

BUDDHA BOWLS

Hoisin Chicken	6.75
Grilled chicken breast, grated carrot, basmati rice, pea shoots and Hoisin sauce.	
Chicken Satay	6.75
Grilled chicken breast, grated carrot, basmati rice, pickles, pea shoots and satay sauce.	
Korean Chicken	6.75
Grilled chicken, rice, pickles spinach, , pea shoot, carrots, sticky Korean BBQ sauce.	
Asian Salmon	8
Grilled salmon, basmati rice, broccoli, pea shoots, pickles and a sticky soy glaze.	
Teriyaki Steak	8
Grilled rump steak , grated carrot, basmati rice, broccoli and Teriyaki sauce.	

WRAPS AND SALADS

Asian Chicken Salad	5
Mixed salad, carrot, red cabbage, cucumber salt and chilli chicken, soy dressing.	
Steak and Cheese	6.95
Rump steak strips, sriracha sauce, baby spinach and cheddar cheese, served with a mixed salad and healthy slaw.	
ADD Sweet Potato Fries For £2.50	
ADD Halloumi For £1	
Build your own wrap	5.5
Build your own wrap; choose your protein and your sauce, served with a mixed salad and healthy slaw.	

Asian Beef Burrito	6.25
Korean beef bulgogi , basmati rice, spinach, chilli and garlic sauce in a toasted tortilla wrap.	
ADD Sweet Potato Fries For £2.50	
ADD Halloumi For £1	
Salt & Chilli Chicken Burrito	5
Shredded salt and chilli chicken, sriracha rice, sweet chilli sauce, spinach in a toasted tortilla wrap	
ADD Sweet Potato Fries For £2.50	
ADD Halloumi For £1	

CHEAT MENU

Chicken Shawarma Box	8
Marinated chicken , toasted pitta, mixed salad, halloumi, tzatziki served with sweet potato fries or rice.	
Tandoori Kebab Box	8
Marinated chicken , toasted naan bread, pickles, naga sauce, sweet potato fries or rice and a yogurt and mint dip.	
Smashed Cheese Burger	8
2 x Lean beef patties served in a toasted brioche bun with salad, cheddar cheese, sweet potato fries, healthy slaw	
Triple Korean Burger	9
2 x Lean beef patties, Korean pulled beef served in a toasted brioche bun with salad, cheddar cheese, sweet potato fries, healthy slaw	
Triple Greek Burger	10
2 x Lean beef patties, marinated chicken thigh served in a toasted brioche bun with salad, halloumi, tzatziki, sweet potato fries and healthy slaw	
Philly Steak and Cheese Box	10
stripped rump steak, nacho cheese sauce, jalapenos, salsa, toasted tortilla wrap sweet potato fries , salad and healthy slaw	
Asian Steak & Chicken Kebab	10
Marinated chicken , rump steak, nam Jim, red cabbage, toasted pitta, salad, healthy slaw and sweet potato fries or rice	

LEAN LUNCHBOX 6.75 Choose 1 Of Each From The Lists Below

PROTEIN

Grilled Chicken
Shredded salt & Chilli Chicken
Chicken Shawarma
Vegan Chicken
Falafel and Halloumi
Korean Beef Bulgogi
Rump Steak (+£2)
Salmon Fillet (+£2)

CARB

Basmati Rice
Sriracha Rice
Pesto Pasta
Red Pepper & Chilli Pasta
New Potatoes
Protein Noodles
Sweet Potato Fries (+£1)
Spiced Sweet Fries (+£1)

VEG

Healthy Slaw
Baby Spinach
Salad
Sweetcorn
Grated Carrot
Broccoli
Green Beans
Asparagus (+£1)

SAUCE

Red Pepper Piri-Piri
Garlic Aioli
Sweet Chilli
Yogurt and Mint
Satay Sauce
Sriracha Sauce
Korean BBQ
Chipotle

SIDES AND EXTRAS

1 SLICE OF GRILLED HALLOUMI	1
SWEET POTATO FRIES	3
BASMATI RICE	3
EXTRA VEG	1
EXTRA CHICKEN BREAST	3
FLATBREAD	1.5
FETA	1
POT OF SAUCE	1

COFFEES

- Latte** **Reg 2.75 Large 3.5**
Double shot of espresso and hot steamed milk.
- Cappuccino** **Reg 2.75 Large 3.5**
Double shot espresso, hot steamed milk, foam and cocoa powder.
- Flat white** **2.5**
8oz double shot espresso and hot steamed milk.
- Americano** **Reg 2.75 Large 3.5**
Double shot espresso and hot water with or without milk.
- Espresso** **2**
Double shot of espresso.

ICED COFFEE

- Iced Latte** **3**
Double espresso and milk served over ice. Add a syrup for 50p.
- Iced Mocha** **3**
Double espresso, Tynemouth cocoa powder and milk served over ice.
- Caramel Frappe** **4**
Double espresso, vanilla frappe, caramel syrup and milk.

HOT DRINKS

- Luxury Hot Chocolate** **3**
Tynemouth luxury hot chocolate, topped with hot steamed milk.
- Ringtons Breakfast Tea** **1.5**
English breakfast tea.
- Turmeric Chai Latte** **3**
Turmeric, chai, vanilla and orange topped with hot steamed milk.

SMOOTHIES

- Raspberry Heaven** **3.75**
Raspberries, apple, blueberries, mango and apple juice.
- Acai Kick** **3.75**
Acai, blueberries, strawberry, mango and apple juice.
- Green Reviver** **3.75**
Kale, lemongrass, banana, mango and apple juice.

4 EGG OMELETTE

4 egg omelette with any 3 of the following **6**

Bacon, Chorizo, Chicken, Cheese, Mushroom, Spinach, avocado

BREAKFAST BOWL

Vegan Bowl **4.5**

Smashed avocado, sautéed mushrooms, chai seeds, spinach and grilled tomatoes.

Keto Bowl **6**

Smashed avocado, scrambled egg, grilled halloumi, bacon, tomato, spinach and chilli flakes.

Lean Breakfast **6.5**

Dry cured back bacon, lean Cumberland sausage, 2 x poached egg's, tomatoes, black pudding and spinach.

PROTEIN SHAKES

Biscoff & Banana **4**

Banana, biscoff, vanilla protein powder and almond milk.

Chocolate Kraze **4**

Peanut butter, chocolate protein powder and almond milk.

Blue Bomb **4**

Blueberries, chia seeds, vanilla protein powder and almond milk.

WRAPS

Mexican Burrito **6.5**

Dry Cured Bacon, guacamole, baby spinach, chorizo, free range eggs, in a toasted tortilla wrap and hot sauce

Lean Breakfast Wrap **6**

Dry cured Bacon, Cumberland sausage, black pudding, spinach, omelette in a tortilla wrap

Steak & Cheese Wrap **6.95**

Grilled rump steak, omelette, hot sauce, spinach and cheddar cheese.

Bacon, Halloumi & Chilli Jam **6**

Dry cured bacon, omelette, grilled halloumi, chilli jam served in a toasted tortilla wrap.

Breakfast Burrito **5**

Tortilla wrap filled with avocado, dry cured back bacon, free-range scrambled eggs and spinach

ON TOAST

Steak and Egg's **6.95**

rump steak, 2 fried eggs, red pepper ketchup, and salsa verde on seeded toast.

Avocado & Poached Eggs

Served on multi-seed toast with chai seeds, chilli flakes and pea shoots.

Smashed Avocado & Poached Eggs **4.5**

Grilled Halloumi **4.75**

Dry Cured Bacon **4.75**

Eggs Anyway on Toast **3.5**

3 free range scrambled, poached or fried eggs on multi-seed toast.

PROTEIN PANCAKES

Biscoff and Banana **4.5**

3 protein pancakes topped with Biscoff spread, banana, fat free Greek yogurt and crumbled Biscoff.

Oreo Pancakes **4.5**

3 protein pancakes topped with geek yogurt, chocolate sauce, crushed Oreo biscuits

Bacon and Maple Syrup **4.5**

3 protein pancakes topped with shredded dry cured bacon, and maple syrup.

BAGELS

Eggs Benedict

Toasted bagel with avocado and a sriracha hollandaise.

Eggs Benedict - crispy parma ham **5**

Eggs Florentine - wilted baby spinach **4**

Bacon & Avocado Bagel **4.5**

Toasted bagel with smashed avocado, dry cured back bacon and a poached egg.

Parma Ham & Sriracha Bagel **4.5**

Toasted bagel with crispy parma ham, free range egg, cheese and sriracha sauce.

Breakfast Bagel

Bacon Bagel **3**

Sausage Bagel **3**

Egg Bagel **3**

Bacon and Egg **3.5**

Sausage and Egg **3.5**

Bacon and Sausage **3.75**

Bacon, Sausage and Egg **4**