

good eggs™



mexican eggs **4.49**
scrambled free range eggs, chunky avocado, wilted spinach, roasted peppers & chorizo



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



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



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

just eggs **1.99**
scrambled free range eggs



power up your protein!
swap for egg whites for +0.50

porridge



porridge

overnight oats **1.99**
mango or peanut butter & blueberry

porridge **mini large**
plain or agave **1.89 2.69**
granola & cranberry **2.19 3.09**
banana & sultanas **2.19 3.09**
peanut butter & blueberry **2.19 3.09**

low GI bagels



chunky avocado

bacon & avocado **3.49**
bacon and chunky avocado on a multiseed bagel

egg & avocado **3.49**
baked egg white and chunky avocado on a multiseed bagel

chunky avocado **2.99**
chunky avocado on a multiseed bagel

multiseed bagel **1.49**
with marmite or peanut butter

organic coffee

	small	regular
cappuccino	2.89	3.29
latte	2.89	3.29
americano	2.59	2.89
espresso	1.99	2.19
65 cal flat light	2.69	
tea	1.99	2.29
english breakfast, green, superberry, fresh mint		
fairtrade hot choc	2.99	3.29

choose from 1% fat 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

peanut butter protein **4.49**
protein, peanut butter, banana & 1% fat milk

smoothies



mint & mango **3.99 4.99**
mango, mint, banana, coconut milk, lemon & agave

coconut café **3.99 4.99**
organic espresso, banana, coconut milk & agave

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

juices



immune boost **med large**
carrot juice, orange juice, lemon, ginger & turmeric **3.99 4.99**

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**

dt tossed
the healthier eating place



power bowls



best seller

spicy superveg

korean BBQ med large
chicken gf / grilled halloumi V gf / falafel V / chorizo / tofu chilli V
 roasted roots, korean BBQ sauce, pickled veg, sweetcorn, seeds & supergrains

persian protein from 5.99 6.99
chicken gf / grilled halloumi V gf / falafel vg / tofu chilli vg / chorizo gf
 spicy tomato sauce, cucumber, mint and pomegranate relish, coconut yoghurt, pine nuts & supergrains

spicy superveg from 5.79 6.79
chicken gf / grilled halloumi V gf / falafel vg / tofu chilli vg / chorizo gf
 chunky avocado, piri piri sauce, roasted roots, mango, radish & mint, supergrains & rainbow slaw

hearty houmous from 5.79 6.79
chicken gf / grilled halloumi V gf / falafel vg / tofu chilli vg / chorizo gf
 spicy beans, pickled veg, houmous, cucumber & mint relish, pickled red onion, pomegranate & supergrains

mighty mexican from 5.79 6.79
chicken gf / grilled halloumi V gf / falafel vg / tofu chilli vg / chorizo gf
 spicy beans, chunky avocado, cheddar, tortilla chips & supergrains

jacket potatoes



- low-fat spread V** 3.99
- beans V** 4.99
- cheese & tomato V** 4.99
- spicy beans & houmous V** 4.99
- cheese & beans V** 5.99
- cheese & bacon** 5.99
- grilled chicken & smashed avocado** 5.99
- salmon & cream cheese** 5.99

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!

rainbow wraps



chorizo & avocado

chicken	halloumi	falafel
4.99	4.89	4.49

chunky avocado, pickled veg, chorizo & rainbow slaw

sweet chilli

chicken	halloumi	falafel
4.99	4.89	4.49

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

piri protein

chicken	halloumi	falafel
4.99	4.89	4.49

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

muscle mezze

chicken	halloumi	falafel
4.99	4.89	4.49

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

super avocado caesar

chicken	halloumi	falafel
4.99	4.89	4.49

chunky avocado, caesar dressing, pickled veg & rainbow slaw

balance pots



korean BBQ 4.99
chicken / grilled halloumi V / falafel V
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, korean BBQ sauce & seeds

red thai 4.99
chicken / grilled halloumi V / falafel vg
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, red thai sauce & seeds

pesto powergrains 3.99
chicken / grilled halloumi V / falafel vg
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, pesto & seeds

sweet chilli supergrains 3.99
chicken / grilled halloumi V / falafel vg
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, sweet chilli sauce & seeds

house salads



best seller

chipotle med large
falafel V / chicken gf +0.50 for grilled chicken
 avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch dressing **5.69 6.49**

chorizo and sweet pepper salad 6.19 6.99
falafel / chicken /grilled halloumi + £1
 chorizo, sweet pepper pearls, tortilla chips, roasted peppers, sweetcorn & ranch dressing

muscle builder gf 6.19 6.99
double chicken +1.00 for grilled chicken
 cheddar, egg whites, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing

salmon greens & grains 6.19 6.99
roast salmon
 sweet potato, avocado, pesto, edamame, supergrains, baby plum tomatoes, lemon juice & olive oil

avocado kale caesar 5.89 6.69
salmon / chicken +0.50 for grilled chicken
 avocado, free range egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing & lemon juice

chicken, bacon & avocado 5.89 6.69
chicken & bacon +0.50 for grilled chicken
 avocado, sweet potato, baby plum tomatoes, pine nuts, french dressing

superfood salad 5.69 6.49
chicken + .50 for grilled chicken
 beetroot, cranberries, baby plum tomatoes, edamame, feta, omega seeds, grilled chicken thigh and french dressing

the italian 5.69 6.49
mozzarella V / chicken +0.50 for grilled chicken
 avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

greek V vg 5.39 6.19
grilled halloumi V / avocado gf
 houmous, olives, baby plum tomatoes, cucumber, fresh peppers, pickled red onion, balsamic vinaigrette

halloumi & roasted veg 4.89 5.69
grilled halloumi V gf
 sweet potato, roasted peppers, roasted tomatoes, pickled red onion, pesto & balsamic vinaigrette

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 add 1.19 for extra

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

3 veggies add 0.59 for extra

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

dressing

balsamic vinaigrette	french	ranch
balsamic vinegar	lemon juice	soy and sesame
caesar	piri piri	sweet chilli and lime
chilli avocado		XV olive oil

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