

# power bowls



red thai curry

hot!

- red thai curry** med 6.49 large 7.49  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, mushrooms, red thai sauce, pickled veg, herb mix
- malaysian yellow curry** 6.49 7.49  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, roasted veg, mushrooms, malaysian curry sauce, cashews
- katsu curry** 6.49 7.49  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, mushrooms, katsu sauce, pickled veg, crispy onions
- spicy superveg** 6.49 7.49  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, chunky avocado, piri piri sauce, sweet potato mash, broccoli, rainbow slaw
- mighty mexican** 6.49 7.49  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, spicy beans, chunky avocado, cheddar, tortilla chips

**create your own powerbowl** 6.49 7.49  
 choose your favourite hot ingredients and create your own masterpiece



# balance pots



malaysian yellow curry

hot!

- malaysian yellow curry** 4.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, malaysian curry sauce, your choice of topping
- katsu curry** 4.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, katsu sauce, your choice of topping
- red thai** 4.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, red thai sauce, your choice of topping
- pesto powergrains** 3.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 supergrains, roasted sweet potato, roasted peppers, edamame, soy & sesame, pesto, your choice of topping

# rainbow wraps



pulled pork

- soy and sesame** from 4.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 chunky avocado, soy and sesame dressing, pickled veg, rainbow slaw
- piri protein** from 4.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 chunky avocado, piri piri sauce, pickled veg, rainbow slaw
- muscle mezze** from 4.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 houmous, cucumber relish, pickled veg, rainbow slaw
- super avocado caesar** from 4.99  
 chicken / halloumi / falafel / turkey meatballs / pulled pork  
 chunky avocado, caesar dressing, pickled veg, rainbow slaw

# house salads



chicken and herbs

- chicken and herbs** 4.19 4.99  
 chicken +50 for grilled chicken  
 herb mix, cucumber, fresh peppers, houmous, baby plum tomatoes, olive oil and lemon juice
- parmesan chicken salad** 4.19 4.99  
 chicken +0.50 for grilled chicken  
 crispy parmesan crisps, pesto, roasted peppers, baby plum tomatoes, ranch
- tuna niçoise** 4.19 4.99  
 tuna  
 egg, olives, baby plum tomatoes, pickled red onion, french dressing
- halloumi & roasted veg** 6.69 7.49  
 halloumi  
 sweet potato, roasted peppers, roasted tomatoes, pickled red onion, pesto, balsamic vinaigrette
- banging piri** 6.69 7.49  
 chicken +0.50 for grilled chicken  
 chunky avocado, feta cheese, pickled veg, sweet potato, supergrains, sweetcorn, piri piri
- chipotle falafel / chicken** 6.69 7.49  
 +0.50 for grilled chicken  
 chunky avocado, cheddar, mixed beans, jalapeños, tomato salsa, tortilla chips, ranch
- muscle builder** 6.69 7.49  
 56g protein  
 double chicken +1.00 for grilled chicken  
 cheddar, egg, baby plum tomatoes, sweet potato, sweetcorn, ranch
- salmon greens & grains** 6.69 7.49  
 roast salmon  
 sweet potato, chunky avocado, pesto, edamame, supergrains, baby plum tomatoes, lemon juice, olive oil
- avocado kale caesar** 6.69 7.49  
 salmon / chicken +0.50 for grilled chicken  
 chunky avocado, egg, baby plum tomatoes, croutons, parmesan crisps, caesar dressing, lemon juice
- chicken, bacon & avocado** 6.69 7.49  
 chicken & bacon +0.50 for grilled chicken  
 chunky avocado, sweet potato, baby plum tomatoes, pine nuts, french dressing
- the italian** 6.69 7.49  
 mozzarella / chicken +0.50 for grilled chicken  
 chunky avocado, roasted tomato, supergrains, olives, croutons, pesto, balsamic vinaigrette

# create your own

**size options**

- med 6.19
- large 6.99
- wrap 6.99

**base choices**

- lettuce mix
- spinach
- supergrains  
brown, red & wild rice, red quinoa & green lentils

**2 premiums** add 1.19 for extra

- chunky avocado
- bacon
- cheddar
- chicken breast
- grilled chicken +0.50
- falafel
- feta
- free range egg
- halloumi
- mozzarella
- parmesan crisps
- pulled pork
- roast salmon +0.79
- tuna

**3 veggies** add 0.59 for extra

- baby plum tomatoes
- beetroot
- broccoli
- carrot
- cashews
- croutons
- cucumber
- cucumber relish
- edamame
- green beans
- herb mix
- houmous
- jalapeños
- mixed beans
- olives
- pesto
- pickled red onion
- pickled veg
- pine nuts
- fresh peppers
- omega seeds
- rainbow slaw
- roasted peppers
- roasted tomatoes
- supergrains
- sweetcorn
- sweet pepper pearls
- sweet potato
- tomato salsa
- tortilla chips

**dressing**

- balsamic vinaigrette
- balsamic vinegar
- caesar
- chipotle mayo
- french
- lemon juice
- piri piri
- ranch
- soy and sesame
- sweet chilli and lime
- XV olive oil

**nutritional symbols**

- contains nuts
- wholegrain
- suitable for vegetarians
- big protein
- suitable for vegans
- served hot!

**our food is prepared fresh in our kitchens that handle allergens so we can't guarantee that our food + drinks are allergen free. please speak to the manager if you have an allergy.**

for all nutritional information on any of our products, please ask a member of the team or visit [tosseduk.com](http://tosseduk.com)