

# good eggs™\*



**better breakfast** 30g protein 4.39  
scrambled free range eggs, smashed avocado, wilted spinach, baby plum tomatoes & crispy bacon



**39g gym junkie** 39g protein 4.39  
scrambled free range eggs, smashed avocado, wilted spinach, grilled chicken thigh & piri piri sauce



**omega salmon** 30g protein 4.99  
scrambled free range eggs, smashed avocado, wilted spinach, roast salmon & omega seeds



**fiery eggs** 28g protein 4.99  
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

\*good eggs, porridge & bagels only available on UberEATS

# porridge\*



**chocolate chia protein porridge** 26g protein new! 2.99

**coconut milk porridge** vg df 2.99

plain or agave new! 3.29  
granola & cranberry n 3.29  
banana & sultanas 3.29  
peanut butter & blueberries n 3.29

# low GI bagels\*



**smashed avocado** vg 3.29  
smashed avocado on a multiseed bagel

**salmon & cream cheese** 3.89  
roast salmon & low-fat soft cheese on multiseed bagel

**multiseed bagel** 1.49  
with marmite, low-fat soft cheese or peanut butter n

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# cold drinks

**still water** 0.99  
**sparkling water** 0.99  
**coke bottle** 1.59  
**diet coke bottle** 1.59  
**coconut water** 2.29

# protein shakes



**muscle marathon** n vg 30g protein new! 4.99  
chocolate protein, cocoa, peanut butter & almond milk

**bounty beast** vg 25g protein new! 4.99  
chocolate protein, cocoa & coconut milk

**berry cheesecake** n vg df 29g protein new! 4.99  
protein, raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, oats, agave & almond milk

**gym greens** vg 28g protein new! 4.99  
protein, spinach, mint, lemon, omega seeds, banana & apple juice

**peanut butter protein** n 26g protein 4.99  
protein, peanut butter, banana & 1% fat milk

**create your own protein shake!** new! 4.99  
choose your milk + protein shot + flavour

# juices



**immune boost** 2 new! 5.49  
carrot juice, orange juice, lemon, ginger & turmeric

**super kale** 2 5.49  
kale, cucumber, lemon, mint & apple

**ACG** 2 5.49  
apple, carrot & ginger

**fresh orange** 1 4.29

# smoothies



**green dream** 5.39  
spinach, avocado, banana, apple juice, lemon & mint

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

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

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

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



**tossed**  
the healthier eating place



**GOT PROTEIN?**

protein shakes,  
rainbow wraps  
& tossed pots

# tossed pots



new recipe



low GI

## hearty houmous

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

large 6.99



up to 4 of your 5-a-day

## 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

large 6.99



under 300 cals naked

## clean coconut curry

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

large 6.99



up to 38g protein

## mighty mexican

chicken **gf** / falafel **V**  
spicy beans, avocado salsa, cheddar, tortilla chips & supergrains

large 6.99

# rainbow wraps



new recipe



up to 28g protein

## piri protein

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

chicken 5.49 halloumi 5.39 falafel 4.99



new recipe



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 5.49 halloumi 5.39 falafel 4.99



new recipe



2 of your 5-a-day

## jumbo fish finger

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

5.99

# house salads



new recipe

muscle builder



up to 56g protein

## muscle builder

double chicken +1.00 for grilled chicken **ss**  
cheddar, baked egg whites, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing

large 7.19

## salmon greens & grains

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

7.69

## avocado kale caesar

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

7.69

## chicken, bacon & avocado

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

7.19

## chipotle

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

6.89

## the italian

mozzarella **V** / chicken +0.50 for grilled chicken **ss**  
avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

6.89

## greek

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

6.59

## halloumi & roasted veg

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

6.09

## 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



large 6.79



wrap 6.79 **gf**

## base choices

kale & cos mix

lettuce mix

spinach

supergrains **gf**

brown, red & wild rice, red quinoa & green lentils

## 2 premiums

avocado **vg**  
bacon  
baked egg whites  
cheddar  
chicken breast

grilled chicken +0.50 **ss**  
falafel\* **vg**  
feta  
free range egg  
grilled halloumi **ss**

add 1.19 for extra

mozzarella  
parmesan crisps  
roast salmon +0.79  
\*contains gluten

## 3 veggies

bean sprouts  
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  
roasted tomatoes

add 0.59 for extra

supergrains  
sweetcorn  
sweet potato  
tomato salsa  
baby plum tomatoes  
tortilla chips  
\*contains gluten

## 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** **ss** 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)