

# THE SKINNY KITCHEN

## Breakfast

*We love to create fresh, nutritious, unique and honest food, cooked to order, that never compromises on taste. Above all we cater for a host of diets and, so you know exactly what you are putting into your body, we include macronutrients too.*

*The Skinny Kitchen provides a choice for all with a fresh and creative twist as well as offering a really broad menu for veggies and vegans.*

 VEGAN

 GLUTEN FREE

 HIGH PROTEIN

 NUTS

 VEGETARIAN

 LOW CALORIE

PLEASE INFORM STAFF OF ANY ALLERGIES. WE CANNOT SAFELY GUARANTEE OUR FOOD IS FREE OF NUTS AND OTHER ALLERGENS. CUSTOMERS WITH FOOD AND DRINK ALLERGIES MAY BE EXPOSED TO CROSS CONTAMINATION, FOR THIS REASON IF YOU DO HAVE ANY FOOD OR DRINK ALLERGIES WE STRONGLY ADVISE THAT YOU DO NOT DINE WITH US. THE SKINNY KITCHEN WILL TAKE NO RESPONSIBILITY FOR ANY INJURY, LOSS OR DAMAGE CLAIMED BY ANY CUSTOMER WITH FOOD OR DRINK ALLERGIES WHO DECIDES TO TAKE THE RISK AND CONSUME FOOD AND DRINK AT THE SKINNY KITCHEN AGAINST OUR ADVICE.

## BREAKFAST

### ACAI BOWL 8.50

Acai, homemade granola, peanut butter, seasonal fruit, toasted coconut, chia seeds

Cals 511 Protein 26g Carbs 39g Fat 28g

### SCRAMBLED EGGS 6.50

Free range scrambled eggs, toasted sourdough

Cals 511 protein 26g carbs 39g fat 28g

### POKE TOAST 7.50

Ceviche salmon, smashed avocado, cucumber, radish, edamame, lime mayonnaise, toasted sourdough

Cals 459 Protein 16g Carbs 41g Fat 25g

### SMASHED AVOCADO 9.50

Smashed avocado, toasted sourdough, toasted seeds

Cals 714 Protein 23g Carbs 43g Fat 49g

Add Poached eggs 2, Bacon 2, Beans 1.50, Salmon 4.50, Halloumi 3.50

### SWEET POTATO HASH 9

Sweet potato and kale hash, free range poached eggs, smashed avocado, asparagus, tenderstem broccoli

cals 507 protein 20g carbs 40g fat 28g

### SWEETCORN FRITTERS 9

Sweetcorn fritters, poached egg, dill yogurt, asparagus, tenderstem broccoli, lemon, chimichurri

cals 483 protein 22g carbs 47g fat 20g

### VEGAN FRITTERS 9

Sweetcorn fritters, mushroom and spinach, beetroot hummus, asparagus, tenderstem broccoli, chimichurri

Cals 630 protein 18g carbs 54g fat 35g

### TURKISH EGGS 8.50

Poached eggs, avocado, dill yogurt, homemade chilli oil, toasted sourdough

Cals 519 protein 20g carbs 40g fat 30g

### EGGS BENEDICT 8.50

Free range poached eggs, avocado, hollandaise, toasted sourdough

Cals 786 Protein 25g Carbs 41g Fat 57g

### SALMON AND EGGS 15

Free range poached eggs, ceviche salmon, haloumi, quinoa, smashed avocado, toasted seeds, rocket

Cals 780 protein 53g carbs 15g fat 56g

### VEGGIE BREAKFAST 11

Free range scrambled egg, falafel, avocado, tomato, homemade beans, spinach, mushroom, toasted sourdough

Cals 860 Protein 32g Carbs 69g Fat 48g

### SKINNY BREAKFAST 12

Free range scrambled egg, bacon, pork sausage, avocado, tomato, homemade beans, spinach, mushroom, toasted sourdough

Cals 960 Protein 38g Carbs 62g Fat 60g

## PANCAKES

### CARAMALISED BANANA AND COCONUT 11

Spelt pancakes, caramelized banana, coconut ice cream, maple syrup, mint

Cals 783 protein 11g carbs 95g fat 37g

### PEANUT BUTTER AND JAM 11

Spelt pancakes, peanut butter sauce, homemade jam, fresh strawberries, peanuts, chia seeds, mint

Cals 715 protein 18g carbs 80g fat 34g

### MATCHA AND BERRY 11

Spelt pancakes, matcha ice cream, fresh berries, pomegranate, coconut crumble, chia seeds, mint

Cals 435 protein 32g carbs 39g fat 15g

### YOGURT AND BERRIES 11

Spelt pancakes, Greek yogurt, fresh berries, pomegranate, coconut crumble, honey, basil

Cals 645 protein 48g carbs 44g fat 29g

## EXTRAS

**SOURDOUGH / GLUTEN FREE TOAST** 2

**FALAFEL** 2.50

**AVOCADO** 2

**BACON** 2

**SKINNY BEANS** 1.50

**SPINACH AND MUSHROOM** 2

**HALLOUMI** 3.50

**SALMON** 4.50