

# THE SKINNY KITCHEN

## Dinner Menu

*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.

## SHARING PLATES

*Perfect with cocktails*

<b>OLIVES</b> 🍷🌱🍷 4	<b>ASIAN STYLE TENDERSTEM</b> 🍷🌱🍷 4 .50	<b>TOASTED FLAT BREAD</b> 🌱🍷 4.50	<b>GRILLED AVOCADO</b> 🍷🌱 6	<b>SALMON CEVICHE TOSTADA</b> 🍷 8
Charred tenderstem, asian dressing, toasted sesame seeds	Charred tenderstem, asian dressing, toasted sesame seeds	With apple tzatziki	Grilled avocado filled with cherry tomatoes and basil salad	Salmon ceviche tostada, smashed avocado, spring onions, pomegranate, chilli, lime
<b>EDAMAME BEANS</b> 🍷🌱🍷 4.50	<b>TOMATO BRUSCHETTA</b> 🍷🍷 5.50	<b>CHEESY QUESADILLA</b> 🌱🍷 4.50	<b>ASPARAGUS AND HOLLANDAISE</b> 7.50	<b>CRISPY CHICKEN</b> 🍷🍷 7
With sea salt & chilli	Tomato, basil, toasted bread	Toasted tortilla, melted cheese	Grilled lemon asparagus, smoked salmon, poached egg, hollandaise	Homemade crispy chicken with sriracha mayonnaise
<b>PADRON PEPPERS</b> 🍷🌱 5	<b>SKINNY DIPPING</b> 🍷🍷🍷 6.50	<b>FALAFEL AND BEET HUMMUS</b> 🍷🍷 6	<b>SWEETCORN FRITTERS</b> 🍷 5	<b>CHICKEN SKEWERS</b> 🍷🍷🍷 7
With sea salt	Beetroot hummus, pea hummus, carrot, cucumber, radish, olives, toasted sourdough	Quinoa and aubergine falafel, beetroot hummus, pomegranate, watercress	With sriracha mayo	Chicken skewers, courgette and cucumber salad, chilli, apple tzatziki, coriander, spring onion, toasted wrap
<b>SMASHED AVOCADO</b> 🍷 4.50				
With tortilla chips				

## MAINS

<b>JERK BOWL</b> 🍷🍷🌱🍷 13.50
Chicken skewers, jerk sauce, spicy rice, peas, tenderstem broccoli, asparagus, charred corn, fresh chilli, coriander Cals 548 protein 47g carbs 42g fat 19g
<b>SATAY BOWL</b> 🍷🍷🍷🌱🍷 13.50
Chicken skewers, spicy rice, tenderstem broccoli, slaw, spring onion, peanut sauce, salted peanuts, coriander, fresh chilli Cals 561 protein 53g carbs 25g fat 26g
<b>FISH AND CHIPS</b> 🍷 14
Grilled sea bass, pea hummus, homemade tartar sauce, skin on chips and chimichurri Cals 682 protein 32g carbs 40g fat 41g
<b>COCONUT CURRY</b> 🍷🍷🍷🍷 14
Cod or falafel coconut curry, sweet potato, kale, spinach, peas, quinoa, spring onions, fresh chilli Cod - Cals 688 protein 32g carbs 46g fat 40g Falafel - Cals 722 protein 21g carbs 58g fat 48g
<b>BUCKWHEAT NOODLES</b> 🍷🍷🍷🍷 13
Buckwheat soba noodles, bean sprouts, tenderstem broccoli, carrot, cabbage, ginger, soy, lime, chilli, sesame seeds Add tofu or chicken Plain- Cals 496 protein 19g carbs 53g fat 21g   Chicken- Cals 626 fat 22g carbs 53g protein 48g

## BURGERS

<b>STACKED BURGER</b> 🍷🍷🍷 14.50
Beef or soy patty, red onion, pickles, cheddar, tomato, lettuce, crispy shallots, mustard, tomato sauce, brioche bun, skin on chips Beef - cals 953 protein 48g carbs 68g fat 52g Soy - cals 872 protein 46g carbs 71g fat 43g
<b>HALLOUMI BURGER</b> 🍷🍷 14.50
Halloumi slices, courgette and cucumber salad, apple tzatziki, lettuce, onion, brioche bun, skin on chips Cals 845 protein 19g carbs 86g fat 44g
<b>PANKO COD BURGER</b> 🍷 14.50
Panko cod fillet, avocado, tartar sauce, lettuce, tomato, brioche bun, skin on chips Cals 818 protein 28g carbs 70g fat 46g
<b>CHICKEN SATAY BURGER</b> 🍷🍷🍷 14.50
Chicken breast, satay sauce, Asian slaw, fresh onion, lettuce, sriracha mayo, brioche bun, skin on chips Cals 806 protein 46g carbs 63g fat 40g

## SAUCES

1  
Lime mayo, Chipotle mayo, Tzatziki, Tomato sauce, Sriracha, Sriracha mayo, Tartar sauce

## TACOS (3 SOFT WHEAT TACOS)

<b>CRISPY CAULIFLOWER</b> 🍷🍷🍷 13
Sweet potato, crispy kale, radish, lime mayonnaise Cals 498 protein 11g carbs 66g fat 20g
<b>CRISPY CHICKEN</b> 🍷🍷 13
Homemade crispy chicken, mango and chilli, spring onions, chipotle Cals 697 protein 51g carbs 46g fat 33g
<b>CHILLI BEEF OR SOY</b> 🍷🍷 13
Mexican cheese, avocado, pickled onion, red chilli, coriander, chipotle mayonnaise Beef - cals 487 protein 29g carbs 50g fat 17g, Soy - cals 585 protein 45g carbs 58g fat 17g
<b>CEVICHE SALMON</b> 🍷🍷🍷 14
Ceviche salmon, avocado, asian slaw, fresh chilli, coriander, sriracha sauce Cals 531 protein 30g carbs 54g fat 21g

## SIDES

<b>FRESH GREEN SALAD</b> 🍷🌱🍷🍷 4.50
Cals 100 protein 2g carbs 0.8g fat 10g
<b>AVOCADO SALAD</b> 🍷🌱🍷 4.50
Cals 293 protein 3g carbs 3g fat 29g
<b>SPRING GREENS</b> 🍷🌱🍷 4.50
Cals 104 protein 5g carbs 2.5g fat 45g
<b>CAULIFLOWER WINGS WITH CHIPOTLE SAUCE</b> 🍷🌱🍷🍷 5
Cals 209 protein 3.4g carbs 8.4g fat 18g
<b>POLENTA FRIES WITH LIME MAYO</b> 🍷🍷🍷 4
Cals 335 protein 9g carbs 56g fat 7g
<b>HALLOUMI FRIES WITH CHIPOTLE SAUCE</b> 🌱🍷 6
Cals 508 protein 34g carbs 3g fat 45g
<b>SKIN ON CHIPS</b> 🍷🌱🍷 4.50
Cals 121 protein 1.9g carbs 18g fat 4g