

SMOKED SALMON & AVO SMASH ON RYE

5.95

- + AVOCADO SMASH + ALFALFA SPROUTS
- + SMOKED SALMON



GB-ORG-05

CONTAINS: CEREALS & FISH

SMOKED SALMON & AVO SMASH ON RYE

Rye Bread (rye, water, sourdough [**wholemeal rye flour**, rye meal, water]), Avocado Smash (avocado, cannellini beans, tomatoes, red onion, olive oil, lemon juice, red chilli, coriander, salt*, black pepper), **Smoked Salmon** and Alfalfa Sprouts.

Allergen in **bold**. *Permitted non organic ingredients.



VEGAN TUNA ON RYE

4.95

[PROTEIN PACKED]

- + CHICKPEAS + PARSLEY
- + VEGENAISE 



GB-ORG-05

CONTAINS: CEREALS, SOYA & MUSTARD

VEGAN TUNA ON RYE

Rye Bread (rye, water, sourdough [**wholemeal rye flour**, rye meal, water]), Chickpeas, Red Onion, Red Chilli, Parsley, **Follow Your Heart – Vegenaise** [Expeller-Pressed **Soya Oil**, Water, Brown Rice Syrup, Apple Cider Vinegar, Sea Salt*, **Soya Protein**, **Mustard Flour**, Lemon Juice Concentrate], Lemon Juice, Salt* and Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.



EGG & AVO SMASH ON RYE

4.95

[PROTEIN PACKED]

- + EGG + CASHEW CREAM
- + AVOCADO SMASH + SRIRACHA



GB-ORG-05

CONTAINS: CEREALS, NUTS, EGG & SOYA

EGG & AVO SMASH ON RYE

Rye Bread (rye, water, sourdough [**wholemeal rye flour**, rye meal, water]), Avocado Smash (avocado, cannellini beans, tomatoes, red onion, olive oil, lemon juice, red chilli, coriander, salt*, black pepper), **Egg**, **Cashew Cream** [**cashews**, cider vinegar, **tamari (soya)**, umeboshi puree, lemon juice], Sriracha (red pepper, red chilli, water*, maple syrup, lemon, cider vinegar, tomato puree, garlic puree, salt*) and China Rose Sprouts.

Allergen in **bold**. *Permitted non organic ingredients.



VEGAN FRITTATA

[PROTEIN PACKED]

2.25

- + CHICKPEA FLOUR + RED PESTO
- + KALAMATA OLIVES + COURGETTES



GB-ORG-05

CONTAINS: NUTS

VEGAN FRITTATA

Water*, Chickpea Flour, Olive Oil, Courgettes, Olives, **Red Pesto** [extra virgin olive oil, tomatoes, **cashew nuts**, onions, sea salt*, pine nuts, citric acid] and Rosemary.

Allergen in **bold**. *Permitted non organic ingredients.



SALMON FRITTATA

[PROTEIN PACKED]

3.99

- + SMOKED SALMON + BROCCOLI
- + DILL



GB-ORG-05

CONTAINS: FISH & EGG

SALMON FRITTATA

Broccoli, Green Peas, **Smoked Salmon**, **Egg**, Dill and Black Pepper*.

Allergen in **bold**. *Permitted non organic ingredients.



SWEET POTATO FRITTATA

[PROTEIN PACKED]

3.99

- + SWEET POTATO + FETA
- + BABY SPINACH



GB-ORG-05

CONTAINS: MILK & EGG

SWEET POTATO FRITTATA

Sweet Potatoes, Olive Oil, Baby Spinach, Red Onion, **Egg**, **Feta Cheese** [sheep and goat **milk**, salt*, culture, microbial rennet], Parsley, Salt* and Black Pepper.

Allergen in **bold**. *Permitted non organic ingredients.

