

Sprout

STEP 1 CHOOSE YOUR BASE

Patatas bravas

175 kcal

Braised tomato Rice

162 kcal

Lemon scented couscous

175kcal

PLUS

Harissa Hummus

109 kcal

STEP 2 CHOOSE TWO SIDES

Citrus & fennel olives

63 kcal

Spanish tomato salad

55 kcal

Chickpeas & peppers salad

62 kcal

EXTRAS

Garlic & chilli flatbread 1.00

134kcal

STEP 3 CHOOSE YOUR PROTEIN

Lemon & pesto chicken

225 kcal

Paprika infused Pork

286 kcal

Piri Piri aubergines

123 kcal

Spanish omelette

159 kcal

Additional protein 3.50

CREATE YOUR OWN
7.50

V = vegetarian (VE) = vegan

Adults need around 2000 Kcal per day. If you have a food allergy or intolerance please ask our team for information.