

The background features several abstract, organic shapes in shades of orange and lime green. These shapes are scattered across the page, some overlapping. Thin, hand-drawn style lines in the same colors are also present, some forming loops or borders around the shapes. The overall aesthetic is modern and minimalist.

Snacks



Apple

ALLERGENS -
N/A

DF
GF
V
VE

Calories 95 Kcal
Protein 0.5 g
Carbs 25 g
Fat 0.3 g



Banana

ALLERGENS -
N/A

DF
GF
V
VE

Calories 105 Kcal
Protein 1.3 g
Carbs 27 g
Fat 0.3 g



Propercorn Sea Salted Popcorn

Wholegrain Corn, Rapeseed oil, Isomalt, Demerara
sugar & Sea salt

**ALLERGENS -
N/A**

**DF
GF
V
VE**

Calories 307 Kcal
Protein 6 g
Carbs 39.6 g
Fat 12.2 g



Propercorn Sweet & Salty Popcorn

Wholegrain Corn, Rapeseed oil, Isomalt, Demerara
sugar & Sea salt

ALLERGENS -
N/A

DF
GF
V
VE

Calories 139 Kcal
Protein 2.3 g
Carbs 17 g
Fat 6.1 g

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Protein Snacks

Biltong by Bliksem (75g)

Our original flavour is a tasty blend of salt, vinegar, Worcestershire sauce, honey, coriander seeds, pepper, and a cheeky dash of chilli

ALLERGENS -
Fish, Soya

DF
GF

Calories 286 Kcal
Protein 55g
Carbs 1g
Fat 12g

Tuna Snack Pot

High In Protein 12.4g

Tuna, cucumber, chickpeas, toasted omega seeds in
a light tahini dressing

ALLERGENS -

Fish, Soya, Eggs, Sesame Sulphides

DF

GF

Calories 184 Kcal

Protein 12.4 g

Carbs 16 g

Fat 3 g



Fava Beans

Our original flavour is a tasty blend of salt, vinegar, Worcestershire sauce, honey, coriander seeds, pepper, and a cheeky dash of chilli

ALLERGENS - Legumes

DF
GF
V
VE

Calories 300 Kcal
Protein 13 g
Carbs 33 g
Fat 14.5 g

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Weekend Breakfast

Simple Big Breakfast

A no-nonsense power breakfast featuring 100% lean chicken sausage, creamy avocado, three free-range eggs, wild British spinach and sourdough toast

ALLERGENS -

Gluten, milk,
sulphites, egg &
~~Sulphur dioxide~~

Calories 595 Kcal
Protein 46.5 g
Carbs 35 g
Fat 30 g

Scrambled Eggs on Toast

Clarence Court scrambled eggs on toast

ALLERGENS -
Eggs, Milk & Gluten

V

Calories 295 Kcal
Protein 16 g
Carbs 23 g
Fat 15 g

Build your own Omelette

Choose from 1 protein and 2 sides

ALLERGENS -
Milk, Gluten, Sulfites

Calories 360 Kcal
Protein 32 g
Carbs 13 g
Fat 4 g



Granola

Granola with Greek yoghurt and fresh fruits.

ALLERGENS -
Eggs, Milk, Gluten,
Peanuts, Banana,
Sulphites, Soy, Sesame

V

Calories 650 Kcal
Protein 20 g
Carbs 75 g
Fat 30 g



Sourdough bread with butter

ALLERGENS -
Gluten & Milk

V

Calories 155 Kcal
Protein 4 g
Carbs 22 g
Fat 5 g

Acai Bowl

Açaí topped with fresh sliced banana, our homemade roasted granola and peanut butter

ALLERGENS -
Gluten, cashew nuts,
almond, nuts, hazelnut,
walnut, peanuts,
sesame, sulphur
dioxide/sulphites

V
VE

Calories 480 Kcal
Protein 10 g
Carbs 55 g
Fat 25 g

Carrot cake pancakes

Carrot cake pancakes with Greek yoghurt, berries and syrup

ALLERGENS -
Gluten, Eggs, Milk,
Nuts

V

Calories 430 Kcal
Protein 16.5 g
Carbs 14 g
Fat 58 g

Gluten Free Porridge with Peanut Butter & Banana

ALLERGENS -
Peanuts, Banana

V

Calories 480 Kcal
Protein 14 g
Carbs 60 g
Fat 20 g



Crushed Avacado on Toast

ALLERGENS -
Gluten, Avocado, Milk,
Lemon, Omega-3 Seeds

V

Calories 320 Kcal
Protein 7 g
Carbs 28 g
Fat 22 g

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Proteins



Salmon Fillet

Scottish Salmon Fillet

ALLERGENS -
Fish

DF
GF

Calories 273 Kcal
Protein 28g
Carbs 1g
Fat 16g



Turkey Burger

Turkey thigh, diced onion, GF breadcrumbs
with mixed spices

ALLERGENS -
N/A

DF
GF

Calories 189 Kcal
Protein 29g
Carbs 13g
Fat 5g



Plain Chicken

Chicken Breast with salt and pepper

ALLERGENS -
Sulphides

DF
GF

Calories 159 Kcal
Protein 36g
Carbs 0g
Fat 2g



Teriyaki Chicken

Chicken Breast with a teriyaki sauce

ALLERGENS - DF
Sulphides, Gluten,
Sesame, Soya

Calories 223 Kcal
Protein 36g
Carbs 6g
Fat 2g



Chicken Milanese

Chicken Breast with breadcrumbs and seasoning

ALLERGENS -
Sulphides, Gluten

DF

Calories 232 Kcal
Protein 37g
Carbs 11g
Fat 2g



Pesto Chicken

Chicken Breast with dairy free dressing

ALLERGENS -
Sulphides

DF
GF

Calories 191 Kcal
Protein 36g
Carbs 0g
Fat 5g



Peri Peri Chicken

Chicken Breast with peri peri spices

ALLERGENS -
Sulphides

DF
GF

Calories 159 Kcal
Protein 36g
Carbs 0g
Fat 2g



Sea Bass Fillet

Skin on grilled sea bass fillet seasoned with
a light lemon juice dressing

ALLERGENS -
Fish, Sulphides

DF
GF

Calories 149 Kcal
Protein 25.3g
Carbs 4g
Fat 7.4g



Baked Chicken Meatballs

Chicken Meatball with homemade tomato sauce,
grated mozzarella cheese, pasta DeCecco

ALLERGENS -
Mustard, Soya, Milk, Egg, Gluten **V**
GF

Calories 328 Kcal
Protein 30g
Carbs 42g
Fat 16g



Pesto Patty

Vegan patty made with broccoli, potatoes
with a quinoa crust

ALLERGENS -
Celery, Sulphides

VE
DF

Calories 216 Kcal
Protein 8g
Carbs 24g
Fat 7g



Baked Aubergine

The deliciously simple beaked aubergine dish combines the richness of oven-roasted eggplant with feta and the bold flavour of garlic.

ALLERGENS -
Milk, Sulphides

VE
GF

Calories 268 Kcal
Protein 7g
Carbs 17g
Fat 24g

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Salads



Pesto Pasta

Italian-style whole-wheat pasta & dairy-free basil
pesto with cherry tomatoes

ALLERGENS -
Gluten, Sulphides

VE
DF

Calories 220 Kcal
Protein 6.3g
Carbs 28g
Fat 7.9g



Mediterranean Roasted Vegetables Couscous

Light and fluffy Couscous with roasted peppers, onions, butternut squash, leeks in a dairy free dressing

ALLERGENS

Wheat, Celery

VG

V

Calories 390 Kcal

Protein 7g

Carbs 51g

Fat 16.5g



Three Bean Salad

Kidney beans, butter beans, chickpeas, cucumber & peppers in a lemon dressing

ALLERGENS -
Sulphides

V
DF
GF
VE

Calories 255 Kcal
Protein 9.8g
Carbs 36g
Fat 8.1g



Baby Potatoes

New potatoes roasted in salt & pepper dressing

ALLERGENS -
N/A

VE
DF
GF

Calories 186Kcal
Protein 3.8g
Carbs 33.3g
Fat 4.7g



Roasted Sweet Potatoes

Sweet potatoes roasted in paprika & cinnamon

ALLERGENS -
N/A

VE
DF
GF

Calories 291Kcal
Protein 3g
Carbs 40g
Fat 13.9g



Baby Spinach

Fresh baby spinach leaves

ALLERGENS -
N/A

VE
DF
GF

Calories 8 Kcal
Protein 1g
Carbs 1.3g
Fat 0.14g



Greek Lentils

Puy Lentils, Sun-dried tomatoes, kalamata olives, red onion in a greek tahini dressing

ALLERGENS -
Sesame, sulphides

VE
DF
GF

Calories 338 Kcal
Protein 14.3g
Carbs 33.8g
Fat 16.4g



Roast Vegetables

Herritage purple yellow and orange carrots with
parsnips in a light mustard dressing

ALLERGENS -
Mustard, sulphides

VE
DF
GF

Calories 155 Kcal
Protein 1.6g
Carbs 25.5g
Fat 5g



Pea Salad

British Peas, potatoes with red onion,
carrot in a tahini dressing

ALLERGENS -

Eggs, sesame, soya, sulphides

DF

GF

Calories 330 Kcal
Protein 12.5g
Carbs 51g
Fat 9.2g



Barley salad

Barley with onions, sun-dried tomatoes,
cucumber, peppers in a greek dressing

**ALLERGENS - Celery, Sulphides,
Gluten, Sesame**

**VE
DF**

Calories 315 Kcal
Protein 5.7 g
Carbs 49.5 g
Fat 10 g



Lemon Broccoli

Steamed broccoli in a light lemon juice dressing

ALLERGENS -
N/A

VE
DF
GF

Calories 113 Kcal
Protein 4.5g
Carbs 10.5g
Fat 5.2g



Broccoli Stems

Roasted broccoli stems with raisins in a
salt & pepper dressing

ALLERGENS - Sulphides

VE
DF
GF

Calories 165 Kcal
Protein 5g
Carbs 21.5g
Fat 5.6g



Crunchy Kale

Kale, carrot & chickpea salad in a 'no-cheese' blue cheese dressing

ALLERGENS -
Eggs, Sesame,
Soya, Sulphides

VG
DF
GF

Calories 245Kcal
Protein 8.3g
Carbs 30g
Fat 11.5g



Light Coleslaw

Slaw, carrot & spring onions in a 'no-cheese' blue cheese dressing

**ALLERGENS - Eggs, Sesame,
Soya, Sulphides**

**DF
GF**

Calories 143 Kcal
Protein 2g
Carbs 9g
Fat 10.7g



Brown Rice

Plain brown rice with parsley

ALLERGENS -
N/A

VE
DF
GF

Calories 208 Kcal
Protein 3.5g
Carbs 34.5g
Fat 5.9g



Mediterranean Couscous

Light and fluffy Couscous with roasted peppers, onions, butternut squash, leeks in a dairy free dressing

ALLERGENS
Wheat, Celery

VG
V

Calories 285 Kcal
Protein 6.9g
Carbs 48g
Fat 7.5g



Asian Quinoa Salad

Quinoa mixed with cucumber,
edamame and spring onions

ALLERGENS -
Sesame, Soya, Gluten

VE
DF

Calories 390 Kcal
Protein 9g
Carbs 40.5g
Fat 19.5g

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Premiums



Classic Hummus

Chickpeas, garlic & tahini

ALLERGENS -
Sesame, Sulphides

VE
DF
GF

Calories 211 Kcal
Protein 9g
Carbs 14g
Fat 11g



Feta Cheese Bites

Crumbled feta cheese

ALLERGENS -
Milk

VG
GF

Calories 75 Kcal
Protein 5g
Carbs 0g
Fat 6g



Simple Avocado

Avocado with lemon juice

ALLERGENS -
Sulphides

VE
DF
GF

Calories 175 Kcal
Protein 2g
Carbs 3g
Fat 17g

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Sauces



Tzatziki Sauce

Greek yoghurt tzatziki sauce

ALLERGENS -

Milk

V

GF

Calories 24 Kcal

Protein 2g

Carbs 1g

Fat 1g



Spicy Sauce

greek yoghurt with chilli spice

ALLERGENS -
Milk

V
GF

Calories 24 Kcal
Protein 2g
Carbs 1g
Fat 1g



Habanero Sauce

Homemade Chilli Habanero sauce with
roasted peppers and mango puree

ALLERGENS

Sulphides

VG

GF

V

Calories 40 Kcal
Protein 0.5g
Carbs 18g
Fat 1g



Cakes & Desserts



Protein Balls

Dates, Peanut Butter, Cacao Powder,
Soya Protein

ALLERGENS

Sulphides, Peanut, Soya

DF
GF
V

Calories 185 Kcal
Protein 8.7 g
Carbs 26 g
Fat 7.9 g



Raw Snickers

Peanuts, Coconut Palm Sugar, Cacao Powder, Vanilla,
Cashew, Peanut Butter, Raw Dark Chocolate

ALLERGENS

Sulphides, Peanut, Cashew

DF

GF

V

VE



Raw Bounty

Coconut, Raw Dark Chocolate, Coconut Palm Sugar,
Coconut Blossom Nectar

ALLERGENS -
N/A

DF
GF
V
VE



Banana Bread

Gluten free flour, Banana, Free range eggs & Vanilla

ALLERGENS -
Eggs

GF
V
DG

Calories 298 Kcal
Protein 5 g
Carbs 44 g
Fat 11 g



Chocolate Brownie

Gluten free flour, Free range eggs, Vanilla, Cacao powder & Beetroot

ALLERGENS -
Eggs

GF
VE

Calories 328 Kcal
Protein 5 g
Carbs 37 g
Fat 18 g



Choco Chip Cookie

Dairy and gluten free chocolate chip and raisin

ALLERGENS -
Eggs, Soya

GF
DF
V

Calories 328 Kcal
Protein 5 g
Carbs 37 g
Fat 18 g

Chocolate Peanut Bites

Made with cashews, 67% dark chocolate* (cacao mass, coconut blossom sugar, cacao butter), maple syrup*, peanuts* (6%), peanut butter* (4%), date paste*, cacao butter*, cacao powder*, vanilla powder*

Made in a facility that processes tree nuts, peanuts and sesame. *Denotes organic ingredient.

Calories 139 Kcal
Protein 1.7 g
Carbs 10.8 g
Fat 10.6 g

ALLERGENS -

**Cashews, peanuts, peanut butter, tree
nuts, sesame**

**GF
V**

Chocolate Coconut Bites

Made with desiccated coconut* (56%), 67% dark chocolate* (cocoa mass, coconut blossom sugar, cocoa butter), coconut nectar*, vanilla powder*

Made in a facility that processes tree nuts, peanuts and sesame. *Denotes organic ingredient.

Calories 140 Kcal
Protein 2 g
Carbs 10 g
Fat 11 g

ALLERGENS -
Tree nuts, peanuts, sesame

GF
V

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Protein pots



Banoffee Pie Yogurt

Yogurt, Whey Protein, Banana, Dates

ALLERGENS -
Sulphides, Milk

GF
VE

Calories 157 Kcal
Protein 18 g
Carbs 22 g
Fat 2 g



Chocolate Yoghurt Pot

Yogurt, Whey Protein

ALLERGENS -
Milk

GF
VE

Calories 140 Kcal
Protein 17 g
Carbs 20 g
Fat 2 g



Tiramisu Yogurt Pot

Yogurt, Whey Protein, Coffee, Cacao Powder

ALLERGENS -
Milk

GF
VE

Calories 140 Kcal
Protein 17 g
Carbs 20 g
Fat 2 g

Protein Granola Yogurt

High In Protein 12.4g

Greek Yogurt with berry protein, chia seeds and
homemade granola

ALLERGENS -

Soya, Eggs, Sesame Sulphides

DF

Calories 264 Kcal
Protein 35 g
Carbs 18 g
Fat 7.6 g



Free Range Boiled Eggs

Served on a Bed of Spinach

ALLERGENS -
Sulphides, Eggs

DF
GF
VE

Calories 145 Kcal
Protein 14 g
Carbs 0.2 g
Fat 8.7 g

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Fresh Smoothies



Simple Green

Pineapple, Spinach, Kale stems, Apple Juice &
Spirulina

ALLERGENS -
N/A

GF
DF
V
VE

Calories 201 Kcal
Protein 2 g
Carbs 49.5 g
Fat 0.6 g



Super Berry

Berries, Banana & Apple Juice

ALLERGENS -
Banana

GF
DF
V
VE

Calories 241 Kcal
Protein 1.7 g
Carbs 58 g
Fat 0.8 g



Banana Muscle Up

Oats, Banana, Whey Protein, Maca,
Peanut Butter & Milk

ALLERGENS -
Peanut, Banana, Milk

GF
V

Calories 558 Kcal
Protein 41 g
Carbs 53 g
Fat 20.7 g



Chocolate Muscle Up

Oats, Banana, Whey Protein, Maca,
Peanut Butter, Chocolate & Milk

ALLERGENS -
Peanut, Banana

GF
V

Calories 558 Kcal
Protein 41 g
Carbs 53 g
Fat 20.7 g



Espresso Muscle Up

Oats, Banana, Whey Protein, Maca,
Peanut Butter, Espresso & Milk

ALLERGENS -
Peanuts, Banana

GF
V

Calories 558 Kcal
Protein 41 g
Carbs 53 g
Fat 20.7 g



Vanilla Simple Protein

Whey Protein, Vanilla & Milk

ALLERGENS -
Milk

GF
V

Calories 312 Kcal
Protein 33.6 g
Carbs 17 g
Fat 11.6 g



Chocolate Simple Protein

Whey Protein, Chocolate & Milk

ALLERGENS -
Milk

GF
V

Calories 312 Kcal
Protein 33.6 g
Carbs 17 g
Fat 11.6 g

The background is a light cream color, decorated with several abstract, organic shapes in shades of orange and lime green. These shapes are outlined with thin, hand-drawn green lines that loop and swirl around them. The shapes are scattered across the page, with some overlapping the central text.

Fresh Juices



Dr Immune

Broccoli, Kale, Apples, Celery Juice & Fennel

ALLERGENS -
N/A

GF
DF
V
VE

Calories 307 Kcal
Protein 5 g
Carbs 37 g
Fat 18 g



Pina Colada

Pineapple, Banana & Coconut Milk

ALLERGENS -
Banana

GF
DF
V
VE

Calories 728 Kcal
Protein 4.2 g
Carbs 439 g
Fat 60.4 g



Dr Brain

Carrots, Appels & Ginger

ALLERGENS -
N/A

GF
DF
V
VE

Calories 250 Kcal
Protein 2.8 g
Carbs 64 g
Fat 1 g



Dr Beauty

Cucumber, Appels & Fennel

ALLERGENS -
N/A

GF
DF
V
VE

Calories 210 Kcal
Protein 2.9 g
Carbs 55 g
Fat 0.9 g



Dr Detox

Beetroot, Celery, Pineapple & Ginger

ALLERGENS -
N/A

DF
GF
V
VE

Calories 124 Kcal
Protein 41 g
Carbs 3.4 g
Fat 0.4 g

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Drinks



Diet Coke

ALLERGENS -
N/A

Calories 1 Kcal
Protein 0 g
Carbs 0 g
Fat 0 g



Kombucha - Ginger

ALLERGENS -
N/A

Calories 60 Kcal
Protein 0 g
Carbs 14 g
Fat 0 g



Kombucha - Cherry

ALLERGENS -
N/A

Calories 60 Kcal
Protein 0 g
Carbs 14 g
Fat 0 g



Fresh Lemonade

ALLERGENS -
N/A

Calories 60 Kcal
Protein 0 g
Carbs 14 g
Fat 0 g



Simple Lemon & Mint Vitamin Water

ALLERGENS -
N/A

Calories 60 Kcal
Protein 0 g
Carbs 14 g
Fat 0 g



Still Water

ALLERGENS -
N/A

Calories 0 Kcal
Protein 0 g
Carbs 0 g
Fat 0 g



Mint & Apple Iced Tea

ALLERGENS -
N/A

Calories 18 Kcal
Protein 0 g
Carbs 4 g
Fat 0 g



Latte

ALLERGENS -
N/A

Calories 180 Kcal
Protein 9 g
Carbs 13 g
Fat 9 g



Flat white

ALLERGENS -
N/A

Calories 110 Kcal
Protein 5 g
Carbs 8 g
Fat 6 g



Black coffee

ALLERGENS -
N/A

Calories 2 Kcal
Protein 0 g
Carbs 0 g
Fat 0 g



Mint & apple Iced Tea

ALLERGENS -
Sulphides

Calories 50 Kcal
Protein 0 g
Carbs 13 g
Fat 0 g