

# good eggs™



**sweet potato protein** **3.79**  
scrambled to order free range eggs, sweet potato, bacon, roasted tomatoes & mixed beans



**green energy eggs** **3.79**  
scrambled to order free range eggs, broccoli, spinach, edamame beans, italian cheese, pesto & supergrains



**omega salmon** **3.99**  
scrambled to order free range eggs, roast salmon, avocado, spinach & omega seeds



**fiery eggs** **3.99**  
scrambled to order free range eggs, feta, avocado salsa, baby plum tomatoes & chilli flakes

# porridge



Freshly made here every day, with a choice of toppings

**plain, honey or jam** **2.29**  
**banana & sultanas** **2.49**

# low GI bagels



**avocado salsa** **3.49**  
avocado salsa on a multiseed bagel

**salmon & cream cheese** **3.49**  
roast salmon & low-fat soft cheese on multiseed bagel

**multiseed bagel** **1.99**  
with jam, marmite, honey, 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	1.99	2.09
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!

# smoothies



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

**peanut butter protein** **3.79** **4.79**  
peanut butter, protein shot, banana, fat free yoghurt, 1% fat milk (+0.50 for coconut milk )

**passionista** **3.79** **4.79**  
mango, strawberries, passion fruit, banana, orange juice

**berry punch** **3.79** **4.79**  
strawberries, raspberries, blackberries, blueberries, banana, apple juice, fat free yoghurt

**strawberry supreme** **3.79** **4.79**  
strawberries, banana, apple juice, fat free yoghurt

add protein shot +0.99

# juices



**super kale** **3.79** **4.79**  
kale, cucumber, lemon, mint & apple

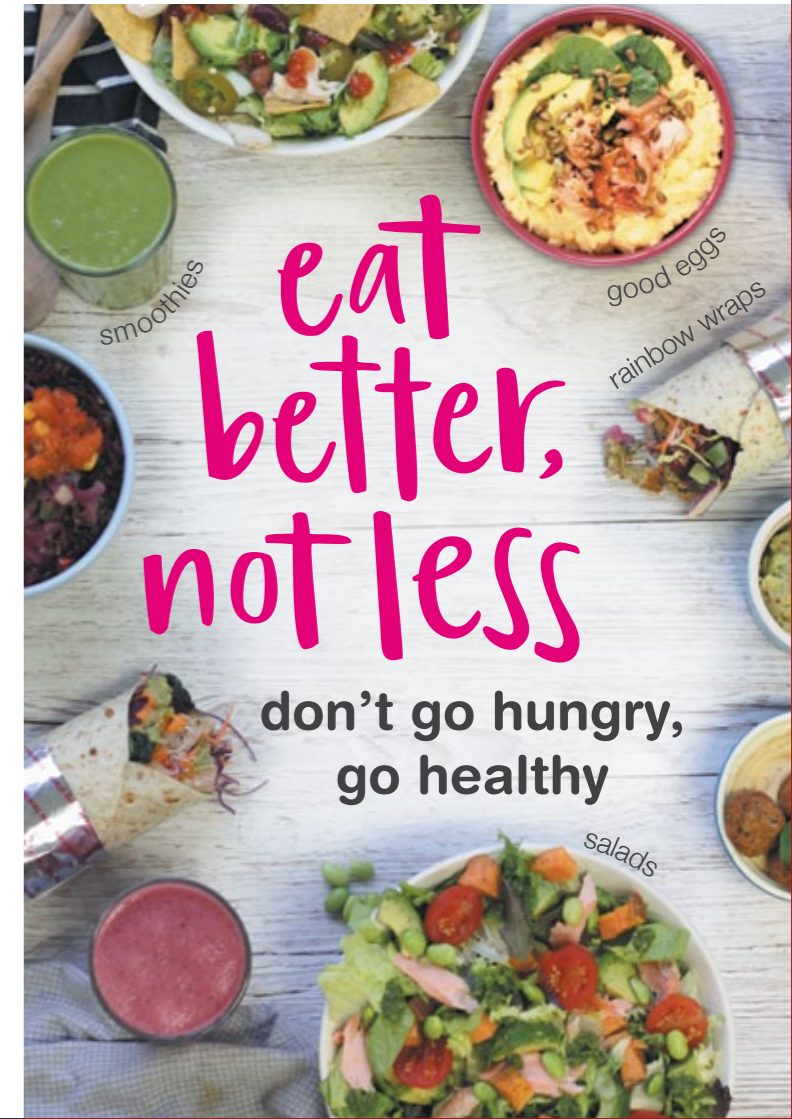
**ACG** **3.79** **4.79**  
apple, carrot & ginger

**orange, apple OR carrot** **2.99** **3.99**

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!



# menu



# house salads



salmon greens & grains

**salmon greens & grains** **6.99**

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

**chipotle** **6.29**

**chicken** / **falafel**   
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

**muscle builder** **6.99**

**double chicken**  
cheddar, free range egg, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing

**avocado kale caesar** **6.49**

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

**chicken, bacon & avocado** **6.49**

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

**the italian** **6.29**

**chicken / mozzarella**   
avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

**greek** **5.99**

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

**halloumi & roasted veg** **5.49**

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

**vegetarian?**

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

# rainbow wraps



up to 28g protein

**piri protein** **4.99** **4.89** **4.49**

**chicken / grilled halloumi** / **falafel**   
avocado salsa, piri piri sauce, pickled kale & red cabbage and rainbow slaw



up to 31g protein

**muscle mezze** **4.99** **4.89** **4.49**

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



2 of your 5-a-day

**jumbo fish finger** **5.49**

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

# jacket potatoes



**low-fat spread** **3.99**

**beans** OR **cheese & tomato** **4.99**

**cheese & beans** , **cheese & bacon** **5.99**  
OR **chilli con carne**

# soups



malaysian chicken

**100 cal malaysian chicken** **3.89**

**100 cal tomato & basil** **3.69**

# getting to know us

We set out to create a healthy food offering with lots of choice that doesn't compromise on taste or portion size. We keep calories and saturated fat to a minimum, and use lots of lean protein and low GI carbs. We pile in heaps of fruit and veg, so you can eat to your heart's content!

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# create your own

## size options

**salad** **5.99**

**wrap** **5.99**

## base choices

**kale & cos mix**  
**lettuce mix**  
**spinach**

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

## 2 premiums

avocado	feta	parmesan crisps
bacon	free range egg	roast salmon + 0.79
cheddar	grilled halloumi	
chicken breast	italian cheese	
falafel*	mozzarella	*contains gluten

add 1.19 for extra

## 3 veggies

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

add 0.59 for extra

## dressing

balsamic vinaigrette	french	XV olive oil
balsamic vinegar	lemon juice	
caesar	ranch	

## nutritional symbols

contains nuts	suitable for vegetarians	suitable for vegans	dairy free
no gluten ingredients	whole grain	served hot!	
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)