

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

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

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 Avocado on Toast

ALLERGENS -

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

V

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

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 -

Sulphides, Gluten,
Sesame, Soya

DF

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 baked 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

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



The background features a light beige surface decorated with several abstract, organic shapes in orange and green. These shapes are irregular, blob-like forms with thin, dark green outlines. Some shapes overlap, creating a sense of depth. A prominent large shape is centered at the bottom, with a thin horizontal line extending from its right side towards the center.

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

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* [cocoa 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

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

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

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

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