



SPECIAL OF THE WEEK

11.01.2021 - 16.01.2021

Monday

LENTILS SALAD

With Carrot and Beetroot

SMOOTHIE

Pina Pure: Pineapple, Coconut Milk and Yoghurt

Tuesday

ROAST VEGETABLES

Chickpeas, Spinach, Chèvre Cheese and Herbs

SMOOTHIE

Very Berry: Mixed Berries, Dates, Rice Milk, Honey, Brown Flax Seed and Lemon Juice

Wednesday

PASTA FARFALLE

Cherry Tomato, Mango, Papaya, Pineapple, Basil, Spring Onion and Sweet chilli

SMOOTHIE

Apple Pie: Oat Milk, Apple, Cinnamon, Walnut, Date, Banana and Oat

Thursday

ROAST PEPPERS

With Vegetables, Coconut Milk and Cheese

JUICE

Week Starter: Broccoli, Ginger, Apple and Parsley

Friday

BROCCOLI & CAULIFLOWER SALAD

Cherry Tomato, Feta Cheese and Herbs

JUICE

Green Glow: Apple, Spinach, Cucumber, Mint, Pineapple and Parsley

Saturday

LEEK & BACON FRITATTA

JUICE

Antioxidant: Beetroot, Watermelon, Pineapple and Blueberries

FULL PORTION	7.50
HALF PORTION	4.50
JUICE & SMOOTHIES	7.50

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