

menu week (1) 09.01/ 06.02/ 06.03

**Soup of the day**

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

**Breads**

Tartine of the Day / 4.8

Baguette(s) of the Day / 5.8

**IN A HURRY?**

grab & go  
your pre-packed  
bread or bowl

Wrap Seasonal Hummus & grilled vegetables [VE] / 6.3

Wrap White Cheese & Roasted Beetroot, pear, rucola & balsamic cream [VEG] / 6.3

Wrap Chicken Caesar w. crunchy lettuce & parmesan / 6.3

Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 6.3

**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

**Hot bowl I to reheat at home**

2.1 per 100g

Ginger & Lemongrass Curry w. seasonal roasted vegetables & rice

menu week (2) 16.01 / 13.02/ 13.03

**Soup of the day**

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

**Breads**

Tartine of the Day / 4.8

Baguette(s) of the Day / 5.8

Wrap Seasonal Hummus & grilled vegetables [VE] / 6.3

Wrap Falafel & Za'atar Hummus w. baby spinach & chickpea salad [VE] / 6.3

Wrap Thai Minced Chicken w. kefir mayo, raw veggies & marinated spring onion / 6.3

Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 6.3

**IN A HURRY?**

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

**Powerbowls I make your own**

2.9 per 100g

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

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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

Pumpkin Lemon Bake Orecchiette

menu week (3) 23.01 / 20.02 / 20.03

**Soup of the day**

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

**Breads**

Tartine of the Day / 4.8

Baguette(s) of the Day / 5.8

**IN A HURRY?**

grab & go  
your pre-packed  
bread or bowl

Wrap Seasonal Hummus & grilled vegetables [VE] / 6.3

Wrap Thai Minced Tofu w. spicy peanut sauce & marinated cabbage [VE] / 6.3

Wrap Chicken BLT w. sweet chili mayo, egg, sun dried tomato & crispy bacon / 6.3

Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 6.3

**Powerbowls I make your own**

2.9 per 100g

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

Chicken & Date Tajine w. couscous

## menu week (4) 30.01 / 27.02

### Soup of the day

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

### Breads

Tartine of the Day / 4.8

Baguette(s) of the Day / 5.8

**IN A HURRY?**

grab & go  
your pre-packed  
bread or bowl

Wrap Seasonal Hummus & grilled vegetables [VE] / 6.3

Wrap Curried Cream Cheese w. radish, carrot, bell pepper & cucumber [VEG] / 6.3

Wrap BBQ Chicken w. kidney beans, sweetcorn & coleslaw / 6.3

Wrap Sriracha Chicken w. coleslaw, sweetcorn, roasted sesame seeds & lettuce / 6.3

### Powerbowls I make your own

2.9 per 100g

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

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 Chocolonely 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



## 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