



Savoury

Smoked Salmon, Devilled Egg, Tomatoes & Rocket

Allergen: Gluten (wheat) Egg

2 Devilled Eggs, Tomatoes & Rocket

Allergen: Egg

Hummus, Toasted Nuts & Seeds, Watercress, Pickled Beetroot, Rocket

Allergen: Sesame, Nuts, Peanuts

Add a Mamoosh Pitta or Gluten Free Flatbread to any of the above

Smoked Salmon, Cream Cheese & Watercress in a Mamoosh Pitta

Allergen: Gluten (wheat) Dairy (cheese)

Grilled Halloumi OR Smoked Tofu, Hummus, Tomato & Coriander in a Mamoosh Pitta

Allergen: Gluten (wheat) Dairy (cheese)

Sweet

Mixed Berry & Flaxseed Muffin

Lemon & Almond Muffin

Allergen: Gluten (wheat) Dairy (buttermilk, butter), Eggs

Coconut, Almond, Oat & Sour Cherry Granola with Greek Yoghurt (0% fat) & Maple Syrup

Vegan version available on request

Allergen: Dairy (yoghurt)

Protein Smoothie

Made with 0% fat Greek Yoghurt, Oat Milk & Organic Rice Protein Powder, lightly sweetened with Maple Syrup – *vegan version available on request*

Banana & Peanut

Summer Berry

Mango & Kiwi

