



tossed the healthier eating place

house salads



chicken, bacon & avocado 8.99
chicken & bacon
avocado, sweet potato, baby plum tomatoes, pine nuts, french dressing



muscle builder 8.49
chicken
free range egg, cheddar, tomatoes, sweet potato, sweetcorn, ranch dressing



salmon greens & grains 8.49
roast salmon
sweet potato, avocado, pesto, edamame, supergrains, baby plum tomatoes, lemon juice & olive oil



avocado kale caesar 8.49
chicken breast OR roast salmon
kale, cos, avocado, free range egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice



halloumi & roasted veg 7.99
grilled halloumi
sweet potato, pickled red onion, pesto, roasted peppers, roasted tomatoes, balsamic vinaigrette



chipotle 7.99
chicken breast OR falafel
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing



the italian 7.49
chicken breast OR mozzarella
avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette



greek 6.99
grilled halloumi OR avocado
houmous, olives, tomatoes, cucumber, fresh peppers, pickled red onion, balsamic vinaigrette

rainbow wraps



jumbo fish finger 6.49
fish fingers
tomato salsa, pickled red onions, pickled cabbage and rainbow slaw (red cabbage, sweetheart cabbage, carrot & radish)



piri protein 6.99 / 6.49 / 5.99
chicken / grilled halloumi / falafel
avocado salsa, piri piri sauce, pickled cabbage and rainbow slaw (red cabbage, sweetheart cabbage, carrot & radish)



muscle mezze 6.99 / 6.49 / 5.99
chicken / grilled halloumi / falafel
houmous, cucumber, mint, pickled red onion & pomegranate, pickled cabbage and rainbow slaw (red cabbage, sweetheart cabbage, carrot & radish)

house wraps

chipotle 7.99
chicken breast OR falafel
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

avocado kale caesar 8.49
chicken breast OR roast salmon
kale, cos, avocado, free range egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice

nutritional symbols

n contains nuts	v suitable for vegetarians	vg suitable for vegans
gf no gluten ingredients	g whole grain	h served hot!
3 5-a-day	low GI	skinny
		big protein

Despite our very best efforts, we can't guarantee that our products will be nut-free. For all nutritional or allergen information on any of our products, please ask a member of the team or visit tosseduk.com.

thirsty? turn over to see our drinks menu



tossed
the healthier eating place

create your own salad or wrap **8.99** with premium protein 9.99

- select base**
- lettuce **vg**
 - spinach **vg**
 - kale & cos **vg**
 - supergrains **vg gf wf f**

- + 2 premiums + 1.49 for extra**
- avocado **vg**
 - bacon
 - cheddar **v**
 - chicken breast
 - falafel **vg**
 - feta **v**
 - free range egg **v**
 - mozzarella **v**
 - parmesan crisps **v**
- premium protein + 2.49 for extra**
- grilled halloumi **ss v**
 - roast salmon

- + 3 veggies + 0.79 for extra **v****
- beetroot
 - broccoli
 - carrots
 - cashews **o**
 - croutons
 - cucumber
 - edamame
 - houmous
 - jalapeños
 - mixed beans
 - olives
 - pine nuts
 - peppers
 - pesto
 - pomegranate
 - pickled red onion
 - roasted peppers
 - roasted tomatoes
 - sweet potato
 - seeds
 - supergrains **gf**
 - sweetcorn
 - tomato salsa
 - tomatoes
 - tortilla chips

- dressing **v****
- balsamic vinegar **vg**
 - balsamic vinaigrette **vg**
 - caesar
 - french **vg**
 - honey & lemon
 - lemon juice **vg**
 - ranch
 - XV olive oil **vg**

protein shakes



muscle marathon **vg n** 5.49
chocolate protein, cocoa, peanut butter & almond milk



berry cheesecake **vg** 5.49
protein, raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, oats, agave & almond milk

bounty beast **vg** 5.49
chocolate protein, cocoa & coconut milk

gym greens **vg** 5.49
protein, spinach, mint, lemon, omega seeds, banana & apple juice

peanut butter protein **n** 5.49
peanut butter, protein shot, banana & 1% fat milk

frozen yoghurt

vanilla	1 scoop	1.99
strawberry	2 scoop	2.79
chocolate chip	3 scoop	3.39
mango & coconut		

cold drinks **hot drinks**

coke (500ml)	2.49	cappuccino	3.29
diet coke (500ml)	2.49	latte	3.29
still water	1.99	americano	2.49
sparkling water	1.99	espresso	1.49
		tea	1.99
		hot chocolate	2.49

smoothies **vg**



green dream **vg** 4.99 5.99
spinach, avocado, banana, apple juice, lemon juice & mint

strawberry supreme **vg** 4.99 5.99
strawberries, banana & apple juice

berry punch **vg** 4.99 5.99
strawberries, raspberries, blackberries, blueberries, banana & apple juice

passionista **vg** 4.99 5.99
mango, strawberries, passion fruit, banana, orange juice

juices **vg**



immune boost **vg** 4.99 5.99
carrot juice, orange juice, lemon, ginger & turmeric

super kale **vg** 4.99 5.99
kale, cucumber, lemon, mint & apple

ACG **vg** 4.99 5.99
apple, carrot & ginger

orange juice **vg** 3.99 4.99
freshly squeezed

snacks

salt & vinegar ridged popchips	1.49
smoky bacon ridged popchips	1.49

hungry?
turn over to see our food menu