

WARM BOWLS



NEW CHICKEN CASHEW CRUNCH 11.99

A Thai inspired bowl with roasted chicken, lemony rice, charred broccoli salad, som tam salad, seasonal herbs, spring onion, spicy cashew dressing with a fresh lime squeeze and sticky coconut cashews

Allergens: Fish, Sesame Seeds, Nuts (Cashews), Soybean, Celery, Mustard, Sulphur Dioxide

TAHINI FISH BOWL 12.99

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 spicy green tahini dressing

Allergens: Fish, Sulphur Dioxide, Mustard, Soybean, Sesame Seeds, Celery

BANGKOK FISH BOWL 13.50

A Thai inspired fishbowl with miso glazed freshwater trout, lemony rice, charred broccoli salad, som tam salad and seasonal herbs topped with spicy cashew dressing, Jaew 'Thai sweet chilli sauce' and sticky coconut cashews

Allergens: Fish, Sesame Seeds, Nuts (Cashews), Soybean, Celery, Mustard, Sulphur Dioxide

CHARRED TACO BOWL SPICED CHICKEN 12.50 / SPICED BEANS 9.99

A taco in a warm bowl with choice of harissa beans or blackened chicken, lemony rice, cos lettuce, pickled red onion, tomato salsa, charred sweetcorn salsa, Blanco Niño tortilla chips and a smoky chipotle vinaigrette

Allergens: Sulphur Dioxide, Mustard, Celery

CRISPY BOMBAY BOWL 12.99

An Indian inspired bowl with blackened chicken, lemony rice, cos lettuce, chaat potato, pickled onion, pickled chilli with a spicy tahini dressing, topped with a tangy tamarind yoghurt dip and crispy spiced shallot

Allergens: Sulphur Dioxide, Milk, Egg, Mustard, Gluten (Wheat), Sesame Seeds, Celery

MIDDLE EASTERN CHICKEN 12.50

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

Allergens: Sulphur Dioxide, Sesame Seeds

CHICK-PLEASE (Vegan) 10.99

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

Allergens: Sulphur Dioxide, Sesame Seeds

SATAYFIED CHICKEN / 11.99 OR SPICY TOFU (Vegan) 11.99

Our bestselling dish with a choice of roasted chicken or spicy tofu with fragrant brown rice, spinach, pickled cucumber, spring onion, ginger sesame dressing with a peanut satay sauce and spicy sesame peanuts

Allergens: Sulphur Dioxide, Peanuts, Mustard, Soybeans, Sesame Seed

WARM WRAPS

PAPRIKA CHICA 10.99

Blackened chicken, fragrant brown rice, cos lettuce, sweet potato, spring onion, pickled red chilli, with French dressing and paprika yoghurt

Allergens: Gluten (Wheat, Oat), Sulphur Dioxide, Mustard, Eggs, Milk (Pasteurised)

BASIL CAESAR 10.99

Roasted chicken, crispy bacon, cos lettuce, sourdough croutons, semi-dried tomatoes, basil Caesar dressing and freshly grated parmesan

Allergens: Sulphur Dioxide, Gluten (Wheat, Oat, Rye), Milk (Unpasteurised), Fish, Eggs, Mustard

MIDDLE EASTERN SPICED CHICKEN 10.99 / SPICED BEANS (Vegan) 9.99

Choice of harissa beans or blackened chicken, fragrant brown rice, cos lettuce, pickled red cabbage, tomato salsa, creamy hummus and spicy tahini dressing

Allergens: Gluten (Wheat, Oat), Sulphur Dioxide, Sesame Seeds

CHARRED TACO WRAP SPICED CHICKEN 10.99 OR SPICED BEANS (Vegetarian) 9.99

Choice of harissa beans or blackened chicken with lemony rice, cos lettuce, tomato salsa, charred sweetcorn salsa, Blanco Niño tortilla chips, chipotle vinaigrette and paprika yoghurt

Allergens: Gluten (Wheat, Oat), Mustard, Sulphur Dioxide, Milk (Pasteurised), Eggs

SIGNATURE SALADS

UMAMI KNOWS BEST (Vegan) 10.99

The ultimate umami salad with spicy tofu, fragrant brown rice, seasonal greens, roasted mushroom, carrot, red cabbage, spring onion, pickled red chilli, ginger sesame dressing and spicy sesame peanuts

Allergens: Peanuts, Soybeans, Sesame Seeds, Sulphur Dioxide

PAPRIKA CHICA 11.99

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

Allergens: Sulphur Dioxide, Mustard, Eggs, Milk (Pasteurised)

KALE CAESAR 12.99

Our take on the classic with roasted chicken, crispy bacon, kale and cos lettuce, sourdough croutons, semi-dried tomatoes, with a Basil Caesar dressing and freshly grated parmesan

Allergens: Sulphur Dioxide, Gluten (Wheat, Rye), Milk (Unpasteurised), Fish, Eggs, Mustard

PLATTERS



KALE CAESAR PLATTER (FEEDS 8-10) 95.00

Our take on the classic with roasted chicken, crispy bacon, kale and cos lettuce, sourdough croutons, semi-dried tomatoes, with a Basil Caesar dressing and freshly grated parmesan

Allergens: Sulphur Dioxide, Gluten (Wheat, Rye), Milk (Unpasteurised), Fish, Eggs, Mustard

PAPRIKA CHICA (FEEDS 8-10) 95.00

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

Allergens: Sulphur Dioxide, Mustard, Eggs, Milk (Pasteurised)

UMAMI KNOWS BEST - Vegan (FEEDS 8-10) 95.00

The ultimate umami salad with spicy tofu, fragrant brown rice, seasonal greens, roasted mushroom, carrot, red cabbage, spring onion, pickled red chilli, ginger sesame dressing and spicy sesame peanuts

Allergens: Peanuts, Soybeans, Sesame Seeds, Sulphur Dioxide