

All Day Brunch

Steak & Eggs

11.95

600 Cals

50.3g Pro

11g Carbs

39g Fat

Avo Egg Bagel

7.95

476 Cals

27.5g Pro

50.8g Carbs

18.5g Fat

Brunch Wrap

7.95

683 Cals

34g Pro

63.5g Carbs

27.9g Fat

Creamy Smokey Bagel

7.95

347 Cals

21.1g Pro

46.3g Carbs

9.3g Fat

Loaded Bagel

8.95

606 Cals

43.4g Pro

47g Carbs

27.4g Fat

Loaded Salmon on Toast

8.95

556 Cals

29.6g Pro

47.9g Carbs

28.5g Fat

Creamy Egg Bagel

7.95

441 Cals

27.7g Pro

46.8g Carbs

16.4g Fat

Naked Quiche

5.95

242 Cals

22.1g Pro

2.6g Carbs

15.4g Fat

MADE FRESH DAILY

Vegan All Day Brunch

Vegan Sausage Bagel

6.95

391 Cals

14g Pro

16.1g Carbs

9.9g Fat

Clean AF

Mini Protein Pancakes

6.95

Mix Berries & Chocolate

Maple Cinnamon & Blueberries

Biscoff Lotus Chocolate

Hot Porridge Pots

6.95

Maple Cinnamon & Blueberries

312 Cals

13.6g Pro

45.5g Carbs

7.3g Fat

Strawberry Granola Crumb

451 Cals

16.9g Pro

67.5g Carbs

10.7 g Fat

Fuel Fast Breakfast

5.95

A breakfast wrap and a *hot drink available
9:00am - 10:30am

The Breakfast Wrap

Toasted Tortilla Wrap with Chicken Sausages,
Mozzarella, Two Grilled Eggs Baked Beans

312 Cals

13.6g Pro

45.5g Carbs

7.3g Fat

The Breakfast Wrap Veggie

Toasted Tortilla Wrap with Vegan Sausages,
Mozzarella, Two Grilled Eggs, Baked Beans

441 Cals

13.6g Pro

45.5g Carbs

7.3g Fat

Clean Boxes

Classic Steak Box	13.95	Steak Noodle Box	12.95
558 Cals	45.5g Pro	38.8g Carbs	24.3g Fat
737 Cals	49.4g Pro	87.1g Carbs	19.6g Fat
Chicken Noodle Box	10.95	Chicken & Mushroom Garlic Pasta	10.95
613 Cals	45.3g Pro	87.1g Carbs	7.7g Fat
582 Cals	49.4g Pro	63.3g Carbs	11.8g Fat
Fiery Shredded Steak	12.95	Steak & Mash	12.95
584 Cals	42.8g Pro	48g Carbs	18.7g Fat
644 Cals	46.7g Pro	49.3g Carbs	28.9g Fat
Thai Sweet Chilli	10.95	Salt & Chilli Chicken	10.95
507 Cals	41.8g Pro	49.7g Carbs	7.9g Fat
512 Cals	38.9g Pro	54.4g Carbs	12.1g Fat
Peri Box	10.95	Shredded Chicken	10.95
429 Cals	38.6g Pro	54.7g Carbs	7.2g Fat
377 Cals	36.8g Pro	28.4g Carbs	11.6g Fat
Keto Box	10.95	Tikka Box	10.95
317 Cals	43.9g Pro	16.7g Carbs	7.7g Fat
462 Cals	39g Pro	46.9g Carbs	11.5g Fat
Cajun Creamy Pasta	10.95	Garlic & Herb Salmon	12.95
576 Cals	48g Pro	64.2g Carbs	11.5g Fat
587 Cals	28.5g Pro	46.7g Carbs	30g Fat
Firecracker Salmon	12.95	Seabass Box	12.95
535 Cals	31g Pro	47.8g Carbs	24.7g Fat
428 Cals	32.2g Pro	48.1g Carbs	12.7g Fat

Salad Boxes

Chicken Tikka	9.95	Lemon & Lime Herb Chicken	9.95
194 Cals	30.3g Pro	7.8g Carbs	4.8g Fat
463 Cals	38.9g Pro	38.9g Carbs	12.2g Fat
Mackerel Salad	9.95	Smoked Salmon	9.95
393 Cals	23.7g Pro	29.1g Carbs	18.1g Fat
325 Cals	28.4g Pro	5.4g Carbs	19.7g Fat

Wraps

Served inside a toasted soft tortilla wrap with
pickle clean slaw & a mix of fresh salad leaves.

Steak Peppercorn

12.95

637 Cals

37.2g Pro

55.8g Carbs

27.2g Fat

Shawarma Chicken

10.95

512 Cals

33g Pro

53.2g Carbs

13.3g Fat

Garlic Steak

12.95

693 Cals

37.4g Pro

55.9g Carbs

32.6g Fat

Smokey Salmon

10.95

585 Cals

31.7g Pro

53.1g Carbs

24.4g Fat

Buffalo Chicken

10.95

611 Cals

45.5g Pro

54.7g Carbs

20.4g Fat

Salt & Chilli Beef

12.95

522 Cals

28.8g Pro

54.4g Carbs

18g Fat

Chilli Chicken

10.95

544 Cals

37.6g Pro

54.1g Carbs

12.1g Fat

Chicken Tikka

10.95

584 Cals

34.2g Pro

55.8g Carbs

10.8g Fat

Cajun Chicken

10.95

552 Cals

37.5g Pro

57.9g Carbs

16.3g Fat

Burrito

10.95

598 Cals

35.8g Pro

68.9g Carbs

13.7g Fat

Choose your side: Homemade Sweet Potato
Wedges or Garlic Roasted Herb New Potatoes.

Clean Boxes

Veggie Thai Noodle

10.95

609 Cals

31g Pro

87.5g Carbs

15.9g Fat

Vegan Garlic Pasta

10.95

632 Cals

28.8g Pro

81.5g Carbs

21.3g Fat

Vegan Burrito Box

10.95

406 Cals

21.2g Pro

46.1g Carbs

11.4g Fat

Vegan Salt & Chilli Chicken

10.95

530 Cals

19.6g Pro

61.7g Carbs

18.4g Fat

Veggie Creamy
Chicken Pasta

10.95

609 Cals

27.2g Pro

72.7g Carbs

20g Fat

Vegan Falafel Bon Bon

8.95

Falafel with Mixed Salad Leaves, Clean Slaw, Cherry
Tomatoes, Pickled Cucumber, Lemon & Parsley
Couscous & Chunky Salsa

000 Cals

0g Pro

0g Carbs

0g Fat

Smoothies

Hulk

5.95

Apple Juice with Blueberries, Jale, Strawberries, Banana and Chia Seeds

241 Cals

2.9g Pro

49g Carbs

2.2g Fat

Berry Clean

5.95

Pineapple Juice with Mixed Berries, Pineapple and Chia Seeds

271 Cals

3.2g Pro

58.6g Carbs

1.7g Fat

Tropiclean

5.95

Pineapple Juice with Mango & Pineapple Chunks

252 Cals

2.5g Pro

57.8g Carbs

0.8g Fat

Protein Shakes

Noaty One

5.95

Soya Milk with Reese's Chocolate, Peanut Butter, Oats & Vanilla Protein

514 Cals

38.8g Pro

56.5g Carbs

17.6g Fat

Granola Berry

5.95

Soya Milk with Mixed Berries, Granola Crumb & Vanilla Protein

503 Cals

36.3g Pro

55.5g Carbs

13.4g Fat

Oreo

5.95

Semi Skimmed Milk with Oreo Biscuit & Vanilla Protein

391 Cals

31.8g Pro

36.5g Carbs

12.3g Fat

Vanilla Bounty

5.95

Coconut Milk with Coconut Flakes & Vanilla Protein

290 Cals

22.7g Pro

19.9g Carbs

12.2g Fat

Lotus Biscoff

5.95

Semi Skimmed Milk with Lotus Biscoff Biscuit, Biscoff Spread & Vanilla Protein

325 Cals

30.8g Pro

26.8g Carbs

9.9g Fat

The Matcha Collection

Pure

4.95

Ceremonial matcha. Smooth. Balanced. Simple by design.

Coco

4.95

Matcha, coconut milk, vanilla. Soft sweetness. Clean finish.

Strawberry

4.95

Matcha, oat milk, strawberry purée. Fresh. Light. Naturally vibrant.

Ube

4.95

Matcha, oat milk, ube syrup. Earthy. Creamy. Subtly sweet.