









AT BOX KITCHEN WE USE ONLY THE BEST LOCALLY SOURCED INGREDIENTS TO GUARANTEE FRESHNESS AND FLAVOUR.

WE ENCOURAGE SUSTAINABLE EATING BY HAVING A SEASONAL MENU, ENSURING OUR INGREDIENTS ARE ALWAYS TO THE HIGHEST STANDARD.

OUR MENU IS COMPLETELY ADAPTABLE TO CATER TO OUR CUSTOMERS NEEDS.

IF CAUTIOUS OF ANY ALLERGIES PLEASE ASK A STAFF MEMBER.



REFRESHEMENTS

Water 2.75 **Barbell Shakes** 3.90 Soft Drinks 2.75 Fuel 3.90 Vitamin Well 9.90 3.90 Coconut

SHOTS

Ginger Lemon 3.50 Chili 3.50 3.50 **Apple Ginger** 3.50 Ginger Turmeric 3.50 Spirulina 3.50

TEA

Yorkshire Tea 2.90 Mint Tea 3.00 3.50 **Ginger Lemon Tea** 3.50 **Iced Tea**

COFFEE

Espresso 3.00 Cappuccino 3.50 3.00 **Latte Macchiato** 3.90 **Americano** 3.50 Cortado 3.00 Spanish Latte Café Latte 3.50 **Iced Latte** 3.90

+0.50

5.90

ORGANIC MILK

Chocolate

Coconut Milk, Almond Milk, Oat Milk

SPECIALS

Hot Choco Matcha Latte 4.90 3.50 **Turmeric Latte** 4.90 **Chai Latte** 4.90

MILKSHAKES

Choice of any milk

Strawberry

5.90

1	Marine Coll	agen.	Spirulina or Matcha				
			OD OR PROTEIN			+1	.00
Νι	ıtella		5.90	Or	eo		5.90
Va	nilla		5.90	Ва	nana		5.90

ALCOHOL

4.90 Red, Rosé, White (per glass) Heineken 4.90 Corona 4.90 Red, Rosé, White (per bottle) 24.90 4.90 **Desperados**

JUICES

Vitamin C 5.90 6.90 Mean Green Apple, cucumber, celery, spinach, lemon & ginger 6.90 The Energizer Carrot, orange, apple, & ginger Hangover Cure 6.90 Pineapple, apple, red cabbage & orange juice 6.90 **Beet Blaster** Refreshing Apple, mint, pineapple & lemon 6.90 SMOOTHIES (Add protein +1.00) Nutty Smoothie Banana, peanut butter & almond milk (Vanilla) 9.90

9.90 9.90 Pitahaya Power

Very Berry

Apple Of The Eye Apple, Mango, banana & coconut milk (White Chocolate)

Choice of any milk or water

Chocolate 5.90 Vanilla 5.90 Strawberry 5.90 **Banana** 5.90 **Choc Bueno** 5.90 Cookies & Cream 5.90

ADD SUPERFOOD OR FRUIT

+1.00

9.90

9.90

Marine Collagen, Spirulina or Matcha



CREATE YOUR TOAST

Two slices of freshly baked bread

BREAD

Wholemeal Slices	1.90
White Slices	1.90
Baguette	2.90
Sour Dough	2.90
Croissant	4.50

PROTEIN

Egg (any style)	1.50
Hash Brown	2.00
Bacon	2.00
Sausage	2.00
Vegan Sausage	2.00
Beans	2.50
Smoked Salmon	3.50
Halloumi	4.50

FRUIT & VEG

Banana	2.50
Strawberries	2.50
Mixed Berries	2.50
Mango	2.50
Tomatoes	2.50
Spinach	2.50
Mushrooms	2.50
Avocado	3.50

SPREAD

Strawberry Jam	1.00
Tomato Purée	1.50
Nutella	2.00
Peanut Butter	2.50
Hummus	3.00
Smashed Avocado	3.50

PORRIDGE POWER

Original Oats With syrup or sugar	5.90
Blue Spirulina Oats With banana and blueberries	7.90
Coconut Banana Oats With coconut, banana, cinnamon and honey	7.90

UNBOXED BREAKFAST

Traditional English Breakfast

11.90

Sausage, two bacon slices, egg, grilled tomato, mushrooms, beans and white or brown toast

Vegan English Breakfast

11.90

Vegan sausage, scrambled tofu, grilled tomato, hash brown, mushrooms, beans and white or brown toast

OMELETTE

2 egg omelette	6.90
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FILLINGS

Extra egg	1.75
Tomato, mushrooms, spinach, cheese, ham, onion, chilli	1.00

WRAP IT UP

Breakfast Wrap

9.90

Scrambled eggs, avocado, tomato, kale in a choice of beetroot wrap or spinach tortilla wrap

PANCAKES

3 stacked pancakes	10.90
With a choice of 1 topping and a sauce	
3 stacked protein pancakes	11.90
With a choice of 1 topping and a sauce	

TOPPINGS + 1.50

SAUCE + 1.50

Banana, strawberries, blueberries, pineapple, mango

Maple syrup, agave syrup, nutella, jam, peanutbutter



BK AÇAI BOWL

13.90

Açai Puree, Banana, Mixed Blue Berries & Coconut Milk

TOPPINGS

Muesli / granola, coco flakes, chia









GO GREEN

Mango, Banana, Pineapple, Spinach, Ginger & Almond Milk

TOPPINGS

Chia, banana, strawberry









13.90

PRETTY IN PITAHAYA

Dragon Fruit / Pitahaya, Mixed Berries, Banana & Coconut Milk

TOPPINGS

Banana, blueberry, stawberry, chia seeds, coconut flakes









13.90

AQUAMARINA

Blue Spirulina Powder, Banana, Blueberries, Chia & Almond Milk

TOPPINGS

Banana, berries, muesli









13.90

YOU ARE MY SUNSHINE

Mango, Banana, Pineapple, Orange & Passion Fruit

TOPPINGS

Coconut flakes, banana, strawberry









13.90

CHIA PUDDING

9.9U

Mango / Mixed Berries, Banana & Coconut Milk

TOPPINGS









BUILD YOUR BOX

15.90

Mixed in wok style or served separately, served with stir fried vegetables (All our boxes are homemade)

STEP 1: PROTEINS



Salt & Pepper Chicken SECIAL

Grilled Chicken

Steak +3.50

Salmon +3.50

+2.50 King Prawns

Seared Tuna +2.50

PLANT Quorn Strips +3.00

Falafel BASED

ADDITIONAL COST FOR ADDITIONAL PROTEIN

STEP 2: CARBS



Basmati Rice

Brown Rice

Egg Noodles

PLANT Rice Noodles

PLANT Cous Cous

PLANT Quinoa

STEP 3: SAUCE



Spicy Mayo

BBQ

Katsu

Sweet Chill

Mot Chilli

Satay

Teriyaki

Lime Ginger Soy

SALAD BOX

■ Box Kitchen Caesar

13.90

Grilled chicken, iceberg lettuce, cherry tomatoes, crouttons, parmesan shavings, caesar dressing

ு Chicken Avocado

Grilled chicken, avocado, cherry tomatoes & mixed greens

Tuna Mediterranean

Tuna, olives, tomatoes, egg, lettuce, extra virgin olive oil

Exotic Prawn

14.90

13.90

13.90

Mango, pineapple, melon, prawn, lettuce, thousand island dressing

Superfood Superfood

14.90

Shredded beetroot, shredded carrots, quinoa, cherry tomatoes, mint, pomegranate, avocado, broccoli, butternut, feta, mix leaves & seeds

Vegan Heaven

Cheese, Chives & S. Cream 10.90

14.90

Kale, chickpeas, kalamata olives, sun dried tomatoes, sunflower seeds, fine sea salt, extra virgin olive oil with a creamy tahini sauce

PASTA BOX



Salt & Pepper / Grilled Chicken

Salt & pepper or grilled chicken served with peppers, onions, mayo & sweet chilli

Spicy Chicken

15.90

Grilled chicken served with fresh tomato sauce with a hint of spice

Chicken Pesto

15.90

Grilled chicken served with a pesto sauce

Tuna Sweetcorn

15.90

Tuna, sweetcorn & mayo

Prawns Pil-Pil

15.90

Prawns, cherry tomatoes in a pil-pil paprika sauce

Spinach Mushroom Sundried Tomato 15.90

Rich spinach, mushroom, sun dried tomato in a light extra virgin olive oil sauce Gluten Free +1.50

XL Oven Baked Jacket Potato



Served with salad

Chilli Con Carne

Tuna Mayo Sweetcorn 10.90 Pesto Chicken & Cheese 13.90 13.90 **Cheese & Beans** 10.90 Prawn Avocado

13.90

Guac. & Cherry Tomatoes 13.90 Chickpea & Tomato 13.90 Chickpea Katsu 13.90

SIDES

PLANT	Edamame Beans Edamame beans with fine sea salt or sweet chilli sauce	4.90	PLANT	Yuca Paprika Fries Yuca fries seasoned with paprika served with spicy mayo	7.90
PLANT	Hummus Dip Chickpea hummus served with a choice of celery, carrot, cucum	7.90 ber		Grilled Halloumi Fresh halloumi strips served with sweet chilli sauce	8.90
PLANT	sticks or tortilla chips Guacamole Dip	7.90	Ť	Chicken Wings Fresh chicken wings served with a BBQ sauce	9.90
	Avocados smashed in lime juice and diced onion served with a confidence of celery, carrot and cucumber sticks or tortilla chips	choice	¥	Bang Bang Chicken Fresh chicken marinated in a kimchi sauce	9.90
PLANT BASED	Sweet Potato Fries Sweet potato fries served with spicy mayo	7.90	HALAL	Picnic Ribs Spare ribs with BBQ sauce	9.90
PLANT BASED	Cajun Fries Crispy fries with a Cajun seasoning served with spicy mayo	7.90	¥	Chicken Quesadillas Chicken, peppers, onion, cheese, corn, jalapeño, with sour cream guacamole dip	12.90 n,

Sandwich or Baguette

Ham & cheese (toasty)	8.90	Tuna & sweetcorn	8.50
Sausage / Bacon		Chicken & avocado	9.50
Bacon, lettuce & tomato	8.90	Tomato, mozarella, pesto & rocket	9.50

Wrap

Cnicken	11.90	Falatel	12.90
Grilled cajun chicken, tomato, avocado, red onion, mixed le yoghurt dressing	eaves,	Falafel, tomato, carrots, avocado, red onion, beetroot, mix leaves, sweet chilli sauce	ked
Salt & pepper chicken Salt & pepper chicken, red pepper, onion, spicy mayo sauc	12.90 e	Halloumi Halloumi, avocado, tomato, onion, mixed leaves with	12.90
Prawn	12.90	sweet chilli sauce	
Prawn, tomato, avocado, mixed leaves, red onion, yoghurt	dressing	Tuna Mayo Tuna, sweetcorn, red onion, mayonnaise	12.90

Burger Bar

Served with salad			
BK Prime beef, cheddar cheese, tomato, caramelised onion, pickles, baby gem lettuce topped with our burger sauce	12.90	Salt & Pepper Chicken Salt & pepper chicken, cheddar cheese, caramelised onion, baby gem lettuce topped with spicy mayo sauce	12.90
Grilled Chicken Grilled chicken fillet, cheddar cheese, tomato, caramelised pickles, baby gem lettuce topped with spicy mayo sauce	12.90 onion,	Vegan Chickpea burger, vegan cheddar cheese, tomato, sautéed o gherkins, baby gem lettuce with sweet chilli sauce	12.90 nions,

