

SIGNATURE BOXES

Organic
INGREDIENTS

Free-range
CHICKEN

Grass-fed
BEEF & LAMB

Chicken Teriyaki 8.45

Chicken breast*, teriyaki, rice & spring onion, stir-fry veg

ALLERGEN: SOY

Chicken Piri Piri 7.95

Chicken breast*, piri piri, rice & spicy tomato, avo mayo slaw

ALLERGEN: NONE

Chicken Shawarma 7.95

Chicken shredded*, tahini, rice & spring onion, tahini slaw

ALLERGEN: SESAME

Organic Halloumi Salad 6.95

Grilled halloumi, mixed salad

ALLERGEN: DAIRY

Beef Satay 8.95

Beef rump*, satay, rice & spring onion, Asian slaw

ALLERGEN: PEANUT - SOY - SESAME

Beef Chimichurri 9.95

Beef rump*, chimichurri, roast potatoes, mixed salad

ALLERGEN: DAIRY

Lamb Kafta 7.95

Lamb meatballs*, rice & spicy tomato, yogurt slaw

ALLERGEN: DAIRY

Organic Veg Fajita 6.45

Grilled veg, piri piri, rice & spicy tomato, avo mayo slaw

ALLERGEN: NONE

Mixed Grill 17.95

Chicken breast*, beef rump*, lamb meatballs*, lemon slaw

ALLERGEN: NONE

Nutrient Dense 11.95

Salmon, avocado mayo, stir-fry veg, roast broccoli, roast sweet potato

ALLERGEN: FISH

Organic Salmon Teriyaki 10.45

Salmon, teriyaki, rice & spring onion, Asian slaw

ALLERGEN: FISH - SOY - SESAME

To swap any sauce in any of our Signature Boxes please request this when placing your order.

Organic Pita Bread 1.00

ALLERGEN: GLUTEN - WHEAT

Over 95% of our ingredients are organic

Our salmon is always organic or wild

IF YOU HAVE A SERIOUS FOOD ALLERGY, KINDLY NOTIFY A MEMBER OF STAFF

* DENOTES NON-ORGANIC ITEM

BURGERS

Organic buns!

Add 1.95 for organic roast potato

Lamb Burger 8.45

Lamb patty*, ketchup, avo mayo
slaw, tomato, cheese (Opt 0.40)

Grass-fed

ALLERGEN: WHEAT - GLUTEN

Chicken Burger 8.45

Chicken*, piri piri, avo mayo
slaw, tomato, cheese (Opt 0.40)

Free-range

ALLERGEN: WHEAT - GLUTEN

Steak Philly 8.95

Beef rump*, grilled onion, cheese

Grass-fed

ALLERGEN: WHEAT - GLUTEN - DAIRY

Organic Veggie Burger 6.45

Grilled peppers, onions &
mushroom, spicy tomato
cheese (Opt 0.40)

ALLERGEN: WHEAT - GLUTEN

Our organic burger buns are made using Paragon grain, sourced from Eastbrook Farm in Wiltshire, gently ground between stones at minimum temperature, preserving the flour's vital and naturally occurring ingredients.

*** DENOTES NON-ORGANIC ITEM**

BUILD YOUR MEAL

Organic
INGREDIENTS

Free-range
CHICKEN

Grass-fed
BEEF & LAMB

Main

Prices include sides & sauce

Chicken Breast 8.95
ALLERGEN: NONE

Chicken Shredded 8.45
ALLERGEN: NONE

Lamb Meatballs 8.45
ALLERGEN: NONE

Beef Rump 10.45
ALLERGEN: NONE

Organic/Wild Salmon 10.95
ALLERGEN: FISH

Organic Grilled Veg 6.95
ALLERGEN: NONE

Organic Halloumi 7.95
ALLERGEN: DAIRY

Organic Sides

1 large or 2 regular

Rice
Spring onion / spicy tomato
ALLERGEN: NONE

Roast Potato
ALLERGEN: DAIRY

Stir-fry Veg
ALLERGEN: NONE

Slaw
Asian / avocado mayo
ALLERGEN: ASIAN CONTAINS SESAME

Roast Broccoli +1.50
ALLERGEN: NONE

Roast Sweet Potato +2.50
ALLERGEN: NONE

Organic Sauce

0.80 for extra Sauce

Piri Pir Teriyaki
ALLERGEN: NONE ALLERGEN: SOY

Chimichurri
ALLERGEN: NONE

Spicy Tomato
ALLERGEN: NONE

Satay Tahini
ALLERGEN: PEANUT - SOY ALLERGEN: SESAME

Barbecue
ALLERGEN: NONE

Yogurt Mint
ALLERGEN: DAIRY

Avocado Mayo
ALLERGEN: NONE

Organic Pita Bread 1.00
ALLERGEN: GLUTEN - WHEAT

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