



tossed the healthier eating place

house salads



muscle builder **10.99**
grilled chicken
egg, cheddar, tomatoes, sweet potato, sweetcorn, ranch dressing



chicken, bacon & avocado **8.99**
chicken & bacon +0.99 for grilled chicken
avocado, sweet potato, baby plum tomatoes, pine nuts, french 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 +0.99 for grilled chicken
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** +0.99 for grilled chicken
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing



the italian **7.49**
chicken breast OR mozzarella +0.99 for grilled chicken
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 **OR 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 **OR 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 +0.99 for grilled chicken
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing

avocado kale caesar **8.49**
chicken breast OR roast salmon +0.99 for grilled chicken
kale, cos, avocado, free range egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice

nutritional symbols

contains nuts	suitable for vegetarians	suitable for vegans
no gluten ingredients	whole grain	served hot!
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**

+ 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 chicken **ss**
- 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** **30g protein** **5.49**
chocolate protein, cocoa, peanut butter & almond milk



berry cheesecake **vg** **29g protein** **5.49**
protein, raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, oats, agave & almond milk

bounty beast **vg** **25g protein** **5.49**
chocolate protein, cocoa & coconut milk

gym greens **vg** **28g protein** **5.49**
protein, spinach, mint, lemon, omega seeds, banana & apple juice

peanut butter protein **n** **26g protein** **5.49**
peanut butter, protein shot, banana & 1% fat milk

snacks

- salt & vinegar ridged popchips **1.49**
- smoky bacon ridged popchips **1.49**

cold drinks

- coke (500ml) **2.49**
- diet coke (500ml) **2.49**
- still water **1.99**
- sparkling water **1.99**

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 **2** **4.99 5.99**
carrot juice, orange juice, lemon, ginger & turmeric

super kale **2** **4.99 5.99**
kale, cucumber, lemon, mint & apple

ACG **2** **4.99 5.99**
apple, carrot & ginger

orange juice **1** **3.99 4.99**
freshly squeezed

hungry?
turn over to see our food menu