

## HIGH PROTEIN BOXES

### MAN POWER 513 CAL.

Seasoned Grilled Chicken Breast, Seasoned Baked Sweet Potatoes With Root Vegetables, Sautéed Cabbage, Steamed Broccoli With A Drizzle Of Tomato Relish & Grilled Plantain.  
Allergy Friendly Calories 513 Carbs 28g Fat 18g Protein 34g Halal

### SCREAM ME SALMON 501 CAL.

Grilled Salmon Fillet, Roasted New Potatoes With Hollandaise Sauce Topped With Chives, Braised Red Cabbage With Apple, Roasted Vine Tomatoes. Calories: 476 Carbs: 33g Fat: 12g Protein: 35g

### MUSCLE UP!

Baby Potatoes, Green Peas, Mixed Vegetable Tagine, Grilled Lamb Steak.  
Allergens; No Allergens.

### BE GOOD FEEL GOOD 504 CAL.

Grilled Chicken Breast, Mixed Moroccan Vegetable Tagine, Mexican Style Brown Rice, Organic Hard Boiled Egg Allergen detail: Contains Egg Calories 504 Carbs 23g Fat 14g Protein 39g Halal

### BOSS CHIC 542 CAL.

Grilled Seasoned Chicken Breast, Quinoa & Bulgar Wheat jollof, Broccoli, Organic Hard Boiled Egg, Grilled Plantain. Allergen detail: Contains Egg Cals 542 Carbs 61g Fat 16g Protein 45g Halal

### EARTHLY BOWL (VEGAN) 459 CAL.

Organic Tofu Scramble, Quinoa & Bulgar Jollof, trinity Organic Coconut Chickpea Curry, Grilled Plantain & Broccoli Topped With Tomato Relish.  
Allergen detail: Contains Coconut Cream Calories 459 Carbs 36g Fat 15g Protein 26g

### POWER VEGAN 546 CAL.

Pan Seared Tofu, Quinoa & Bulgar Wheat Jollof, Broccoli, Grilled Plantain, Avocado/Tomato/Red Onion Salad. Allergy Friendly Plant Based Cals 546 Carbs 69g Fat 24g Protein 26g



## BURGER'S

### VEGO BURGER 832 CAL.

Toasted Brioche Bun, 1 x Quinoa Patty, Jalapeños Cheese, Light Mayo, Ketchup, Tomatoes, Cucumber & Onions, Served with Baked Sweet Potato Fries & Home Made Coleslaw.  
Allergen detail: Contains Dairy Cals 836 Fat 33.2 Carbs 92g Protein 22.9g  
Allergen detail: Contains Dairy Please note: sweet potato fries are baked not fried so will not be crispy.

### SALMON COMFORT BURGER 772 CAL.

Toasted Brioche Bun, Grilled Salmon Fillet, Fresh Rocket, Cucumber, Onions, Tomatoes, Homemade Chipotle Mayonnaise. Served With Baked Sweet Potato Fries & Homemade Lean Slaw. Please Note: Fries are baked and not fried so will not be crispy.  
Cals 772 Fat 31.5g Carbs 80.6g Protein 36g

### PROTEIN OVERLOAD CHICKEN BURGER 802 CAL.

Toasted Brioche Bun, Grilled Seasoned Chicken Breast, Jalapeños Cheese, Light Mayo, Ketchup, Tomatoes, Cucumber & Onions, Served with Baked Sweet Potato Fries & Home Made Coleslaw.  
Cals 802 Carbs 79.5g Fats 28.8 and Protein 43g  
Allergen detail: Contains Dairy Please Note: Fries are baked and not fried so will not be crispy. Halal



# So Fresh

KITCHEN + JUICERY

## BREAKFAST

### POWER BREAKFAST (HALAL)

2 x Organic Scrambled Eggs, 2 x Grilled Chicken Sausages (Halal) 2 x Grilled Turkey Rashers (Halal) Ripened Vine Tomatoes & Mushrooms, Power Baked Beans, 1 x Slice Mixed Rye Sourdough Toast (Buttered). Allergens: Contains Dairy.

### POWER BREAKFAST

2 x Grilled Chicken Sausages, 2 x Grilled Turkey Rashers, 1 x Toasted Sourdough Bread, Organic Egg (Scrambled), Baked Beans, Ripened Vine Tomatoes & Mushrooms.

### AVO TOAST WITH SCRAMBLED EGG

2 x Creamy Organic Scrambled Eggs On 2 x Slices Of Sourdough Mix Seed Bread (Toasted), With Smashed Avocado.

### AVO TOAST WITH FETA & CHERRY TOMATOES

Sourdough Mixed Rye Toast x 2, Avocado Smash, Feta Cheese & Cherry Tomatoes.  
Allergens: Contains Dairy & Nuts.

## SALAD'S

### AVO BIT OF THAT 372 CAL.

Avocado, Grilled Halloumi, Spinach, Mixed Peppers, Tomatoes, Cucumber, Pitted Olives, Beetroot, Sesame Seeds, Carrots.  
Allergy Detail: Contains Dairy Contains Sesame Seeds Cals 372 Carbs 24g Fat 32.5 Protein 15g

### CHICKEN IS BAE 292 CAL.

Grilled Chicken Breast, Red Kidney Beans, Spinach, Olives, Tomatoes, Carrots, Beetroot, Peppers, Sesame Seeds, Feta Cheese, Cucumber.  
Allergy Detail: Contains Dairy. Contains Sesame Seeds. Cals 292 Carbs 26.5 Fat 3.5g Protein 26g Halal

### SMEXY SALMON SALAD 431 CAL.

Grilled Salmon Fillet, Spinach, Tomatoes, Cucumber, Olives, Carrots, Avocado, Peppers.  
Allergy detail: Contains Fish Cals 431 Fat 27.5g Carbs 3g Protein 29.5g

### CREATE YOUR OWN SALAD

Choose up to 6 options

## LEAN PASTA'S

### SPAGHETTI BOLOGNESE 429 CAL.

Lean Turkey Mince (2% Fat) In a Home Made Arrabbiata Sauce, Vine Tomatoes & Wholewheat Organic Spaghetti Topped With Fresh Parmesan.  
Allergen detail: Contains Dairy Cals 429.2 Carbs 52.2g Fat 8g Protein 42.2g  
Please note: Turkey mince is no longer halal.

### VEGAN BOLOGNESE 384 CAL.

Pea Protein Mince In A Arrabbiata Sauce, Steamed Vegetables, Vine Tomatoes, Kidney Beans & Wholewheat Organic Spaghetti.  
Allergen detail: Allergy Friendly 100% Vegan Including Spaghetti Cals 384 Carbs 30g Fat 16g Protein 17g



## HEALTHY KEBABS

### LAMB KEBAB SALAD 429 CAL.

Succulent Grilled Lamb Pieces, Baby Gem Lettuce, Beetroot Raita, Cucumber, Peppers, Tomatoes, Red Onion, Olives Served On Warm Brown Rice.  
Allergy Detail; Contains Dairy Cals 429 Carbs 39.5g Fat 9.5g Protein 30.9g Halal

### CHICKEN KEBAB SALAD 502 CAL.

Juicy Grilled Chicken Pieces, Tzatziki, Cucumber, Olives, Peppers, Tomatoes, Red Onion & Lettuce Served On Warm 3 Bean Brown Rice.  
Allergy Detail; Contain Dairy Cals 502 Carbs 38.9 Fat 14g Protein 39.1g Halal

### CREATE YOUR KEBAB SALAD

Choose up to 5 options. All Kebab Salads Come Served With A Bed Of Warm 3 Bean Brown Rice. Dressing Will Come Served Drizzled On Top Of The Salad.  
Please Advice If You would Like It Separately.



## SIDES

### SWEET POTATO FRIES 290 CAL.

Baked Sweet Potato Fries. Please Note: Fries are baked and not fried so will not be crispy.

### PLAIN SALAD (SMALL)

### ORGANIC HARD BOILED EGG 80 CAL.

Hard Boiled free range egg

### AVOCADO

Avocado Half

### GRILLED HALLOUMI 177 CAL.

4 slices of grilled halloumi Allergy detail: Contains Dairy Cals 177 Fat 1g Carbs 14g Protein 12g

### LEAN SLAW 56 CAL.

### FETA CHEESE SALAD 125 CAL.

Feta, Spinach, Tomato, Cucumber, Olives, Peppers & Carrots.



## COLD PRESSED JUICES 16OZ

### SUPER GREEN CHARGER 118 CAL.

Spinach, kale, pineapple, lemon, ginger, apple, and cucumber. Regular size.

### BACK TO THE ROOTS 108 CAL.

Beetroot, carrot, apple, ginger, and lemon. Regular size

### ENERGISER BUNNY 97 CAL.

Orange, carrot, peach, lemon, and ginger. Regular size.

### POWER PUNCH 107 CAL.

Orange, pineapple, apple, peach, and chia seeds. Regular size.

### FRESH 1 FRUIT/VEGETABLE JUICE

Choose one fruit. Regular size.

### SUMMER COOLER 107 CAL.

Strawberry, Pineapple, Apple, Mint, Orange, Ice Regular size.

### LEMONS ON ICE 117 CAL.

Lots of Lemon, Apple, Mint, Ice Regular size.

### POPEYES 165 CAL.

Spirulina Powder, Apples, Ginger, Banana, Lots of Lemon Regular size.

### GINGER IMMUNE BOOST 107 CAL.

Ginger, Apple, Orange, Carrot, Spinach Cals 99

### CREATE YOUR COLD PRESSED JUICE

Create your own cold pressed juice and choose up to 3/4 fruits or vegetables. Cold Pressed juices can last for up to 3 days in the fridge. Regular size.

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## KITCHEN + JUICERY

## PROTEIN SHAKES

### CHOC TO THE CHIP 272 CAL.

24g of Chocolate Protein Powder, Banana, Honey, Peanut Butter, Almond Milk

### THE HULK 255 CAL.

20g Vegan Pea Protein, Almond Milk, Banana, Honey, Peanut Butter, Ice

### AVO LOVA 370 CAL.

Avocado, 20g Vanilla Protein Powder, Apple, Lemon, Banana, Cinnamon, Spinach, Ice Allergy  
Detail: Contains Dairy Cals 370 Carbs 44.5g Fats 10g Protein 28g

### VEGAN BADASS

Blueberries, Strawberries, Banana, Peanut Butter, 20g Vegan Pea Protein, Agave Syrup, Almond Milk, Ice

### CREATE YOUR PROTEIN SHAKE

Create Your Own Protein Shake All Protein Shakes Are Made With Almond Milk As A Base. Regular Size

## SHOTS

### LEMON & GINGER SHOT 24 CAL.

Cold Pressed Lemon & Ginger Shot

### LEMON, GINGER & SPIRULINA 49 CAL.

Quarter cup of lemon, ginger & spirulina

### LEMON, GINGER & WHEATGRASS SHOT 54 CAL.



## SMOOTHIES 16OZ

### MANGO CRUSH 180 CAL.

Mango, passion fruit, orange, honey. Regular size

### BLUEBERRY KING 184 CAL.

Blueberry, chia seeds, strawberry, orange, chia seeds, honey. Regular size

### DREAM DATES 285 CAL.

Medjool dates, cinnamon, banana, honey, and almond milk. Regular size

### STRAWBERRY WARRIOR 202 CAL.

Strawberry, Passion Fruit, Banana, Pineapple, Honey Regular size

### LEAN GREEN MACHINE 194 CAL.

Spinach, Kale, Banana, Mango, Passion Fruit, Almond Milk, Honey Regular Size

### CREATE YOUR OWN SMOOTHIE

Create your own smoothie with 3/4 of our fresh fruits/vegetables. Regular size

