



WELCOME TO YOUR HOUSE

Click your choice

CREATE YOUR OWN BOWL



POKE BOWLS



GREEN BOWLS



HOT BOWLS



SIDE & AVO TOAST



DESSERTS



CREATE YOUR OWN BOWL

1. SIZE IT

MEDIUM: £ 11.95 LARGE: £ 14.45

2. BASE IT

CHOOSE UP TO 2 BASES

CEREALS

WHITE SUSHI RICE
WHOLEGRAIN BROWN RICE
BASMATI RICE
COCONUT BASMATI
QUINOA

SALADS

COS LETTUCE
FRESH BABY SPINACH

3. GREEN IT

M: 4 GREENS L: 5 GREENS

PREMIUM

HASS AVOCADO + £ 1.99
MANGO + £ 0.99
GOMA WAKAME + £ 0.99
HUMMUS + £ 0.99
CRUMBLLED FETA + £ 0.99

SPRING ONION

PICKLED GINGER
JALAPEÑO 🌶️
PARMIGIANO REGGIANO SHAVINGS
OLIVE TAGGIASCHE
BEETROOT
KIMCHI CUCUMBER 🌶️🌶️
ONION CHUTNEY

NATURAL

EDAMAME
CHERRY TOMATOES
RED CABBAGE
COURGETTE
CARROT
CUCUMBER

COOKED 🍳

SWEET POTATOES WITH ROSEMARY
SOY AND SESAME CARROTS
CHILLI AND LIME BROCCOLI 🌶️
CHARRED CORN

4. PROTEIN IT

M: 2 PROTEINS L: 3 PROTEINS

NATURAL

SALMON
YELLOWFIN TUNA

COOKED 🍳

MISO GLAZED ROASTED SALMON FILLET
PRAWNS
CHARRED GRILLED CHICKEN
TERIYAKI & GINGER CHICKEN
SMOKED TOFU
YAKITORI CHICKEN
BAKED HALLOUMI

MARINATED

JUICY TUNA (MARINATED)
JUICY SALMON (MARINATED)
SRIRACHA SALMON 🌶️🌶️

5. DRESS IT

CHOOSE YOUR DRESSING

OIL BASED

EXTRA VIRGIN OLIVE OIL
MINT AND BASIL OIL
FLAVORED LEMON OIL

MAYO BASED

SPICY MAYO 🌶️
WASABI MAYO 🌶️

SOY BASED

SOY
TERIYAKI
PONZU
SPECIAL

HOUSE DRESSING

AVOCADO CREAM
CREAMY CAESAR
SPICY PEANUTS 🌶️
SRIRACHA DRIZZLE 🌶️🌶️
BALSAMIC VINAIGRETTE
CORIANDER LIME DRIZZLE

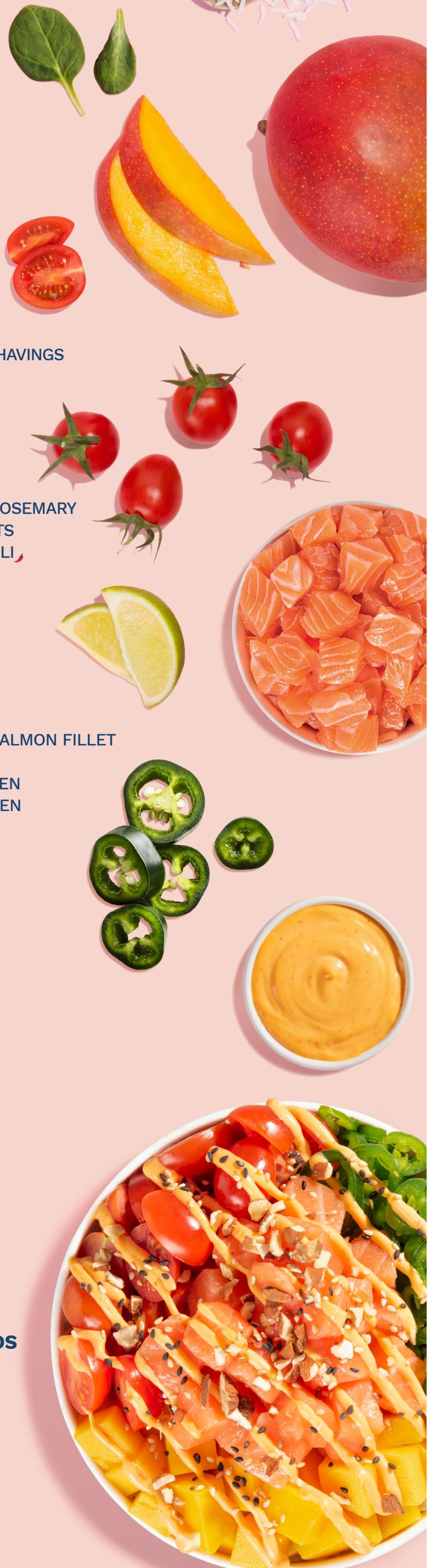
6. CRISPY

CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

CRISPY ONION
NORI SEAWEED
ALMONDS
CORIANDER

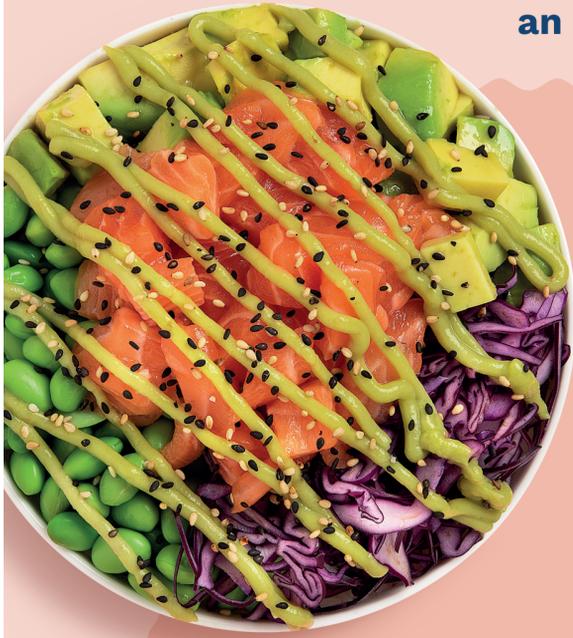
VEGAN BACON
CROUTONS
LIME

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



POKE BOWLS

Our iconic Poke Bowls,
an explosion of fresh, irresistible flavors



SUNNY SALMON®

SMALL £ 10.45 MEDIUM £ 12.45 LARGE £ 14.95

White Sushi Rice, Juicy Salmon, Hass Avocado, Edamame, Red Cabbage, Special Dressing, Avocado Cream, Sesame Seeds

SPICY TUNA

SMALL £ 10.45 MEDIUM £ 12.45 LARGE £ 14.95

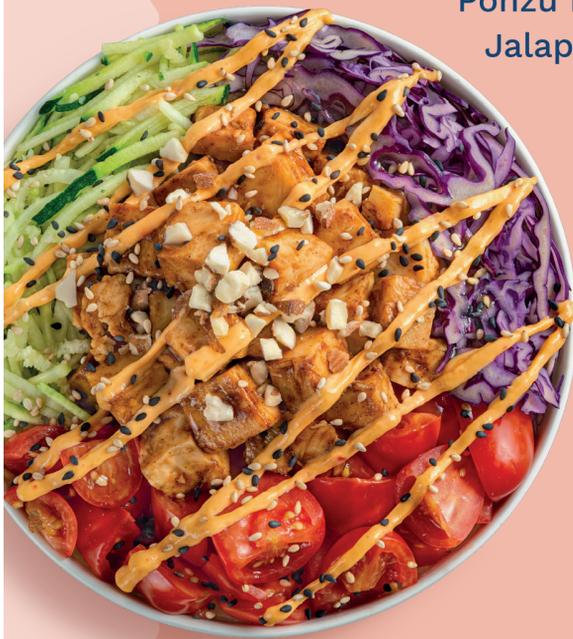
White Sushi Rice, Yellowfin Tuna, Goma Wakame, Red Cabbage, Carrot, Kimchi Cucumber, Ponzu Dressing, Spicy Peanuts Dressing, Jalapeño, Crispy Onion, Sesame Seeds



CHICKEN

SMALL £ 9.95 MEDIUM £ 11.45 LARGE £ 13.95

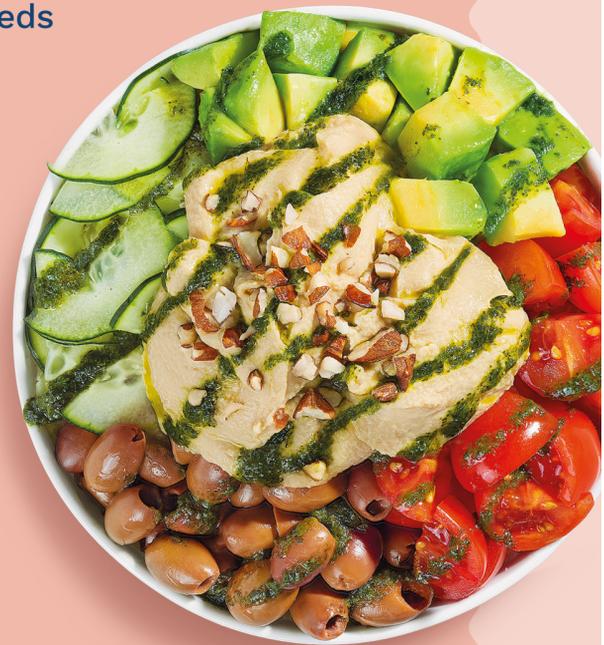
White Sushi Rice, Teriyaki & Ginger Chicken, Courgette, Cherry Tomatoes, Red Cabbage, Teriyaki Dressing, Spicy Mayo, Almonds, Sesame Seeds



VEGETARIAN

SMALL £ 9.95 MEDIUM £ 11.45 LARGE £ 13.95

Basmati Rice, Hass Avocado, Cherry Tomatoes, Cucumber, Olive Taggiasche, Hummus, Mint and Basil Oil, Almonds



HOT & SPICY

SMALL £ 10.95 MEDIUM £ 12.95 LARGE £ 14.95

White Sushi Rice, Sriracha Salmon, Hass Avocado, Edamame, Jalapeño, Sriracha Drizzle Sauce, Crispy Onion, Sesame Seeds, Lime



PRAWN

SMALL £ 9.95 MEDIUM £ 11.45 LARGE £ 13.95

White Sushi Rice, King Prawns, Cucumber, Mango, Cherry Tomatoes, Special Dressing, Spicy Mayo, Nori Seaweed, Sesame Seeds



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

Greenbowls

Salad base with vegetables and proteins cooked in House



EXOTIC SALMON £ 13.95

Baby Spinach with Lemon Flavoured Oil, Coconut Basmati, Hass Avocado, Chilli and Lime Broccoli, Roasted Sweet Potatoes with Rosemary, Mizo Glazed Grilled Salmon Fillet, Wasabi Mayo

THE CAESAR £ 12.45

Cos Lettuce with Vinaigrette, Parmigiano Reggiano Shavings, Cherry Tomatoes, Charred Grilled Chicken, Vegan Bacon, Croutons, Creamy Caesar, Lime



MEDITERRANEAN BOWL £ 11.95 ✓

Baby Spinach with Lemon Flavoured Oil, Quinoa, Hass Avocado, Cherry tomatoes, Chilli and Lime Broccoli, Baked Halloumi, Mint and Basil Oil



ASIAN TWIST £ 13.95

Cos Lettuce with Vinaigrette, Hass Avocado, Cherry Tomatoes, Parmigiano Reggiano Shavings, Carrots, Yakitori Chicken, Coriander Lime Drizzle



VELVET GARDEN £ 11.95 ✓

Cos Lettuce with Vinaigrette, Soy and Sesame Carrots, Beetroot, Olive Taggiasche, Onion Chutney, Crumbled Feta, Mint and Basil Oil



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

HOT BOWLS

Hot tasty bowls filled with wholesome ingredients,
bold flavours and creamy goodness

HEARTY CHICKEN CURRY £ 10.99

Wholegrain Brown Rice, Katsu Curry Sauce,
Roasted Sweet Potatoes with Rosemary,
Grana Padano Shavings,
Charred Grilled Chicken, Spring Onions



COCO & LIME

GLAZED SALMON £ 11.95

Wholegrain Brown Rice, Jerk and Lime
Sauce, Edamame, Sesame & Soy Carrots,
Miso Glazed Roasted Salmon Fillet, Coriander

GLOW BOWL £ 10.99

Wholegrain Brown Rice, Chilli and Lime Broccoli,
Roasted Sweet Potatoes with Rosemary,
Crumbled Feta, Asian Sauce



AVOCADO TOAST

Crunchy, tasty, perfect for any time of day

AVOCADO TOAST SIMPLE 6.00€

Toasted Bread, Hass Avocado, Evo Oil, Sesame Seeds

AVOCADO HOUSE TOAST 7.00€

Toasted Bread, Hass Avocado, Evo Oil, Crumbled Feta, Chilli Flakes, Sesame Seeds

AVO & EGG TOAST 9.00€

Toasted Bread*, Avocado Hass, Boiled Egg, Mint and Basil Oil



SIDES

For an even more tasty and complete meal

MEDITERRANEA £ 3.50

Cherry Tomatoes, Cucumber & Crumbled Feta with EVO Oil

SWEET POTATOES & MAYO £ 3.50

Roasted Sweet Potatoes with Rosemary and House Mayo

EDAMAME £ 3.50

GOMA WAKAME £ 3.50

HUMMUS & CROUTONS £ 3.50

MISO SOUP powered by Clearspring £ 4.00

MISO SOUP with tofu and spring onions

MISO CLASSIC SOUP with wakame

MISO HEART RED SOUP with sea vegetables





AÇAÍ BOWLS

AÇAÍ HOUSE BOWL £ 8.55

Açaí, Banana, Almonds, Chocolate Chips, Peanut Butter

AÇAÍ SUNSET BOWL £ 8.55

Açaí, Strawberry, Mango, Granola, Coconut, Mint

AÇAÍ FRANUÍ BOWL £ 9.65

Açaí, Granola, Almonds, Franuí, Peanut Butter

SMOOTHIES

GREEN MIX £ 5.95

Apple Juice, Mango, Pineapple, Spinach, Apple, Lemongrass Puree

PASSION TROPICAL £ 5.95

Coconut Milk, Mango, Pineapple, Passion fruit

BERRYS BOOM £ 5.95

Coconut Milk, Raspberry, Blueberry, Banana, Flaxseed

PINK GLOW £ 5.95

Apple Juice, Banana, Blueberry, Carrot, Courgette, Ginger



DESSERTS

CHOCOLATE CHIA & STRAWBERRY PUDDING £ 3.95

APPLE & CINNAMON OVERNIGHT OAT YOGURT £ 3.75

MIX BERRIES OVERNIGHT OAT YOGURT £ 3.10

FRANUÍ (150g) £ 6.29

Raspberries covered in two layers of chocolate, with a choice of: White & Dark or White & Milk Chocolate

FRUIT SALAD

SUMMER: Grape, Kiwi, Strawberry £ 3.20

SUPER: Pineapple, Melon, Apple, Kiwi, Grape £ 3.45

TROPICAL: Mango, Pineapple, Lime £ 3.45

MOCHI 1 Piece £ 2.50 2 Pieces £ 4.00 3 Pieces £ 5.00

Ice cream covered in a delicate Rice Paste, flavoured with:

GREEN TEA / VANILLA / PASSION FRUIT

RASPBERRY / COCONUT / SALTED CARAMEL



Vegetarian



Vegan



Degree of spiciness



Cooked ingredients, freshly prepared with special recipes!

Planning to dine in? We'd love to have you! Please note that VAT is applicable, so prices may vary. 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.