



## menu week 05.04

### Soup

Soup of the day  
30cl / 3 . 50cl / 4.5 . 75cl / 6

\* new combo \*  
top up any bread or bowl  
with a small soup  
+ 2.5

### Breads

Bagel w. Chickpea salad, sriracha mayo, lemony carrot ribbons & pickles / 6.5  
Focaccia w. Pesto & Grilled Mediterranean Vegetables, parmesan & mizuna / 6.5  
Wrap Chicken BLT w. sweet chili mayo, egg, sun dried tomato & crispy bacon / 7

### Power bowls / cold

Sesame Chicken w. Crunchy Bok Choy Kohlrabi Slaw / 12.5  
w. grated beetroot, dill & sweet potato wedges  
  
Honey Glazed Salmon w. Soba Noodles / 13.5  
w. carrot, zucchini, peanuts, roasted black sesame, edamame & spring onion

### Comfort bowls / hot

Loaded Sweet Potato & Black Beans / 11.5  
w. baked sweetcorn, roasted bell pepper, spring onion, jalapeño & feta cream  
  
Lamb Curry w. Turmeric Raisin Rice / 13.5  
w. baked spinach & Indian spiced cauliflower

### Dinner for 2 / take home

Teriyaki Chicken w. Noodles / 28.5  
w. vegetable stir-fry, edamame & savoury peanut  
  
Chermoula Seabass w. Pearl Couscous / 28.5  
w. green olives & tomato braised fennel

### Dessert

Ricotta cream w. orange & almonds / 4.5



## menu week 29.03

### Soup

Soup of the day

30cl / 3 . 50cl / 4.5 . 75cl / 6

\* new combo \*  
top up any bread or bowl  
with a small soup  
+ 2.5

### Breads

Bagel w. Pastrami, curried cream cheese, coleslaw, Kalamata olives & rucola / 6.5

Wrap w. Feta & Basil Hummus, sun dried tomato, artichoke, zucchini & rucola / 7

Wrap w. Chicken & Pea-Mint Spread, zucchini, rucola, feta & roasted nut mix / 7

### Power bowls / cold

Balsamic Rosemary Tofu w. Fried Ginger & Rice salad / 11.5  
w. marinated shiitake, roasted radish, spinach & orange rice crumbs

Chermoula Seabass w. Moroccan Couscous Salad / 13.5  
w. mint, pomegranate, raisins, green olives, shredded carrot, minty yoghurt & almond

### Comfort bowls / hot

Parmesan Basil Potato Bake w. Chicken / 12.5  
grilled green asparagus, shiitake & balsamic candied pecans

Orecchiette al Ragù / 12.5  
w. parmesan

### Dinner for 2 / take home

Parmesan Meatballs w. Linguine alla Puttanesca / 28.5  
kalamata olives, king capers, anchovies gremolata, leaf parsley & baby spinach

Grilled Salmon w. Fennel & Lime Curry & Herbed Bulgur / 28.5  
w. green beans, baby spinach, cilantro, lime & fresh chili

### Dessert

Lime Curd w. cream & fresh fruits / 4.5



## menu week 22.03

### Soup

Soup of the day  
30cl / 3 . 50cl / 4.5 . 75cl / 6

\* new combo \*  
top up any bread or bowl  
with a small soup  
+ 2.5

### Breads

Bagel w. Chickpea Salad, sriracha mayo, lemony carrot ribbons & pickles / 6.5  
Focaccia w. Parmaham, olive tapenade, shiitake, balsamic cream, rucola & pecan / 6.5  
Wrap w. Chicken Minty mayo, pickled veggies, zesty cabbage & baby spinach / 7

### Power bowls / cold

Green Goddess Pasta Salad w. Marinated Feta / 11.5  
w. pea, asparagus, chickpeas, pine nuts & fresh herbs  
Coconut Chicken w. Sweet potato, Chickpea & Date Tabbouleh / 12.5  
w. beetroot hummus & hazelnut dukkah

### Comfort bowls / hot

Goat Cheese Ravioli w. Wild Mushrooms / 11.5  
w. fresh herbs, olive oil & parmesan  
Teriyaki Salmon w. Noodles & Vegetable stir-fry / 13.5  
w. edamame, red chili & savoury peanuts

### Dinner for 2 / take home

Crispy Lamb Mince w. Grilled Eggplant / 28.5  
green asparagus, baked red onion, parmesan potato bake, lemon mascarpone & pine nuts  
Grilled Salmon w. Turmeric Lime Curry / 28.5  
green asparagus, sun dried tomatoes, green beans & black herbed rice

### Dessert

Tahini Chocolate Mousse w. Pistachio / 4.5



## menu week 15.03

### Soup

Soup of the day  
30cl / 3 . 50cl / 4.5 . 75cl / 6



### Breads

Focaccia w. Honey Goat Cheese, crispy coppa, baked zucchini, rucola, almond flakes / 6.5

Wrap w. Hoisin Tofu, raw leek, spinach, carrot, spring onion salad / 7

Wrap w. Tandoori Chicken, mango, curry mayo, zesty cabbage & baby spinach / 7

### Power bowls / cold

Zucchini & Feta Burger w. Roasted Cauliflower & Barley salad / 11.5  
w. feta, kalamata olives & sun-dried tomatoes

Chicken Meatballs w. Caramelized Red Onion & Bulgur Salad / 12.5  
w. leek, shiitake, mushrooms, creamy cauliflower dip & thyme lemon nut mix

### Comfort bowls / hot

Chicken w. Satay Curry & Sweet Potato / 12.5  
w. spinach, green beans & peanut crumble

Strozzapreti Pasta w. Tomato Sauce & Parmesan Meatballs / 12.5  
w. roasted cherry tomatoes

### Dinner for 2 / take home

Roasted Chicken w. Fresh Linguine / 28.5  
shiitake mushrooms & herbed mascarpone sauce

Miso Roasted Salmon & Soba Noodles / 28.5  
w. paksoi, edamame, grilled eggplant & red chili

### Dessert

Coconut Rice w. Mango & roasted black sesame / 4.5



## menu week 08.03

### Soup

Soup of the day

30cl / 3 . 50cl / 4.5 . 75cl / 6

\* new combo \*  
top up any bread or bowl  
with a small soup  
+ 2.5

### Breads

Bagel Smoked Salmon, wasabi cream cheese, wakame cucumber salad & sesame / 6.5

Focaccia w. Chicken, lemon mascarpone cream, courgetti, pine nuts & lettuce / 6.5

Wrap Balsamic Tofu, sweet potato, dates, cucumber, chickpea, pomegranate & tahini / 7

### Power bowls / cold

Grilled Chicken & Curried Quinoa Salad / 12.5

w. mango, raisins, celery, sweetcorn & paprika roasted cashews

Miso Roasted Salmon w. Potato & Nori Tartare / 13.5

w. green beans, pickled red onion & tamari seeds

### Comfort bowls / hot

Tagliatelle w. Asparagus, Leek & Peas / 11.5

w. herbs & parmesan

Stuffed Eggplant w. Minced Meat & Beans / 12.5

w. lemon mascarpone, rosemary potatoes, parmesan & fresh herbs

### Dinner for 2 / take home

Spiced Lamb Stew w. Apricots & Couscous / 28.5

w. rosemary vegetables

Grilled Salmon w. Tomato sauce & Baked Potatoes / 28.5

w. Kalamata olives, baked celery & crispy coppa

### Dessert

Tiramisu dulce de leche / 4.5



## menu week 01.03

### Soup

Soup of the day

30cl / 3 . 50cl / 4.5 . 75cl / 6



### Breads

Bagel w. Brie & Crispy Baked Apple, honey walnuts & rucola / 6.5

Wrap Babaganoush & Feta, fresh sprout mix, sesame seeds & spinach / 7

Wrap Sriracha Chicken, coleslaw, sweetcorn, roasted sesame seeds & lettuce / 7

### Power bowls / cold

Goat Cheese & Maple tossed Lentils Salad / 11.5

w. rhubarb, green asparagus, spinach, pomegranate & basil

Feta & Oregano Lamb Meatballs w. Lemon & Herb Orzo / 13.5

w. marinated zucchini, kalamata olives, capers, baked red onion & sunflower seeds

### Comfort bowls / hot

Tarragon Chicken w. Ginger & Lemongrass Curry / 12.5

w. zucchini, carrot, eggplant, chickpeas & wild rice

Cajun Honey Lime Salmon & Tomato Cauliflower Rice / 13.5

w. cumin baked mange-touts & fresh herbs

### Dinner for 2 / take home

Parmesan baked Chicken & Pasta alla Chitarra / 28.5

w. roasted turnip & lemon, rucola, fresh chili & leaf parsley

Grilled Seabass w. Mediterranean Vegetables / 28.5

w. herbed quinoa & grilled zucchini

### Dessert

Rhubarb Lavender Crumble w. lemon mascarpone / 4.5



Fresh / Homemade Sweets

Chocolate Chip Cookie / 2.5

Homemade Cinnamon Roll / 3.2

Triple Chocolate Brownie / 3.8

Bananabread w. cacao nibs / 4  
vegan, gluten-free, no refined sugar

Apple Crumble / 4.5

Cheesecake / 4.5

Dessert of the week / 4.5

Turmeric Chia Pudding / 4  
vegan, gluten-free, no refined sugar

Raw Vegan Snicker Bar / 4.5  
vegan, gluten-free, no refined sugar