

## FUEL

### Weekday Evening Menu 4 – 6.30

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#### Meats

##### **Spiced Chicken Breast** 11 – DF/G/N

Chickpea & Red Pepper Salad | Parsley & Mint Bulgur Wheat | Crumbled Feta | Mixed Leaf  
Sundried Pesto Dressing  
Add Extra Chicken +3

##### **Spiced Chicken Wrap** 8.5 – G/D/N

Grilled Red Peppers | Mixed Leaf  
Red Pesto Mayo  
Add Cheese +1

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#### Veggie

##### **Boiled Egg Salad** 9.5 – G/N

Mixed Greens | Mango Salsa | Cucumber | Tomatoes | Feta Cheese |  
Spicy Red Pepper Hummus  
Add Quinoa +1.5

##### **Grilled Goats Cheese** 9.5 – VG/GF/NF/D

Shredded Mixed Beetroot | Kohlrabi | Apple | Balsamic | Quinoa

##### **Veggie Wrap** 8 – VG/G/D/N

Feta Cheese | Avocado | Spinach | Tomato | Green Pesto  
Add Soup of the Day +3

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#### Toasts

##### **Smashed Avocado** - 9.5 G/N/D

Free Range Fried Egg | Crumbled Feta | Mixed Leaf | Crème Fraiche | Seed Mix  
Scrambled Eggs +1.5 | Black Pudding or Bacon +3 each

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#### Pancakes

##### **Banana Protein Pancakes** 10 – G/N/D

Mixed Berry Compote | Greek Yogurt | Peanut Syrup | Desiccated Coconut | Crushed Peanuts

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**Order & Pay At The Till Please**

- Turn over for Juice & Smoothies

## **Juices & Smoothies**

### **Green Kick**

Spinach | Cucumber | Apple | Kale | Lime - - Small 3.5 / Large 5.5

### **Turmeric & Ginger Boost**

Orange | Carrot | Ginger | Turmeric - Small 3.5 / Large 5.5

Orange Juice & Apple Juice - Small 2.5 / Large 3.5

**Avocado Smoothie** - Spinach | Apple Juice | Avocado - Small 3.5 / Large 5.8

**Banana Smoothie** - Banana | Oats | Peanut Butter | Milk | Protein Powder - Small 3.5 / Large 5.8

**Berry Smoothie** - Frozen Mixed Berries | Yogurt | Orange Juice - - Small 3.5 / Large 5.8

Add CBD Oil, Chia Seeds, Multivitamin Boost, Acai Powder, Coconut Oil & Flaxseed - +1 each