

BREAKFAST

SERVED
BEFORE
11AM

SCRAMBLED EGGS eat in or take away

Energiser eggs 3.75
with mozzarella, sunblush tomatoes, avocado & basil. V ★ 340 KCAL 76 SAT FAT

Superfood eggs 3.75
with Turkish cheese, spinach, tomato, chilli & toasted seeds. V ★ SEEDS 367 KCAL 9.7G SAT FAT

Rain boost eggs 3.99
with smoked salmon, linseeds, spring onion & seaweed (try it, it's delicious!). ★ SEEDS 287 KCAL 4G SAT FAT

ORGANIC PORRIDGE

Porridge served with one of the following: 1.99 / 2.40
milk, banana, palm sugar, strawberry puree, raisins, agave nectar or date syrup

Berry-boost porridge 2.50
organic porridge oats topped with blueberries, cranberries and pomegranate seeds 211 KCAL 0.1G SAT FAT

TOAST & TOASTED

Any bread or seeded bagel with: 1.50 / 1.80
milk, strawberry jam, marmalade, peanut butter, honey or cream cheese

Scottish smoked salmon bagel 3.50
with cream cheese 482 KCAL 9.8G SAT FAT

Roasted sandwich with bacon or sausage 3.50
GENIUS BREAD +50P

BREAKFAST SMOOTHIES

Berry smoothie 2.99
ion fruit puree, banana, purple grape juice, organic muesli & organic milk V ★ DF SEEDS & NUTS 579 KCAL 0.9G SAT FAT

Super smoothie 2.99
ion fruit puree, banana, purple grape juice, organic muesli & organic milk V ★ DF SEEDS & NUTS 590 KCAL 1.2G SAT FAT

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ROCK KITCHENS ARE NOT 100% GLUTEN AND WHEAT FREE ENVIRONMENTS

SALADS

Supergrain salad

with freekeh, black quinoa, avocado, peas, spinach, cabbage, pumpkin seeds, chia seeds, spring onion, pomegranate seeds & a shot of lemon dressing. V ★ DF 238 / 475 KCAL 19 / 3.7G SAT FAT 2.99 / 4.99

Shredded pork & winter slaw

with avocado, peas, mixed cabbage, shredded pork, beetroot, mixed wasabi seeds, sweet chilli sauce, coriander and a shot of our Asian dressing. V 6F SEEDS 302 KCAL 2.6G SAT FAT 5.50

Chicken teriyaki salad

with kelp noodles, spinach, carrot, beetroot, bean sprouts, edamame beans, spring onion, nori, pulled chicken, pickled ginger, sesame seeds, chilli & teriyaki sauce. ♥ ★ SEEDS 184 KCAL 0.7G SAT FAT 5.50

Slow burner salad

with Turkish cheese, cucumber, peas, pearl barley, lentils, shredded cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachios, mint and chilli with a shot of sweet chilli & sesame dressing. V SEEDS NUTS 223 / 447 KCAL 3.3 / 6.5G SAT FAT 2.99 / 4.99

Simple Covent Garden salad

with free-range eggs, tomatoes, salad leaves, broccoli, garden peas, sunblush tomatoes, chilli seeds, fresh parsley & a shot of herb dressing. V ♥ SEEDS 262 KCAL 3.1G SAT FAT 3.99

Simple chicken salad

with chicken, salad leaves, tomatoes, garden peas, pumpkin seeds, fresh parsley & herb dressing. ♥ DF 6F 215 KCAL 1.2G SAT FAT 3.99

Chicken detox box

with chicken, edamame beans, ginger, chilli, chicken superfood nori wrap, seeds & apricot kernels, kelp pickle, beansprout salad & spinach with a chilli, soy & a shot of sesame dressing. ♥ ★ DF SEEDS 295 KCAL 2.3G SAT FAT 5.99

Protein box

with dill & horseradish salmon, chicken with linseed, boiled eggs, ham. Suitable for the Dukan diet. WF DF 6F SEEDS 302 KCAL 3.7G SAT FAT 50.9G PROT 5.50

Gym box

with hummus, falafel, broccoli, barley & lentils, cabbage, carrot, spring onion, peanuts, sunblush tomatoes, chia seeds & a shot of mango dressing. V ♥ DF SEEDS 434 KCAL 4.7G SAT FAT 15.4G PROT 4.99

Chicken nori wrap

with umeboshi (plum pickle), sesame paste, cucumber, red cabbage, pickled ginger, spinach & a crunchy side salad. ♥ ★ WF DF 6F SEEDS 187 KCAL 1.2G SAT FAT 4.99

ADD A PROTEIN
TOPPING TO

chicken, Turkish cheese, falafel, free-range egg 1.00