

EGGS



BETTER BREAKFAST

- JUST EGGS** 1.99
Just scrambled eggs, with your choice of salt, pepper or chilli flakes
- BETTER BREAKFAST** 4.49
Scrambled or poached eggs with crispy bacon, baby plum tomatoes, avocado and wilted spinach
- OMEGA SALMON** 4.49
Scrambled or poached eggs with roasted salmon, omega seeds, avocado and wilted spinach
- FIERY EGGS** 4.49
Scrambled or poached eggs with feta cheese, baby plum tomatoes, chilli flakes, avocado and wilted spinach

PORRIDGE

- PLAIN** 1.89 1.99
 - WITH TOPPINGS** 2.79 2.99
- Granola & cranberry - banana & sultanas - peanut butter & blueberry

BAGELS



AVOCADO

- PLAIN** 1.49
- MARMITE** 1.99
- PEANUT BUTTER** 1.99
- BACON** 3.29
- AVOCADO** 3.29
- BACON & AVOCADO** 3.49
- SALMON & AVOCADO** 3.49

TEA & COFFEE

ALMOND +50P, COCONUT +50P OR SEMI-SKIMMED MILK

- ESPRESSO** 1.30 1.60
- MACCHIATO** 1.30 1.60
- LATTE** 1.95 2.30
- CAPPUCCINO** 1.95 2.30
- FLAT WHITE** 2.25
- AMERICANO** 1.65 1.85
- TEA** 1.45
- HOT CHOCOLATE** 2.25 2.50



£1
COFFEE

WITH ANY
BREAKFAST ITEM

HOT & HEARTY

Vital
ingredient
EAT YOUR WAY

NEW FROM
3.69



HOT FOOD



TOSTILOCOS

EAT YOUR WAY WITH OUR CREATE YOUR OWN HOT FOOD MENU:
6.49 / 7.49

1. CHOOSE YOUR BASE:

BROWN RICE (VG)
SUPERGRAINS (VG)
JACKET POTATO (VG)

2. CHOOSE YOUR SAUCE:

THAI RED VEG CURRY (VG)
SRI LANKAN CURRY (VG)
KATSU CURRY

3. CHOOSE YOUR DELI:

BAKED FALAFEL (VG)
BUTTERNUT SQUASH (VG)
ROASTED CHICKEN
GRILLED HALLOUMI

CHILLI CON CARNE 5.99 6.99

WITH BROWN RICE, SUPERGRAINS OR A JACKET POTATO

TOSTILOCOS 6.99

BROWN RICE, CHILLI CON CARNE, JALAPENOS, CHEDDAR CHEESE,
SOUR CREAM AND NACHO CHIPS

SOUPS



NEW! CLASSIC CHICKEN SOUP

CLASSIC CHICKEN SOUP	3.69	4.69
TOMATO AND BASIL (VG)	3.49	3.99
BUTTERNUT, LENTIL & SPINACH (VG)	3.49	3.99
THAI SPICED CHICKEN	3.69	4.69

HALF PRICE HALF HOUR!
ALL HOT FOOD IS HALF PRICE
FOR THE LAST HALF HOUR
OF THE DAY

T&C: WHILST STOCKS LAST
STREET FOOD AND SOUPS ONLY
OFFER CAN BE WITHDRAWN AT ANY TIME

FOLLOW US

VITAL INGREDIENT

@VITALINGREDIENT

HOUSE SALADS



NEW! CHICKEN AND HERB SALAD

	MED	LARGE
CHICKEN AND HERB SALAD	4.19	4.99
Chicken, coriander, cucumber, fresh peppers, houmous, baby plum tomatoes, olive oil, lemon juice		
PARMESAN CHICKEN SALAD	4.19	4.99
Chicken, italian hard cheese, pesto, roasted peppers, baby plum tomatoes, ranch dressing		
TUNA NIÇOISE	4.49	5.49
Tuna, egg, kalamata olives, baby plum tomatoes, pickled red onion, french dressing		
HALLOUMI AND ROASTED VEG	5.19	6.39
Halloumi, sweet potato, roasted peppers, roasted tomatoes, pickled red onion, pesto, balsamic vinaigrette		
THE GREEK	5.69	6.89
Halloumi or avocado, feta, kalamata olives, baby plum tomatoes, cucumber, fresh peppers, pickled red onion, balsamic vinegar, olive oil		
SUPER COBB	6.19	7.39
Chicken, bacon, baby plum tomatoes, egg, avocado, blue cheese dressing		
BANG BANG CHICKEN	6.19	7.39
Chicken, carrot, green beans, sweet pepper pearls, sweetcorn, peanuts, sweet chilli dressing		
NACHOS GRANDE	6.19	7.39
Chicken, avocado, mixed beans, baby plum tomatoes, cheddar cheese, tortilla chips, coriander, ranch dressing		
CHICKEN CAESAR	6.19	7.39
Chicken, bacon, Italian hard cheese, cucumber, croutons, caesar dressing		
THE ITALIAN	6.19	7.39
Mozzarella or chicken, avocado, roasted tomato, mixed quinoa, kalamata olives, croutons, pesto, balsamic vinegar, olive oil		
SALMON GREENS + GRAINS	6.19	7.39
Roasted salmon, edamame beans, avocado, pesto, mixed quinoa, baby plum tomatoes, sweet potato, lemon juice, olive oil		
MUSCLE BUILDER	6.19	7.39
Double chicken, cheddar, egg, baby plum tomatoes, sweet potato, sweetcorn, ranch dressing		

CREATE YOUR OWN

6.19

7.59

1. CHOOSE YOUR BASE:

COS LETTUCE
MIXED LEAF
MIXED QUINOA
SPINACH

2. CHOOSE 2 PREMIUMS: EXTRA: 1.19

AVOCADO	FETA
BACON	HALLOUMI (+50P)
CHEDDAR	ITALIAN HARD CHEESE
CHICKEN	MOZZARELLA
EGG	SALMON
FALAFEL	TUNA

3. CHOOSE 3 VEG: EXTRA: 0.59

BABY PLUM TOMATOES	FRESH PEPPERS	PEANUTS
BEETROOT	GREEN BEANS	PESTO
BROCCOLI	HOUMOUS	PICKLED RED ONION
CARROT	JALAPENOS	ROASTED PEPPERS
CORIANDER	KALAMATA OLIVES	ROASTED TOMATOES
CROUTONS	MIXED BEANS	SWEETCORN
CUCUMBER	MIXED QUINOA	SWEET POTATO
EDAMAME BEANS	OMEGA SEEDS	SWEET PEPPER PEARLS
		TORTILLA CHIPS

4. ADD YOUR DRESSING:

BALSAMIC VINEGAR	FRENCH DRESSING
BALSAMIC VINAIGRETTE	LEMON JUICE
BLUE CHEESE	RANCH
CAESAR	SOY, SESAME AND GINGER
EXTRA VIRGIN OLIVE OIL	SWEET CHILLI AND LIME