

Healthy Bear

Breakfast

Breakfast served until 12pm

Porridge pots (187 calories) £2.00
 customise at toppings station
 honey / compote / seeds

BREAKFAST ROLLS £2.50

Carinhill Farm Lorne Sausage (405 calories)

Bacon (423 calories)

Portobello mushroom, spinach
 & cherry tomatoes (303 calories)

TOASTED BAGEL £4.00

with:

Nutella (306 calories)

Peanutbutter & Banana (385 calories)

Smashed Avocado (373 calories)

Poached eggs (279 calories)

Poached eggs with spinach (285 calories)

Poached eggs with smoked salmon (353 calories)

Poached eggs with bacon (447 calories)

Posh Pots

All pots are filled with beansprouts, red pepper,
 & spring onion then heated with a miso broth &
 topped with crispy shallots, coriander and a lime
 wedge (all optional) add a boiled egg for 80p

PHO GOODNESS SAKE (422 calories) £5.00

Aromatic beef pho with rice noodles

SHIMMY SHIMMY COCO POT £5.00

Coconut prawn with glass noodles (365 calories)

BOOM, SHAKE THE SHROOM £4.50

Shiitake mushroom & broccoli
 with rice noodles

(156 calories)

Wraps & Boxes

All boxes are gluten free

WRAP: £4.90 **BOX:** £5.50

Served all wrapped up in Lebanese flatbread
 (100 calories) or boxed with brown rice
 (111 calories) and crunchy kaleslaw.

HOT-REN-DANG! (378 calories) (box GF)

Slow cooked beef rendang with coriander,
 pickled cucumber & cashews

CHICK, CHICK BOOM (275 calories) (box GF)

Tamari braised chicken adobo with pak choi
 & citrus creme fraiche

SMOKEY SWEET CHILLIE

(327 calories) (box GF/V)

Chipotle Sweet potato and black bean stew
 with avocado salsa.

MOROCCAN-CAN LAMB (180 calories) (box GF)

Slow cooked Moroccan lamb with dates, with
 sumac creme fresh and pomegranate seeds

Healthy Salads

All salads are served with leaves, grated carrot
 and beetroot salad dressings in the fridge just help
 yourself!

CHICK-A-TANG TANG (340 calories) £6.50

Tamari braised chicken, quinoa, red pepper,
 mango & spinach

SALMON, VEG & WEDGE (138 calories) £6.60

Hot smoked salmon & prawn, rocket &
 lemon wedge

FALAFEL-SPIN-SALSA (306 calories) £6.30

Quinoa, falafel, tomato, spinach & avocado salsa

A FINE TUNE (350 calories) £6.50

Yellow fin tuna, egg, mixed peppers and olives

Rice Paper Rolls

all with crunchy veg and glass noodles

Prawn (115 calories) £4.00

Asian spiced beef (120 calories) £4.00

Cashew and broccoli (102 calories) £3.60

Juices

£3.00

Freshly made every day - find them in the
 fridge, and blitz at the counter

add

spirulina/protein/matcha powder/chia seeds 50p

ADD ONS

Kaleslaw 80p

Protein pot (boiled egg, seeds, spinach) £1.50

Fruit pots - Seasonal chopped fruit £1.50

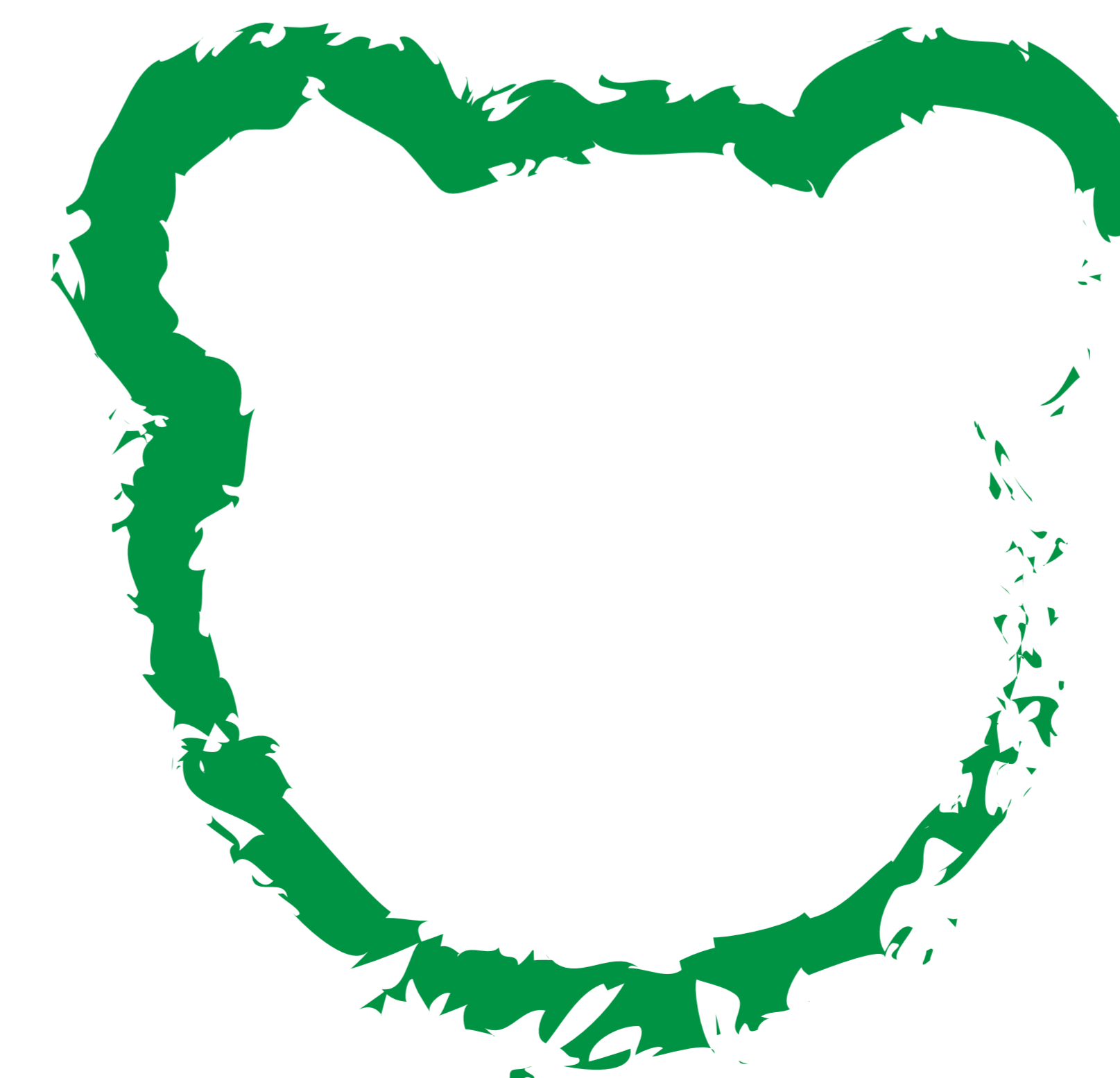
Trail mix - Nuts and seeds £1.00

Granola pots £2.25

- granola and greek yoghurt

Customise at the topping station with

Seeds / Compote / Honey



Frozen Yoghurt

Pick your Yoghurt :

Small £2.50 Medium £3.50

Honey Bear

Natural yoghurt, runny honey, granola and
 raspberries

Take the Flax

Flavoured yoghurt, flax seed, banana, mango

Wake me up!

Natural Yoghurt, Espresso, Cayenne Pepper,
 Dark Chocolate and strawberries

Green Eyed Bear

Natural yoghurt, Lime, Kiwi, coconut shavings

Coco – Nut.

Flavoured Yoghurt, dark chocolate shavings,
 blue berries

Create Your Own

Any 2 of our toppings

Pick additional toppings : 50p each

Add after gym boosters : free

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