

All Day Menu

12PM-9PM

WRAPS

Salmon Caesar wrap, roast salmon fillet, cos lettuce, egg, parmesan, Caesar dressing **£14.50**

Source of vitamin A | Protein boost | Calcium benefits

Buffalo chicken wrap, rocket, blue cheese, buffalo sauce **£14.50**

High in protein | Anti-inflammatory | Maintains blood pressure

Moroccan style falafel and smashed avocado, mint yoghurt, cucumber **£14.50 (VG)**

Plant based protein | High in fibre | Vitamins and minerals

BOWLS

H^CH honey and pommery mustard glazed fillets of salmon, crushed potato bubble and squeak, sweetcorn lime salsa **£17 (GF)**

Omega 3 | High in protein | Loaded with antioxidants

Thai green chicken curry, coconut and lime poached chicken, flash fried greens, wild rice **£17 (GF)**

Lean protein | Vitamin C | Anti-inflammatory

Moroccan style spinach falafel and hummus, mixed salad, warm pitta **£17 (VG) GF available**

Lean protein | Vitamin C | Anti-inflammatory

SIDES

Truffled fries **£5 (VG,GF)**

Sweet potato fries **£5 (VG,GF)**



Please speak to your server should you have any allergen or intolerance concerns. As our dishes are freshly prepared in-house, we may be able to amend meals to suit, however, due to the variety of produce in our kitchens, we cannot guarantee that any dish is free from potential allergens, including where indicated above. Fish dishes may contain small bones. Scan the QR code to view menu with calories. Please note, the recommended daily intake for adults is 2000 kcal a day.