

## WARM BOWLS



## SIGNATURE SALADS



## SUMMER SIDES



## WARM WRAPS



## WARM BOWLS

### NEW BANGKOK FISHBOWL 13.99

A summer Thai inspired fishbowl with miso glazed freshwater trout, lemony rice, charred broccoli salad, grape & green chilli, fresh red cabbage, seasonal herbs and topped with spicy cashew dressing, jaew 'sweet Thai salsa' and spicy sesame peanuts

### NEW TAHINI FISHBOWL 13.99

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) 11.99

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) 10.99

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 smokey chipotle vinaigrette

### MIDDLE EASTERN CHICKEN 12.99

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 12.99 / OR SPICY TOFU (Ve) 12.99

Top seller and on the menu since day one. Choice of rosemary 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 13.50

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 12.50 TRY WITH FETA +1.50

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

### KALE CAESAR 13.75

Our take on the classic with rosemary 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

Rosemary roasted chicken, sourdough croutons, crispy bacon, Sprout Farm kale and 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 3.60

FLAT WHITE 3.40

AMERICANO 3.00

ESPRESSO 2.80

LATTE 3.60

HOT CHOCOLATE 3.80

HOT TEA 2.70

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

### MUM'S PAPRIKA POTATOE'S (V) 5.50

Paprika yoghurt & black pepper

### SOURDOUGH BREAD 2.99

With choice of dip: Paprika Yoghurt, Green Olive Salsa or Hummus