

FOOD

EATS

AÇAI BOWL

Açai Berry Smoothie Bowl with Clementines, Blackberry, Pomegranate, Japanese Pears, Vanilla Maple Syrup & Coconut Flakes

£12.50 VE

Extras: Peanut Butter, Carrot Cake Granola £1.50

BREAKFAST BUN

Stone Ground Bun, Green Leaf Lettuce, Plum Tomatoes, Lamb Sausage, Egg & In-House Brown Sauce

Contains Dairy, Eggs, Gluten, Sulphites

£9.75

GOLDEN TURKISH EGGS

Poached Eggs, Gold Amba Yoghurt, Chilli & Paprika Oil, Dukkah, Carrot & Radish Salad, Orange Dressing, Served With Turmeric Pitta

Contains Dairy, Eggs, Gluten, Mustard, Sesame, Soy, Treenuts

£11.50 V

GREEN OMELETTE

Herby (Chives, Parsley & Spinach) Omelette With Halloumi, Sun Blushed Tomatoes, Cucumber & Radish

Contains Eggs, Dairy, Gluten

£12.50 V

FREEKIN' KEDGEREE

Preserved Lemon Freekeh, Sun-Blushed Tomatoes & Kale, with Grilled Mackerel & Poached Egg

Contains Egg, Gluten, Fish, Mustard, Sulphites

£12.50 V

FISH 'N' TATERS

Baked Lemon & Ginger Cod, Crushed Potatoes, Peas With Fresh Cucumber Tartar Sauce Made In-House

Contains Fish, Mustard, Sesame, Soy, Sulphites

£16.50

BREAKFAST BOWL

Carrot & Lentil Hummus, Freekeh, Glazed Miso Mushrooms, Spinach, Red Onion, Cucumber, Red Pepper, Tomatoes & Gold Amba Yoghurt

Contains Dairy, Gluten, Mustard, Tree Nuts Sesame, Soy, Sulphites

£10.25 V

TGL BAKED EGGS

Our Signature Dish. Baked Eggs, Kale, Spinach, Tenderstem Broccoli, Avo-Pesto, Sumac & Vegan Parmesan

Contains Eggs, Nuts, Sulphites

£11.50 V GF

H'AVO GOOD ONE

Super Seeded Toast, Smashed Avo, Sun Blushed Tomatoes, Poached Satsumas, Lime & Coriander Tahini, Topped With Matcha Dukkah

Contains Tree Nuts, Sesame, Sulphites

£11.25 V GF

KIMCHI FRITTER

Carrot, Cauliflower & Kimchi Fritter With Chilli Egg & Snake Beans

Contains Eggs, Sesame, Soy

£11.25 V

'NO BONE' BROTH

Turmeric Kimchi 'No Bone' Broth with Konjac Noodles, Seaweed, Pak Choi & Chilli

Contains Celery, Soy, Sulphites

£9.00 VE

Add Chicken Dumplings (3) £3.75

HALLOUMI BEAN BURGER

Stone Ground Bun, Bean Burger, Jalapeno Slaw, Tempeh Bacon & Grated Halloumi

Contains Dairy, Egg, Gluten, Mustard, Nuts, Soy, Sulphites

£10.00 V

SMOKED SALMON BAGEL

£11.00

Poppy Seeded Bagel, Red Pepper Labneh, Slaw & Smoked Salmon

Contains Dairy, Fish, Gluten, Sesame, Sulphites

AVO PESTO SANDWICH

VE GF £9.50

Quinoa Seeded Bread, Smashed Avo, Plum Tomatoes, Kale & Basil Pesto.

Served With Garlic & Chive Mayo

Contains Sulphites

Add Grated Halloumi £2.00

TUNA AVO SANDWICH

GF £9.50

Quinoa Seeded Bread, Sliced Avo, Plum Tomatoes, Kale & Basil Pesto, Tuna & Red Onion. Served With Chipotle Cream

Contains Dairy, Fish, Mustard, Soy, Sulphites

Add Grated Halloumi £2.00

GODDESS CHICKEN WRAP

£6.75

Tortilla Wrap, Lemon & Ginger Hummus, Green Leaf Lettuce, Herbed Tabbouleh & Goddess Chicken. Served With Green Harissa Sauce

Contains Dairy, Gluten, Sulphites

SHAWARMA MUSHROOM WRAP

VE £6.75

Tortilla Wrap, Carrot & Lentil Hummus, Persian Shawarma Mushrooms, Pickled Red Onion. Served With Lime & Coriander Tahini

Contains Gluten, Tree Nuts, Sulphites

FALAFFLE

THE FALAFFLE

V £10.00

Falafel Waffle, Carrot & Lentil Hummus, Chopped Salad, Za'atar Croutons & Gold Amba Yoghurt

Contains Dairy, Gluten, Nuts, Sesame, Sulphites

To Add Extras, See Below

SWEET TREATS

TGL'S CHOC ORANGE PANCAKES

VE £10.75

Pancakes With Dark Choc Sauce, Poached Satsumas, Halva & Pistachios

Contains Gluten, Nuts, Sesame, Soy, Sulphites

HALVA BANANA BREAD

VE £6.75

Tahini Maple Banana Bread, With Coconut Sugar Glazed Banana's

Contains Nuts, Sesame

EXTRAS

Poached Egg	£1.50	Lamb Sausage	£2.50
Baked Egg	£1.50	Smoked Salmon	£4.00
Scrambled Eggs	£2.00	Avocado	£2.00
Crushed Potatoes	£2.00	Sourdough Toast	£1.50
		Seeded Gluten Free Bread	£1.50
		Turmeric Pitta	£1.50

CHECK THE BOARD OR ASK OUR STAFF FOR DAILY SPECIALS AND SWEET TREATS

V Vegetarian

VE Vegan

GF Gluten Free

NUTRITION BOWLS

Pick one of our 4 salad bases and choose your protein on top, or simply build your own nutrition bowl

ASIAN

£7.00

Soba Noodles, Tenderstem Broccoli & Pak Choi, Cucumber, Carrots, Spring Onion, Pickled Ginger, Crispy Shallots, Miso & Yuzu

Contains Gluten, Sesame, Soy

Add Protein from £2.00 See Prices Below

GAIA "MOTHER EARTH" BOWL

£7.00

Green Leaf Salad Mix, Cucumber, Carrot, Chopped Salad, Pesto Marinated Tomatoes, Minted Radish, Pickled Onion, Orange Blossom Buttermilk Dressing

Contains Dairy, Mustard, Soy

Add Protein from £2.00 See Prices Below

MEZZE

£7.00

Tabbouleh, Lemon & Ginger Hummus, Moroccan Chickpeas, Red Pepper Labneh, Cabbage Date Beet Salad, Minted Radish, Pomegranate Dressing

Contains Dairy, Gluten, Mustard, Sulphites

Add Protein from £2.00 See Prices Below

POKÉ

£7.00

Brown Sushi Rice, Tenderstem Broccoli & Pak Choi, Edamame, Pickled Ginger, Minted Radish, Spring Onion, Crispy Shallots, Thai Chilli Dressing

Contains Soy, Sulphites

Add Protein from £2.00 See Prices Below

BUILD YOUR OWN

REGULAR

1 Base
4 Fillers
2 Toppers
1 Sauce

£7.00

LARGE

2 Bases
5 Fillers
2 Toppers
1 Sauce

£8.00

BASE

House Mixed Leaf | Green Leaf Mix | Soba Noodles | Brown Sushi Rice

FILLERS

Carrot & Cucumber | Pesto Marinated Tomatoes | Red Pepper Labneh | Cabbage, Date, Beet Slaw | Lemon & Ginger Hummus | Moroccan Spiced Chickpeas | Whipped Feta | Chopped Salad | Edamame | Tenderstem Broccoli & Pak Choi | Bang Bang Cauliflower | Quinoa | Tabbouleh

TOPPERS

Minted Radish | Pickled Ginger | Spring Onions | Pickled Onions | Pickled Chillies | Crispy Shallots | Za'atar Croutons | Coconut Bacon | Goji Berries | Power Seeds

SAUCES

Garlic & Chive Mayo | Green Harissa | Pomegranate Dressing | Miso & Yuzu | Chipotle Cream | Lime & Coriander Tahini | Orange Blossom Buttermilk Dressing | Thai Chilli Dressing | Amba Yoghurt

PROTEIN

Bean Ball (VE)	£2.00
BBQ Tempeh (VE)	£2.00
Tuna Tartare	£3.50
Goddess Chicken	£3.00

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.