

FRESH JUICES

Add organic vitamin C 1000mg for £1.20 - Extra items £1.40

	12oz	16oz		12oz	16oz
Mix Any 2	£6.20 ..	£7.20	Mix Any 3	£6.40 ..	£7.40
Classic: orange, apple, pear, pineapple, carrots, grapefruit					

Dr Zest	£6.20 ..	£7.20	Hangover	£7.50 ..	£8.50
Carrots, Ginger, Apple			Cabbage, Pear, Ginger, Lettuce		
Energiser	£6.20 ..	£7.20	Sunburst	£7.50 ..	£8.50
Red grapefruit, Ginger, Apple			Orange, Red Bell Pepper, Carrots, Lemon		
Green Prince	£6.20 ..	£7.20	Immime Guard	£7.50 ..	£8.50
Cucumber, Lemon, Pineapple			Turmeric, Black Peppers, Pineapple, Carrots		
Veggie Mania	£6.20 ..	£7.20	Detox	£8.30 ..	£9.40
Celery, Carrots, Apple			Kale, Apple, Lemon, Ginger, Celery		
Dirty Appetite	£6.20 ..	£7.20	Green Man	£8.30 ..	£9.40
Ginger, Passion Fruit, Apple			Avocado, Lemon, Brocoli, Spinach, Apple		
S.A.P	£6.20 ..	£7.20	Beauty Detox	£8.30 ..	£9.40
Strawberry, Pineapple, Apple			Spinach, Kale, Celery, Pear, Lemon		
Calming River	£6.20 ..	£7.20	Green Shield	£8.30 ..	£9.40
Strawberry, Kiwi, Apple			Cucumber, Kale, Broccoli, Spinach, Apple		
Pick Me Up	£6.20 ..	£7.20	Spicy Balance	£8.30 ..	£9.40
Raspberry, Banana, Apple			Carrots, Broccoli, Ginger, Lemon, Chilli		
Stress Free	£6.20 ..	£7.20	Beet Up	£8.30 ..	£9.40
Strawberry, Ginger, Apple			Beetroot, Avocado, Banana, Pineapple, Apple		
AMG	£6.20 ..	£7.20	Zest ID	£8.30 ..	£9.40
Apple, Mint, Ginger			Cucumber, Kale, Brocoli, Spinach, Lemon		
Sporty	£6.20 ..	£7.20	Herbal	£8.50 ..	£9.60
Pineapple, Passion Fruit, Apple			Turmeric, Ginger, Pineapple, Red Bell Pepper, Black Pepper, Apple		
Sweet Shot	£6.20 ..	£7.20			
Red Bell Pepper, Lemon, Apple					

SHAKES

	12oz	16oz		12oz	16oz
Power Shake	£6.00 ..	£7.00	Energy Shake	£6.00 ..	£7.00
Strawberry, Banana, Vanilla Milk			Rosebery, Banana, Vanilla Milk		
Superstar	£6.00 ..	£7.00	Avo Shake	£6.00 ..	£7.00
Spinach, Banana, Vanilla Milk			Banana, Avocado, Vanilla Milk		
Veggie Shake	£6.00 ..	£7.00	Choco Shake	£6.00 ..	£7.00
Plant Protein, Banana, Chocolate, Almond Milk			Raw Coca, Banana, Vanilla Milk, Choc Almond Milk		

SMOOTHIES

ALL SMOOTHIES MADE WITH FRESH APPLE JUICE

	12oz	16oz		12oz	16oz
Mix Any 2	£6.00 ..	£7.00	Mix Any 3	£7.00 ..	£8.00
• Banana	• Strawberry	• Avocado	• Pineapple	• Mint	
• Apple	• Pear	• Spinach	• Raspberry	• Blueberry	
• Blackberry	• Passion Fruit	• Lemon	• Kiwi	• Mango	

SHOTS

Chilli Shot Chilli Lemon, Apple	£3.50
Turmeric Shot Turmeric, Lemon, Apple	£3.50
Ginger Shot Ginger Apple	£3.50
Beet Shot Beetroot, Apple	£3.50

COLD DRINKS

Stil Water (Bottle)	£2.40	San Pellegrino	£2.40
Sparling Water (Bottle)	£2.40	San Pellegrino Blood Orange, San Pellegrino Lemon, San Pellegrino Grapefruit, San Pellegrino Pomagranite.	
Fanta (Bottle)	£2.70	Firefly Natural Drinks 330ml	£4.00
Coke / Diet Coke (Bottle)	£2.70	Kiwi, Lime & Mint	
Sprite (Bottle)	£2.70	Lemon, Lime & Ginger	
		Peach & Green Tea	
		Pomegranate & Elderflower	

HOT DRINKS

Espresso	S £2.30	D £2.90	Hot Chocolate	£3.50
Macchiato	S £2.70	D £2.90	Breakfast Tea	£2.40
Americano/Coffee	£3.10		Herbal Tea (Organic)	£3.20
Cappuccino	£3.50		Peppermint, comamile, lemon ginger, green tea, wild berries, earl grey	
Latte	£3.50		Fresh Mint Tea	£3.70
Moccachino	£3.70			

SOUPS

Vegetable Soup	£6.50
• Tuscan Tomato & Basil	
Meat Soup	£7.60
• Red Thai Chicken	

YOGURT POTS & FRUIT BOWL

Beauty Raspberry, Banana, Avocado, Elderflower, Yogurt, Granola	£5.20
Yo Ho Yogurt, Honey & Nuts	£4.70
Yummy Yogurt, Molasses & Blueberry	£4.70
Fruit Bowl	£4.70

Allergy Advice : Before ordering your food and drinks, please speak to a member of staff if you have allergies or want to know more about the ingredients. The majority of our dishes contain bones and the bread has contact with cooked meat.



FRESH SALADS // PASTAS // CIABATTAS & PANINIS // JUICES
// SHAKES // JACKET POTATOES // WRAPS
DESIGNED BY YOU, MADE BY US

MAKE YOUR OWN SALAD

Why salads?.... because a healthy outside starts from the inside

CHOOSE

REG SALAD £11.90

1 Deli + 4 Ingredients + 1 Dressing
+ 1 Garnish

LARGE SALAD £12.90

2 Deli's + 6 Ingredient + 1 Dressing
+ 1 Garnish

BASE

CHOOSE ONE

- Mixed Leaves
- Crunchy Leaves
- Rocket
- Spinach
- Couscous
- Whole Wheat Pasta
- Fusilli Pasta
- Lentils
- Sweet Potato

DELI

ANY ADDITIONAL DELI WILL BE CHARGED EXTRA £2.70

- Avocado
- Bacon (Crispy)
- Blue Cheese
- Butternut Squash
- Grilled Artichokes
- Cooked Chorizo
- Feta
- Falafel
- Jack Cheese
- Mackerel (Smoked)
- Mild Salsa
- Mozzarella
- Parma Ham
- Parmesan
- King Prawns
- Roasted Peppers
- Roasted Chicken
- Breaded Chicken
- Smoked Salmon
- Sun Blushed Tomato
- Sun Dried Tomato
- Tuna
- Tuscun Beans
- Meatballs
- Honey Roasted Ham

INGREDIENTS

ANY ADDITIONAL INGREDIENTS WILL BE CHARGED EXTRA £1.90

- Beetroot
- Black Olives
- Broccoli
- Green Olives
- Carrots
- Capers
- Cherry Tomato
- Chickpeas
- Celery
- Cucumber
- Eggs
- Gherkins
- Green Beans
- Jalapenos
- Mushrooms
- Mixed Peppers
- New Potato
- Onions & Garlic
- Petit Pois
- Quinoa
- Red Onions
- Sliced Tomato
- Sweet Corn
- Red Cabbage
- Sweet Potato

DRESSINGS

CHOOSE ONE

- Balsamic Dressing
- Basil Dressing
- French Dressing
- Hummus
- Lemon & Pomegranate
- Mayo (Low Fat)
- Olive Oil
- Ranch
- Sweet Chili
- Hot Salsa
- Medium Salsa
- Balsamic Vinegar
- Lemon Juice
- Low Fat Blue Cheese
- Low Fat Caesar
- Thousand Island

GARNISH

CHOOSE ONE - ADDITIONALS £1.00

- Cranberries
- CROUTONS
- Crushed Chilli
- Mixed Fresh Herbs
- Seed Mix
- Tortilla Chips

HOT PASTA

Wholesome happiness topped with your favourite healthy goodies

HOT PASTA REGULAR £12.50

1 Deli, 4 Ingredients, 1 Dressing
& Garnish

HOT PASTA LARGE £13.80

2 Deli, 6 Ingredients, 1 Dressing
& Garnish

PASTA BASE

CHOOSE ONE

- Fusilli Pasta
- Whole Wheat Pasta
- Tortellini (Spinach & Ricotta)

DELI

ANY ADDITIONAL DELI WILL BE CHARGED EXTRA £2.70

- Avocado
- Bacon (Crispy)
- Blue Cheese
- Butternut Squash
- Grilled Artichokes
- Cooked Chorizo
- Feta
- Falafel
- Jack Cheese
- Mackerel (Smoked)
- Mild Salsa
- Mozzarella
- Parma Ham
- Parmesan
- King Prawns
- Roasted Peppers
- Roasted Chicken
- Breaded Chicken
- Smoked Salmon
- Sun Blushed Tomato
- Sun Dried Tomato
- Tuna
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- Meatballs
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- Green Beans
- Jalapenos
- Mushrooms
- Mixed Peppers
- New Potato
- Onions & Garlic
- Petit Pois
- Quinoa
- Red Onions
- Sliced Tomato
- Sweet Corn
- Red Cabbage
- Sweet Potato

SAUCES

CHOOSE ONE

- Basil Pesto
- Tomato & Basil
- Carbonara Sauce
- Olive Oil
- Arrabiata
- Additonal extras 80p

GARNISH

CHOOSE ONE - ADDITIONALS £1.00

- Cranberries
- CROUTONS
- Crushed Chilli
- Mixed Fresh Herbs
- Seed Mix
- Tortilla Chips

HOUSE PASTA

Choice of whole wheat or fussilli pasta

Carbonara.....	£13.50
Roasted chicken, bacon, mushroom, black peppers, cream sauce.	
Spices Zest.....	£13.50
Roasted chicken, roasted peppers, parmesan cheese, onion&garlic, mushroom, jalapeno, Arrabiata sauce.	
Pesto.....	£13.50
Mozzarella, sun dried tomato, spinach, broccoli, onion&garlic, pesto sauce.	

HOUSE SALADS

NO DELI'S OR INGREDIENTS CAN BE
CHANGED FROM THE HOUSE SALADS

CHICKEN CAESAR £12.90
Lettuce, Chicken, Parmesan Cheese, Egg, Cucumber, Croutons & Caesar Dressing

COBB SALAD £12.90
Lettuce, Bacon, Avocado, Blue Cheese, Chicken, Slice Tomatoes, Blue Cheese Dressing

Mackerel..... £12.90
Lentils, Chilli Flakes, Spinach, Mackerel, Beetroot, Egg, Herbs, Oil & Vinegar Dressing

GREEK £12.90
Lettuce, Feta, Mixed Peppers, Cucumber, Slice Tomatoes, Onions, Black Olives, Oil & Lemon Juice

VEGAN..... £12.90
Couscous, Spinach, Falafel, Butternut Squash, Roast Peppers, Herbs & Pomegranate Dressing

CIABATTA // PANINI

Ham & Cheese	£8.40
Sundried Tomato, Mozzarella & Pesto	£8.40
Sundried Tomato, Parma Ham, Mozzarella & Pesto.....	£8.90
Tuna Melt: Cheese, Spring Onion, Mayo And Chilli Sauce.....	£8.90
Chicken, Mozzarella, Rosted Peppers & Pesto	£8.90
Chicken Avocado, Rocket & Tomato	£8.90
Extra Deli £1.30 // Extra Ingredients // 70P	

WRAPS

Avocado & Salad.....	£10.90
Organic avocado with salad	
Chicken & Bacon.....	£10.90
Roasted chicken, crispi bacon, salad & mayo	
Prawn & Avocado	£10.90
King prawns, avocado, salad, lemon juice, black pepper & mayo	
Zest Special.....	£10.90
Chicken escalope, cheedar cheese, chilli sauce, salad, mayo	
Fill Up.....	£10.90
Boiled egg, spring onions, slice tomatoes & chilli flakes	
Meatballs	£10.90
Meatballs, arrabiata sauce, cheddar cheese, onions & garlic mayo	
Tuna Special	£10.90
Tuna, cheddar cheese, spring onions, jalapeno, chilli sauce & mayo	
Chicken & Avocado.....	£10.90
Steamed chicken, avocado, salad & mayo	
Falafel.....	£10.90
Falafel, humus, salad, yogurt & mint sauce	

JACKET POTATOES

Garnished with salad

Plain with Butter..... £5.60

EXTRA FILLING

Beans or Cheese	£2.00
Any deli from the menu.....	£2.90
Any ingredients from the menu.....	£2.00