

All of our food is prepared in a kitchen where nuts, gluten and other known allergens may be present. Our dish descriptions do not include all of the ingredients used to make the dish. Therefore, if you have a food allergy please speak to a member of Kitchen Management before ordering.



BRUNCH MENU

Protein Pancakes £6.00

with a choice of 1 topping

Blueberries, fruit compote, coconut or Greek yoghurt, honey or maple syrup (Extra toppings are £1 each)

Smashed Avocado £6.50

on a bread of your choice

served with cherry tomatoes, chilli flakes and lime
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Breakfast Wrap £7.50

Scrambled eggs, bacon, cheese and spinach or
Scrambled eggs, cheese, spinach and avocado V

Protein Bowl £10.50

with a choice of either chicken breast,
salmon, halloumi, quorn or tofu

served with broccoli and a choice of rice.

Mixed Leaves Bowl £9.50

with a choice of either chicken breast,
salmon, halloumi, quorn or tofu

served with crispy kale, a soft boiled egg and
avocado

Omelette £6.50

3 eggs with a choice of 3 fillings

Tomatoes, cheddar/feta/vegan cheese, onion,
spinach, pepper, mushrooms or bacon (Extra
fillings are 50p each)

Spicy Scrambled Eggs £7.00

with a toast of your choice

with jalapenos, avocado, spinach and feta V

Panini or Wrap £7.00

Mozzarella, pesto and sun blush tomato/ tuna melt/
ham and cheese/ cajun chicken/ halloumi, rocket,
avocado and tomato

Fajita Bowl £10.50

with a choice of either chicken breast, salmon,
halloumi, quorn or tofu

served with rice, mixed peppers, red onion, salsa,
guacamole and sour cream

SIDES

Bacon	£2.00	Hash Browns	£1.50	Coleslaw	£2.00
Sausage	£2.00	Toast	£1.50	Side Salad	£3.00
Scrambled Eggs	£2.00	Sauteed Potatoes	£2.50	Broccoli	£1.50
Fried Egg	£1.50	Baked Beans	£1.50	Spinach	£1.50
Poached Egg	£1.50	Sliced Avocado	£2.00	Mushrooms	£1.50
Halloumi	£2.50	Guacamole	£2.50		

Allergens- If you have any allergens or dietary requirements please let us know. This way we can keep you as safe as possible & our whole team are aware of your dietary requirements. V- Vegetarian * DF- Dairy Free * GF- Gluten Free * VE- Vegan * Please notify your server of any allergens or dietary requirements * Full allergen information is available upon request * Although great care is applied at The Kitchen, we can not guarantee the non occurrence of cross-contamination of allergens that are present in our kitchens * All products are subject to availability * Prices include VAT at the current rate



DRINKS

SMOOTHIES

The Pink One

Strawberries, Raspberries, Peanut Butter, Flax Seed and Coconut Milk

The Green One

Spinach, Kale, Pineapple, Matcha, Mint and Coconut Water

The Orange One

Carrot, Banana, Lemon Juice, Ginger, Turmeric and Almond Milk

The Purple One

Blueberries, Banana, Almond Butter, Chia Seeds and Almond Milk

£5.50

FRESH JUICES

The Green Machine

Spinach, Cucumber, Apple and Celery

The Ginger Ninja

Carrots, Oranges, Ginger and Turmeric

The Tropikale

Kale, Pineapple, Kiwi and Mint

The Dark Knight

Blueberries, Red Grapes, Celery and Pomegranate Seeds

£5.00

Coffee

Americano	£2.20
Latte	£2.80
Espresso	£2.00
Flat white	£2.50
Iced coffee	£2.50
Cappuccino	£2.80
Mocha	£2.90

Cold Drinks

Water	£1.00
Sparkling water	£1.00
Press vitamin water	£3.00
Monster	£1.50
Nocco	£2.25
2 pump pre-workout	£1.80
Carbo drink	£3.00

Hot Drinks

Choice of tea	£2.00
Hot chocolate	£2.50
Chai latte	£3.00

Add-Ons

Flavouring/Extra shot	£0.50
Soya/Almond milk	£0.30