



FOOD MENU

ALL DAY BREAKFAST

TGL Breakfast - £12.50

Scrambled Eggs, Chicken Patties, Charred Avocado, TGL Beans, Roasted Tomato, Sweet Potato Rosti, Toasted Sourdough

Make it vegan - Scrambled Tofu, Portobello Mushroom stuffed with Cashew Cream, Charred Avocado, TGL Beans, Roasted Tomato, Sweet Potato Rosti, Toasted Sourdough

TGL Hash - £12.50

Chorizo, Kale, Sweet Potato, Poached Egg

Truffle Eggs - £10.50

Truffle Hollandaise, Avocado, Poached Eggs, Sautéed Mushrooms, Chives, English Muffin

Moroccan Eggs - £10.50

Tomato & Paprika Base, Spinach, Roasted Squash, Spring Onion, Red Chilli, Coriander, Sumac Yoghurt, Toasted Sourdough

Make it vegan - Tofu replacing Poached Eggs

French Omelette - £9.50

French Omelette, Smoked Salmon, House Pesto, Watercress & Pomegranate on Crispy Sourdough

Okara Sourdough (VG) - £9.50

Scrambled Tofu, Sweet & Spicy Chipotle Dressing, Charred Avocado on Toasted Sourdough

TGL Baked Eggs - £10.50

Baked Eggs, Tenderstem Broccoli, Spinach, Kale & Basil Pesto, Avocado, Hazelnut Parmesan, Sumac

Açai Bowl (VG) - £9.50

Frozen smoothie bowl full of organic açai with 3 topping of your choice. Choose from; Granola, Bananas, Seasonal Berries, Coconut Flakes, Chia Seeds, Flax Seeds, Goji Berries, Vanilla Maple Syrup, Agave

PANCAKE STACKS

Chicken Pancakes - £12.50

Air-Fried Panko Chicken, Turkey Bacon, Baked Eggs, Maple Syrup

Matcha Pancakes - £9.50

Berry Compote, Crushed Pistachio, Cream

Mixed Berries Pancakes - £9.50

Seasonal Berries, Miso Caramel, Cranberry & Pistachio Granola, Cream

Add Agave / Maple Syrup / Honey £1.50

FRENCH TOAST

Miso Pain Perdu (VG) - £9.50

Banana & Cinnamon French Toast, Seasonal Berries, Miso Caramel

Granola Pain Perdu (VG) - £9.50

Banana & Cinnamon French Toast, Strawberry Compote, Pistachio and Cranberry Granola, Cream

BAGELS / SANDWICHES

Smoked Beetroot Bagel (VG) - £7.25

Roast Garlic Cashew Cream, Spinach, Avocado, Smoked Beetroot, House Slaw

Smoked Salmon Bagel - £8.50

Roast Garlic Cashew Cream, Spinach, Avocado, Smoked Salmon, House Slaw

Cherry Tomatoes and Pesto on Sourdough (VG) - £7.25

Cherry Tomatoes, Kale & Basil Pesto

EXTRAS

TGL Beans - £2.50

Poached Eggs - £3.00

Smoked Salmon - £3.00

Smoked Beetroot - £2.50

Smashed Avo - £3.00

Chicken Pattie - £3.00

Sweet Potato Rosti - £2.00



FOOD & DRINKS MENU

BUILD YOUR OWN NUTRITION BOWL

Become your own mixologist and choose your base, fillers, protein, toppers and dressing to create your perfect match.

REGULAR £8.00

1 Base / 2 Basic Fillers / 2 Premium Fillers
1 Protein / 2 Toppers / 1 Sauce

LARGE £10.00

2 Base / 3 Basic Fillers / 2 Premium Fillers
2 Protein / 2 Toppers / 1 Sauce

1. BASE

Mixed Leaf (5 kcals)
Iceberg Lettuce (6 kcals)

2. BASIC FILLERS

Beetroot Hummus (26 Kcals)
Edamame Beans (18 Kcals)
Chilli & Lime Sweetcorn (23 Kcals)
Pickled Cabbage (4Kcal)
Sun-Blushed Beetroot (17 Kcals)
Cucumber Ribbons (3 Kcals)
Olives (27 Kcals)
Roasted Red Pepper (9 Kcals)
Kimchi (15Kcal)

3. PREMIUM FILLERS

Quinoa (64 Kcals)
Turmeric Cous Cous (107 Kcals)
Wild Rice (107 Kcals)
Lemon And Coriander Chickpeas (26 Kcals)
Tenderstem Broccoli (15 Kcals)
Kashmiri Roasted Cauli (44 Kcals)

4. PROTEIN

Spiced Tofu (76 Kcals)
Roast Seeded Falafel (203 Kcals)
Salmon (183 Kcals)
Marinated Chicken (88 Kcals)
Plain Chicken (70 Kcals)

5. SAUCES

Green Harissa (137 Kcals)
Miso And Yuzu (76 Kcals)
Balsamic Vinaigrette (199 Kcals)
Garlic And Chive Mayo (161 Kcals)
Tamarind And Maple (119 Kcals)
Lemon And Sumac (120 Kcals)
Too Hot To Handle (22 Kcals)

6. TOPPERS

Radish (1 Kcal)
Spring Onions (3 Kcals)
Pickled Chillies (8 Kcals)
Pickled Ginger (1 Kcal)
Pumpkin Seeds (36Kcal)
Crispy Shallots (20 Kcals)
Crispy Flatbread (58 Kcals)
Goji Berries (18 Kcals)

Any extras? Let us know

Please ask for an allergen menu if required.
Please note, Roast Seeded Falafel contains Nuts, Gluten and Sesame.

COFFEE

Espresso £2.20
Americano £2.50
Macchiato £2.60
Cortado £2.60
Cappuccino £2.75
Flat White £2.75
Latte £3.00
Mocha £3.20
Iced Latte £3.00
Dirty Chai Latte £3.50

HOT DRINKS

English Breakfast Tea £2.50
Herbal Tea £2.50
Sea Moss Tea £2.50
Chai Latte £3.00
Turmeric Latte £4.20
Matcha Latte £4.20
Charcoal Latte £4.20
Beetroot Latte £4.20
Butterfly Pea Latte £4.20
Hot Chocolate £3.00

JUICES

The Incredible Bulk £6.00
Ginger Spice £6.00
Bring The Beet In £6.00
Fresh Orange Juice £4.00

SMOOTHIES

Strawberry Blonde £6.00
Off The Kale £6.00
Espresso Martini £6.00

PROTEIN SHAKES

Vanilla £4.50
Strawberry £4.50
Chocolate £4.50

Add

Sea Moss £2.00
Espresso £2.20
Banana £1.00
Syrup £1.00

Oat Milk, Soya Milk, Coconut Milk £0.40

Carbonated Drinks Available in The Fridge

IF YOU HAVE ANY FOOD ALLERGIES OR SPECIAL DIETARY REQUIREMENTS, PLEASE INFORM A MEMBER OF OUR TEAM. WE WORK IN AN ENVIRONMENT CONTAINING ALL OF THE MAIN ALLERGIES & CANNOT GUARANTEE NO CROSS CONTAMINATION. PLEASE NOTE THAT FOR DINING IN GUESTS A DISCRETIONARY SERVICE CHARGE OF 7.5% IS ADDED TO YOUR BILL. THIS CAN BE REMOVED UPON REQUEST