

menu week (1) 09.01/ 06.02 / 06.03

**Soup**

Soup of the day

25cl / 2.8 . 50cl / 4.8 . 75cl / 6.5  
+ bread 0.8 | butter 0.3

**IN A HURRY?**

**grab & go  
your pre-packed  
bread or bowl**

**Breads**

Tartine Old Bruges Cheese, mustard mayo, pickles & rucola [MON - THU] / 4.8

Tartine Harissa Chicken, cucumber, carrot & rucola [MON - THU] / 4.8

Wrap Seasonal Hummus & grilled vegetables [VE] / 7.9

Wrap White Cheese & Roasted Beetroot, pear, rucola & balsamic cream [VEG] / 7.9

Wrap Chicken Caesar w. crunchy lettuce & parmesan / 7.9

Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 7.9

**Powerbowls I make your own**

2.9 per 100g

Thai Minced Tofu [VE] | Sweet & Salty Baked Feta [VEG] | Thai Minced Chicken

—

Rice Noodle Hoisin Salad w. pumpkin, leek & carrot

Orzo Salad w. zero waste pesto, kale, shiitake & brown mushroom

Sweet Potato Wedges

Fresh marinated coleslaw w. dill

Sweet & sticky parsnip w. roasted sesame & red chili

Roasted beetroot w. baked orange

Seasonal Roasted Vegetables

—

Za'atar hummus | Sweet chili mayo

**per 100g**

**mains only / 3.5**

**sides only / 2.9**

**dip only / 2.0**

**Hot bowl I to reheat at home**

2.1 per 100g

Ginger & Lemongrass Curry w. seasonal roasted vegetables & rice [VE]

menu week (2) 16.01 / 13.02/ 13.03

**Soup**

Soup of the day

25cl / 2.8 . 50cl / 4.8 . 75cl / 6.5  
+ bread 0.8 | butter 0.3

**IN A HURRY?**

**grab & go  
your pre-packed  
bread or bowl**

**Breads**

Tartine Old Bruges Cheese, mustard mayo, pickles & rucola [MON - THU] / 4.8

Tartine Harissa Chicken, cucumber, carrot & rucola [MON - THU] / 4.8

Wrap Seasonal Hummus & grilled vegetables [VE] / 7.9

Wrap Falafel & Za'atar Hummus w. baby spinach & chickpea salad [VE] / 7.9

Wrap Thai Minced Chicken w. kefir mayo, raw veggies & marinated spring onion / 7.9

Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 7.9

**Powerbowls I make your own**

2.9 per 100g

Sweetcorn Herb Pattie [VE] | Celeriac Rösti [VEG] | Herbed Chicken Meatballs

—

Bulgur w. chili roasted sprouts, savory peanuts, spring onion & leek

Couscous Salad w. pickled carrot & red onion, parsnip, celeriac & sweet & spicy tahini

Sweet Potato Wedges

Grated beet & carrot salad w. fresh herbs

Raw marinated broccoli salad w. mustard dressing, raisins, feta & pumpkin seeds

Curried cauliflower apple salad w. tahini & baked chickpeas

Seasonal Roasted Vegetables

—

Beetroot hummus | Harissa mayo

**Hot bowl I to reheat at home**

2.1 per 100g

**per 100g**

**mains only / 3.5**

**sides only / 2.9**

**dip only / 2.0**

Pumpkin Lemon Bake Orecchiette [VEG]

menu week (3) 23.01 / 20.02 / 20.03 /

Soup

Soup of the day

25cl / 2.8 . 50cl / 4.8 . 75cl / 6.5  
+ bread 0.8 | butter 0.3

**IN A HURRY?**  
**grab & go**  
**your pre-packed**  
**bread or bowl**

Breads

Tartine Old Bruges Cheese, mustard mayo, pickles & rucola [MON - THU] / 4.8

Tartine Harissa Chicken, cucumber, carrot & rucola [MON - THU] / 4.8

Wrap Seasonal Hummus & grilled vegetables [VE] / 7.9

Wrap Thai Minced Tofu w. spicy peanut sauce & marinated cabbage [VE] / 7.9

Wrap Chicken BLT w. sweet chili mayo, egg, sun dried tomato & crispy bacon / 7.9

Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 7.9

Powerbowls I make your own

2.9 per 100g

Black Bean Tempeh Burger [VE] | Pumpkin Ricotta Pattie [VEG] | Crispy Sesame Chicken

—

Orzo Salad w. harissa roasted winter vegetables

Lentil Chickpea Salad w. sweet potato, cabbage, ginger & soy

Sweet Potato Wedges

Savoy slaw w. chestnut, sage & butternut

Roasted beetroot w. hazelnut dukkah

Shaved brussels sprouts w. curry dressing & cranberries

Seasonal Roasted Vegetables

—

Pumpkin hummus | Curry Mayo

Hot bowl I to reheat at home

2.1 per 100g

**per 100g**  
**mains only / 3.5**  
**sides only / 2.9**  
**dip only / 2.0**

Chicken & Date Tajine w. couscous

## menu week (4) 30.01 / 27.02

### Soup

Soup of the day  
25cl / 2.8 . 50cl / 4.8 . 75cl / 6.5  
+ bread 0.8 | butter 0.3

**IN A HURRY?**  
grab & go  
your pre-packed  
bread or bowl

### Breads

Tartine Old Bruges Cheese, mustard mayo, pickles & rucola [MON-THU] / 4.8  
Tartine Harissa Chicken, cucumber, carrot & rucola [MON-THU] / 4.8  
Wrap Seasonal Hummus & grilled vegetables [VE] / 7.9  
Wrap Curried Cream Cheese w. radish, carrot, bell pepper & cucumber [VEG] / 7.9  
Wrap BBQ Chicken w. kidney beans, sweetcorn & coleslaw / 7.9  
Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 7.9

### Powerbowls I make your own

2.9 per 100g

Homemade Falafel [VE] | Zucchini feta pattie [VEG] | Coconut Chicken

—

Couscous Salad w. pickled carrot & red onion, parsnip, celeriac & sweet & spicy tahini  
Beetroot Bulgur Salad w. celeriac, parsley & dill  
Sweet Potato Wedges

Radish salad w. beans & vegan zero waste pesto  
Chili roasted brussels sprouts w. parmesan  
Gochujang apple salad w. turmeric cabbage & curly kale  
Seasonal Roasted Vegetables

—

Harissa Hummus | Sriracha Mayo

### Hot bowl I to reheat at home

2.1 per 100g

**per 100g**  
mains only / 3.5  
sides only / 2.9  
dip only / 2.0

Meatballs w. Tomato & Fennel & rosemary baked potatoes



### Fresh / Homemade Sweets

Speculoos Cookie / 2.5  
Chocolate Chip Cookie / 2.8  
Peanut Butter Oats Cookie / 2.8

Apple Cinnamon Cake / 3.5  
Cake of the Day / 3.6  
Triple Chocolate Brownie / 4

Apple Crumble / 4.2  
Rhubarb Crumble / 4.2  
Soft Chocolate Pie / 4.2  
Cheesecake / 4.2

Bananabread w. cacao nibs / 4.5  
vegan, gluten-free, no refined sugar

Turmeric Chia Pudding / 4.5  
vegan, gluten-free, no refined sugar

Raw Vegan Snicker Bar / 4.8  
vegan, gluten-free, no refined sugar

### Snacks

Tony Choclonely Chocolate / 2.5  
milk | milk, caramel & seasalt | dark | dark, almond & seasalt

Go Pure / Pop Chips / 2  
Rice Cracker / 3.5  
Bollenmix / 4.5  
Wasabi Peanuts / 4.5  
Nuts & Raisins / 5.5  
Hazelnut Chocolate / 7.5



## Coffee & Tea

espresso / 2.6

long black / 2.8

doppio / 2.8

americano / 3.0

cappuccino / 3.6

flat white / 3.6

latte / 3.8

dsl / 4.0

earl grey tea / 3.2

sencha green tea / 3.2

fresh ginger tea / 3.6

hot chocolate / 3.8

chai latte / 3.8

matcha latte / 4

+ soy / almond / oat / 0.4

+ vanilla / caramel / hazelnut / 0.2

+ extra shot espresso / 0.4



## Fresh Drinks

still water marie stella maris 50cl / 2.8  
sparkling water marie stella maris 50cl / 2.8

fritz kola / zero / 3.0  
fritz spritz rhubarb / 3.2  
cucumis cucumber / 3.8

homemade lemon & ginger iced tea 50cl / 4.5  
sparkling pomegranate lemonade 50cl / 4.5

apple carrot ginger juice 50cl / 6.5  
apple beetroot ginger juice 50cl / 6.5