

good eggs™



mexican eggs

- mexican eggs** **4.49**
scrambled free range eggs, chunky avocado, rocket, roasted peppers, chorizo
- omega salmon** **4.49**
scrambled free range eggs, chunky avocado, rocket, roast salmon, omega seeds
- fiery eggs** **4.49**
scrambled free range eggs, chunky avocado, rocket, feta, baby plum tomatoes, chilli flakes
- better breakfast** **3.99**
scrambled free range eggs, chunky avocado, rocket baby plum tomatoes, crispy bacon
- 39g gym junkie** **3.99**
scrambled free range eggs, chunky avocado, rocket, grilled chicken thigh, piri piri sauce
- just eggs** **1.99**
scrambled free range eggs, or baked egg whites

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

organic coffee

Our arabica beans are triple-certified; fairtrade, rainforest alliance and organic.

- cappuccino** **2.29**
- latte** **2.29**
- 65 cal flat light** **2.29**
- americano** **1.99**
- espresso** **1.69**
- tea** **1.69**
english breakfast, green, superberry, fresh mint
- fairtrade hot choc** **2.49**

choose from 1% fat, almond or coconut milk!

add extra shot +0.30

porridge



coconut porridge

- overnight oats** **1.99**
mango or peanut butter & blueberry
- porridge** **1.59** **2.39**
mini large
- coconut milk porridge** **1.89** **2.69**
- plain or agave **2.19** **3.09**
- granola & cranberry **2.19** **3.09**
- banana & sultanas **2.19** **3.09**
- peanut butter & blueberry **2.19** **3.09**

low GI bagels



chunky avocado

- salmon and avocado** **3.49**
salmon and chunky avocado on a multiseed bagel
- 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

Our food is prepared fresh in our kitchens that handle allergens so we can't guarantee that our food + drinks are allergen free. Please speak to the manager if you have an allergy.

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!

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** **3.59** **4.59**
mango, mint, banana, coconut milk, lemon, agave
- coconut café** **3.59** **4.59**
organic espresso, banana, coconut milk, agave
- green dream** **3.59** **4.59**
spinach, avocado, banana, apple juice, lemon, mint
- passionista** **3.59** **4.59**
mango, strawberries, passion fruit, banana, orange juice
- berry punch** **3.59** **4.59**
raspberries, strawberries, blackberries, blueberries, blackcurrants, redcurrants, banana, apple juice
- strawberry supreme** **3.59** **4.59**
strawberries, banana, apple juice

juices



- immune boost** **3.99** **4.99**
carrot juice, orange juice, lemon, ginger, turmeric
- 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**



HOT!

customisable

made to order



power bowls



katsu curry



hot!

spinach & coconut dhal ^{new} **from** ^{med} 5.79 ^{large} 6.79
chicken / **grilled halloumi** / **falafel** / **tofu chilli** / **chorizo**
 roasted roots, spinach & coconut dhal, mango radish & mint, omega seeds, supergrains

katsu curry ^{new} **from** 5.79 6.79
chicken / **grilled halloumi** / **falafel** / **tofu chilli** / **chorizo**
 mushrooms, katsu sauce, pickled veg, crispy onions, supergrains

spicy superveg **from** 5.79 6.79
chicken / **grilled halloumi** / **falafel** / **tofu chilli** / **chorizo**
 chunky avocado, piri piri sauce, roasted sweet potato & carrot, mango, radish & mint, supergrains, rainbow slaw

plant protein chilli 5.99 6.99
tofu chilli
 spicy beans, chunky avocado, houmous, tortilla chips, supergrains

korean BBQ **from** 5.79 6.79
chicken / **grilled halloumi** / **falafel** / **tofu chilli** / **chorizo**
 roasted roots, korean BBQ sauce, pickled veg, sweetcorn, seeds, supergrains

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

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

balance pots



katsu curry



hot!

spinach & coconut dhal ^{new} 4.99
chicken / **grilled halloumi** / **falafel**
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, spinach & coconut dhal, seeds

katsu curry ^{new} 4.99
chicken / **grilled halloumi** / **falafel**
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, katsu sauce, crispy onions

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

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

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



rainbow wraps



chorizo & avocado



	chicken	halloumi	falafel
chorizo & avocado	4.99	4.89	4.49
chicken / grilled halloumi / falafel			
chunky avocado, pickled veg, chorizo, rainbow slaw			

piri protein	4.99	4.89	4.49
chicken / grilled halloumi / falafel			
chunky avocado, piri piri sauce, pickled veg, rainbow slaw			

muscle mezze	4.99	4.89	4.49
chicken / grilled halloumi / falafel			
houmous, cucumber, mint, pickled red onion, pomegranate relish, pickled veg, rainbow slaw			

super avocado caesar	4.99	4.89	4.49
chicken / grilled halloumi / falafel			
chunky avocado, caesar dressing, pickled veg, rainbow slaw			

house salads

asian super salad



new

	med	large
asian super salad	4.19	4.99
your choice of protein +0.50 for grilled chicken		
broccoli, edamame, pickles, rainbow slaw, omega seeds, sweet chilli & lime dressing		

	4.19	4.99
parmesan chicken salad		
chicken +0.50 for grilled chicken		
chicken, crispy parmesan crisps, pesto, roasted peppers, baby plum tomatoes, ranch		

	6.19	6.99
chipotle		
falafel / chicken +0.50 for grilled chicken		
avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch		

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

	6.19	6.99
muscle builder ^{56g protein}		
double chicken +1.00 for grilled chicken		
cheddar, baked egg whites, baby plum tomatoes, sweet potato, sweetcorn, ranch		

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

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

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

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

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

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

	4.89	5.69
halloumi & roasted veg		
grilled halloumi		
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

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	tofu chilli

*contains gluten

add 1.19 for extra

3 veggies

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	
	supergrains	

*contains gluten

add 0.59 for extra

dressing

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

create your own hot power bowl

- choose your hot base +
- choose your hot protein +
- choose your sauce +
- choose your hot veggies +
- choose your topping

nutritional symbols

n contains nuts	V suitable for vegetarians	vg suitable for vegans	df dairy free
gf no gluten ingredients	whole grain	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