



**WELCOME TO
YOUR HOUSE**



HOUSE BOWLS

SUNNY SALMON®

SMALL £ 9.95 MEDIUM £ 11.45 LARGE £ 13.95
White Sushi Rice, Juicy Salmon, Fresh Avocado, Edamame, Red Cabbage, Special Dressing, Avocado Cream, Sesame Seeds



SMALL
Kcal 645 / 345g
MEDIUM
Kcal 835 / 440g
LARGE
Kcal 1235 / 650g

ICONIC

SPICY TUNA

SMALL £ 9.95 MEDIUM £ 11.45 LARGE £ 13.95
White Sushi Rice, Yellowtail Tuna, Goma Wakame, Red Cabbage, Carrot, Kimchi Cucumber, Ponzu Dressing, Spicy Peanuts Dressing, Jalapeño, Crispy Onion, Tobiko, Sesame Seeds

SMALL
Kcal 525 / 335g
MEDIUM
Kcal 665 / 425g
LARGE
Kcal 940 / 610g

PRAWN

SMALL £ 9.45 MEDIUM £ 10.95 LARGE £ 13.45
White Sushi Rice, Prawns, Cucumber, Fresh Mango, Cherry Tomatoes, Special Dressing, Spicy Mayo, Nori Seaweed, Sesame Seeds



SMALL
Kcal 540 / 315g
MEDIUM
Kcal 645 / 390g
LARGE
Kcal 906 / 570g

CHICKEN

SMALL £ 9.45 MEDIUM £ 10.95 LARGE £ 13.45
White Sushi Rice, Teriyaki & Ginger Chicken, Courgette, Cherry Tomatoes, Red Cabbage, Teriyaki Dressing, Spicy Mayo, Spring Onion, Almonds, Sesame Seeds

SMALL
Kcal 610 / 330g
MEDIUM
Kcal 775 / 430g
LARGE
Kcal 1080 / 630g

ROAST BEEF

SMALL £ 9.45 MEDIUM £ 10.95 LARGE £ 13.45
Wholegrain Brown Rice, Roast Beef, Cherry Tomatoes, Fresh Avocado, Beansprouts, Greek Feta Cheese, Aromatic Herbs Oil, Tartare Sauce, Almonds, Sesame Seeds

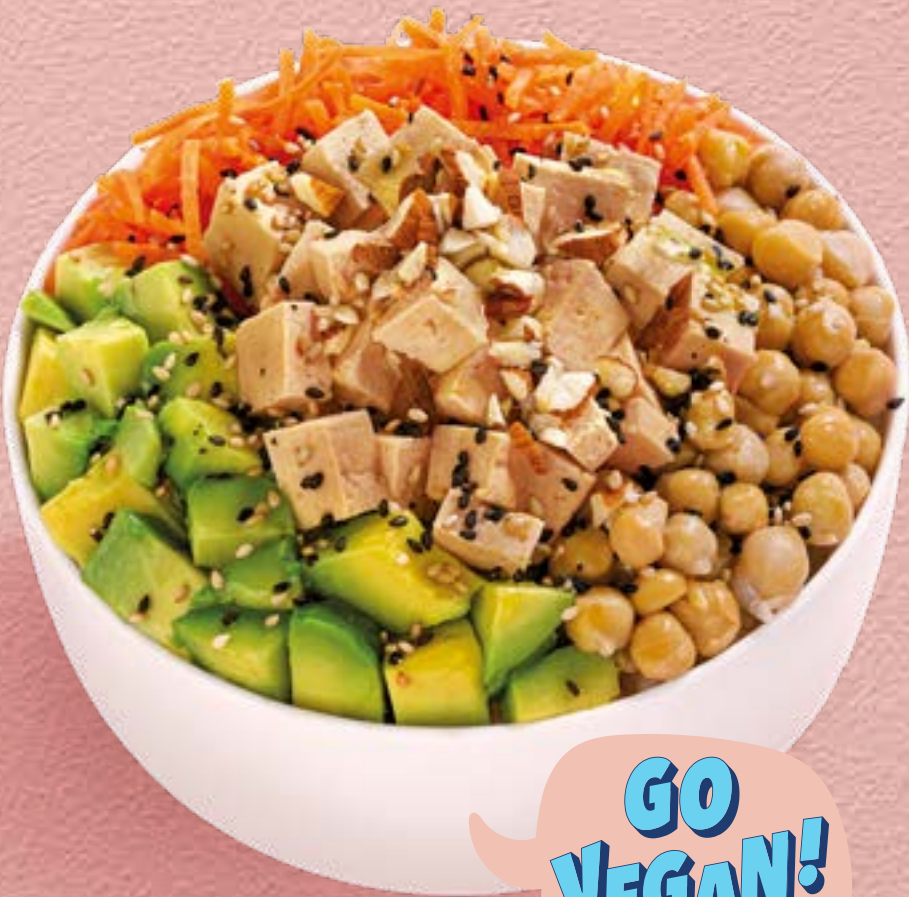


SMALL
Kcal 770 / 350g
MEDIUM
Kcal 895 / 425g
LARGE
Kcal 1235 / 615g

VERY VEGAN

SMALL £ 9.45 MEDIUM £ 10.45 LARGE £ 12.45
Quinoa, Roasted Tofu, Chickpeas, Carrot, Fresh Avocado, Teriyaki Dressing, Almonds, Sesame Seeds

SMALL
Kcal 535 / 300g
MEDIUM
Kcal 615 / 375g
LARGE
Kcal 882 / 555g



GO
VEGAN!

CREATE YOUR OWN BOWL

1. SIZE IT CHOOSE THE SIZE

SMALL £ 10.45 MEDIUM £ 11.95 LARGE £ 14.45



2. BASE IT CHOOSE UP TO 2 BASES

WHITE SUSHI RICE QUINOA
WHOLEGRAIN BROWN RICE FRESH BABY SPINACH

3. GREEN IT CHOOSE YOUR GREENS

FRESH HASS AVOCADO	£ 1.49	CHICKPEAS
FRESH MANGO	£ 0.99	CHARRED CORN
GOMA WAKAME	£ 0.99	GREEK FETA CHEESE
PHILADELPHIA		BEANSPROUTS
EDAMAME		RED ONION
CHERRY TOMATOES		SPRING ONION
RED CABBAGE		SPICY PICKLED DAIKON 🌶️
COURGETTE		PICKLED GINGER
CARROT		JALAPEÑO
CUCUMBER		ROAST SWEET POTATOES 🍳
KIMCHI CUCUMBER		COURGETTES WITH PARSLEY 🍳

4. PROTEIN IT

SMALL: 1 PROTEIN MEDIUM: 2 PROTEINS LARGE: 3 PROTEINS

SALMON	ROAST SALMON FILLET 🍳
JUICY SALMON (MARINATED)	PRAWNS
YELLOWTAIL TUNA	ROAST BEEF
JUICY TUNA (MARINATED)	SLOW COOKED CHICKEN
	TERIYAKI & GINGER CHICKEN
	ROASTED TOFU

5. DRESS IT CHOOSE YOUR DRESSING

EXTRA VIRGIN OLIVE OIL

SOY BASED	MAYO BASED	HOUSE DRESSING
SOY	SPICY MAYO 🌶️	AVOCADO CREAM
TERIYAKI	WASABI MAYO 🌶️	MUSTARD & HONEY
PONZU	TARTARE SAUCE	AROMATIC HERBS OIL
SPECIAL		SPICY PEANUTS 🌶️
SESAME SHOYU		JALAPEÑO DRESSING 🌶️🌶️

6. CRISP IT CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

CRISPY ONION	TOBIKO	
NORI SEAWEEED	SEAWEEED CASHEW	£ 0.99
ALMONDS	TAMARI SEEDS	£ 0.49
CORIANDER		

EXTRA PORTIONS

PROTEIN £ 1.99 GREENS £ 0.99 (only applicable on House Bowls)
TOPPINGS £ 0.49

FRESH & HEALTHY BREAK

AÇAÍ BOWLS

AÇAÍ HOUSE BOWL

£ 4.95

Açaí, Banana, Raspberry, Almonds, Chocolate Chips, Nut Butter

AÇAÍ TROPICAL BOWL

£ 4.95

Açaí, Strawberry, Pineapple, Granola, Honey

HOUSE TOASTS

SIMPLE AVOCADO TOAST

£ 3.95

Toasted Bread, Fresh Hass Avocado, Sesame Seeds

AVOCADO HOUSE TOAST

£ 4.95

Toasted Bread, Fresh Hass Avocado, Greek Feta Cheese, Chilli Flakes, Sesame Seeds

SMOOTHIES

SWEET PINK

£ 5.95

Milk, Banana, Strawberry

INTO THE SUN

£ 5.95

Coconut Milk, Mango, Pineapple, Banana

SO GREEN

£ 5.95

Apple Juice, Fresh Hass Avocado, Spinach, Cucumber, Fresh Ginger, Lime

CHOCO BOOST

£ 5.95

Coconut Milk, Vegan Chocolate Protein, Banana, Chocolate Chips, Nut Butter



DESSERTS

COCONUT & MANGO STICKY RICE	£ 3.50
CHOCOLATE CHIA & RASPBERRIES PUDDING	£ 3.75

SWEET TREATS

MILK CHOCOLATE CHIP COOKIES	£ 2.95
DOUBLE CHOCOLATE CHIP COOKIES	£ 2.95
SESAME COOKIES	£ 2.95
QUINOA BALLS	£ 2.95

SNACKS

HOUMOUS & CARROTS	£ 2.50
SEAWEED CASHEWS	£ 2.95

HAWAIIAN MOCHI

ASSORTED FLAVOURS	
1 MOCHI	£ 1.95
2 MOCHI	£ 2.95
3 MOCHI	£ 3.95

DRINKS

WATER Still / Sparkling	£ 2.00
COKE Original / Zero	£ 2.00
SELTZER Hibiscus and Rose / Cucumber	£ 3.00
KOMBUCHA Organic Raspberry and Hibiscus / Organic Elderflower	£ 4.25
COCONUT WATER Natural / Pressed	£ 3.30

BEERS

CAMDEN IPA Unfiltered	£ 4.25
CAMDEN LAGER	£ 4.25

COLD PRESSED

FRESHLY SQUEEZED JUICE	£ 2.50
100% Apple / 100% Orange	
STRAWB Strawberry, Apple, Lemon and Basil	£ 4.25
O’FRESCO Apple, Carrot, Lemon, Ginger and Turmeric	£ 4.25
HOT SHOT Lemon, Ginger, Agave and Cayenne Pepper	£ 2.50

Our products may contain allergens. Our allergen information covers the 14 allergens specified by the Food Information Regulations, for further information refer to our website or ask for details in our restaurants. Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen or contamination-free. Images used are for illustrative reference only.