow slaw

chicken **4.99** halloumi **4.89** falafel **4.49**

proteins HIITs



- salmon & chunky avocado **2.99**
- grilled chicken & piri piri **1.99**
- grilled chicken & egg whites **1.99**
- grilled halloumi & chunky avocado **1.99**
- plant protein **1.99**

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!

house salads



gym bunny

gym bunny
chicken + .50 for grilled chicken

chunky avocado, crunchy rainbow slaw, broccoli, edamame, egg whites, and piri piri dressing

med **5.69** large **6.49**

superfood salad
chicken + .50 for grilled chicken

beetroot, cranberries, baby plum tomatoes, edamame, feta, omega seeds, and french dressing

5.69 6.49

muscle builder
double chicken +1.00 for grilled chicken

cheddar, baked egg whites, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing

6.19 6.99

salmon greens & grains
roast salmon

sweet potato, avocado, pesto, edamame, supergrains, baby plum tomatoes, lemon juice & olive oil

6.19 6.99

avocado kale caesar
salmon / **chicken** +0.50 for grilled chicken

chunky avocado, free range egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice

5.89 6.69

chicken, bacon & avocado
chicken & bacon +0.50 for grilled chicken

avocado, sweet potato, baby plum tomatoes, pine nuts, french dressing

5.89 6.69

chipotle
falafel / **chicken** +0.50 for grilled chicken

chunky avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

5.69 6.49

the italian
mozzarella / **chicken** +0.50 for grilled chicken

chunky avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

5.69 6.49

greek
grilled halloumi / **avocado**

houmous, olives, baby plum tomatoes, cucumber, fresh peppers, pickled red onion, balsamic vinaigrette

5.39 6.19

halloumi & roasted veg
grilled halloumi

sweet potato, roasted peppers, roasted tomatoes, pickled red onion, pesto & balsamic vinaigrette

4.89 5.69

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

- chunky avocado +1.19 for extra
- bacon
- baked egg whites
- cheddar
- chicken breast
- grilled chicken +0.50
- falafel*
- feta
- free range egg
- grilled halloumi
- mozzarella
- parmesan crisps
- roast salmon +0.79
- *contains gluten

3 veggies

- add 0.59 for extra
- beetroot
- broccoli
- carrot
- cashews
- cranberries
- croutons*
- cucumber
- edamame
- houmous
- jalapeños
- mixed beans
- olives
- pesto
- pickled red onion
- pine nuts
- fresh peppers
- omega seeds
- rainbow slaw
- roasted peppers
- roasted tomatoes
- supergrains
- sweetcorn
- sweet potato
- tomato salsa
- baby plum tomatoes
- tortilla chips
- *contains gluten

dressing

- balsamic vinaigrette
- balsamic vinegar
- caesar
- french
- lemon juice
- piri piri
- ranch
- soy and sesame
- XV olive oil

nutritional symbols

- contains nuts
- suitable for vegetarians
- suitable for vegans
- dairy free
- no gluten ingredients
- whole grain
- served hot!
- big protein
- 5-a-day
- low GI
- skinny

For all nutritional or allergen information on any of our products, please ask a member of the team or visit tosseduk.com