

WARM BOWLS



SIGNATURE SALADS



SUMMER SIDES



WARM WRAPS



WARM BOWLS

NEW SEASONAL

CHICKEN CASHEW CRUNCH 12.99

A Thai inspired bowl with roasted chicken, lemony rice, charred broccoli salad, som tam salad, seasonal herbs, spring onion, spicy cashew dressing with sticky coconut cashews and a fresh lime squeeze

NEW SEASONAL

BANGKOK FISHBOWL 14.50

A Thai inspired fishbowl with miso glazed freshwater trout, lemony rice, charred broccoli salad, som tam salad, seasonal herbs and topped with spicy cashew dressing, Jaew 'Thai sweet chilli sauce' and sticky coconut cashews

TAHINI FISHBOWL 14.50

A refreshing Mediterranean fishbowl with miso glazed freshwater trout, lemony rice, charred broccoli salad, tomato salsa, pickled cabbage, seasonal herbs, spiced pumpkin seeds & topped with our spiced green tahini dressing

CHICK-PLEASE (Ve) 12.99

Plant-based and big on flavour with harissa spiced beans, fragrant brown rice, spinach, pickled red cabbage, pickled gherkin, green olive salsa, creamy hummus, spicy tahini dressing and spiced pumpkin seeds

CHARRED TACO BOWL

BLACKENED CHICKEN 12.99 / HARISSA BEANS (V) 11.50

A taco in a warm bowl with blackened chicken or harissa beans, lemony rice, Sprout Farm cos lettuce, pickled red onion, tomato salsa, charred sweetcorn salsa, Blanco Niño tortilla chips and a smoky chipotle vinaigrette

MIDDLE EASTERN CHICKEN 13.50

Spiced, herby and full flavoured with blackened chicken, fragrant brown rice, spinach, tomato salsa, pickled gherkin, pickled red cabbage with a spicy tahini dressing, creamy hummus and spiced pumpkin seeds

SATAYFIED CHICKEN 13.50 /

OR SPICY TOFU (Ve) 13.50

Top seller and on the menu since day one. Choice of roasted chicken or spicy tofu, fragrant brown rice, spinach, pickled cucumber, spring onion, ginger sesame dressing and topped with a warm peanut satay sauce and spicy sesame peanuts

CRISPY BOMBAY BOWL 13.99

A warm Indian inspired bowl with blackened chicken, lemony rice, Sprout Farm cos lettuce, chaat potato, pickled red onion, pickled red chilli with a spicy tahini dressing, topped with a tangy tamarind yoghurt dip and crispy spiced shallots

CLASSIC SALADS

PAPRIKA CHICA 12.99

TRY WITH FETA +1.50

A family recipe turned best-selling dish with roasted chicken, fragrant brown rice, seasonal greens, sweet potato, spring onion, pickled red chilli, with french dressing and paprika yoghurt

KALE CAESAR 13.99

Our take on the classic with roasted chicken, crispy bacon, Sprout Farm cos and kale, sourdough croutons, semi-dried tomatoes, with basil Caesar dressing and shaved parmesan

WARM WRAPS

CHARRED TACO WRAP

BLACKENED CHICKEN 11.99 / HARISSA BEANS (V) 10.99

Choice of protein with lemony rice, Sprout Farm cos lettuce, tomato salsa, charred sweetcorn salsa, tortilla chips, chipotle vinaigrette and paprika yoghurt

MIDDLE EASTERN

BLACKENED CHICKEN 11.99 / HARISSA BEANS (Ve) 10.99

Blackened chicken or harissa beans, fragrant brown rice, Sprout Farm cos lettuce, pickled red cabbage, tomato salsa with a spicy tahini dressing and creamy hummus

PAPRIKA CHICA 11.99

TRY WITH FETA +1.50

Blackened chicken, fragrant brown rice, Sprout Farm cos lettuce, sweet potato, spring onion, pickled red chilli, with french dressing and paprika yoghurt

BASIL CAESAR 11.99

Roasted chicken, sourdough croutons, crispy bacon, Sprout Farm cos lettuce, semi-dried tomatoes, with basil Caesar dressing and shaved parmesan

KID'S MENU

KID'S SATAY 5.99

Our kid-friendly satay chicken with brown rice, spinach and satay sauce

KID'S CHICA 5.99

Roasted chicken, brown rice, spinach and a spoonful of our famous paprika yoghurt

HOT DRINKS

COFFEE BEANS BY ROASTED BROWN

CAPPUCINO 3.95

FLAT WHITE 3.80

AMERICANO 3.50

ESPRESSO 2.80

LATTE 3.95

HOT CHOCOLATE 3.80

HOT TEA 3.00

MOCHA 3.80

SUMMER SIDES

CRISPY BOMBAY POTATOES (V) 5.99

Indian spiced potatoes, pickled red chilli, topped with a tangy tamarind yoghurt dip & crispy spiced shallots

YUM YUM CHARRED BROCCOLI (Ve) 4.99

Charred broccoli, ginger sesame dressing & peanut sesame crunch

ROASTED GARLIC POTATOES (V) 5.99

Paprika yoghurt & black pepper

SOURDOUGH BREAD 1.25