

# FOOD EATS

## AÇAİ BOWL

Açaı Berry Smoothie Bowl with Clementines, Blackberry, Pomegranate, Japanese Pears, Vanilla Maple Syrup & Coconut Flakes

£12.50    **VE**

*Extras: Peanut Butter, Carrot Cake Granola £1.50*

## BREAKFAST BUN

Stone Ground Bun, Green Leaf Lettuce, Plum Tomatoes, Lamb Sausage, Egg & In-House Brown Sauce

*Contains Dairy, Eggs, Gluten, Sulphites*

£9.75

## GOLDEN TURKISH EGGS

Poached Eggs, Gold Amba Yoghurt, Chilli & Paprika Oil, Dukkah, Carrot & Radish Salad, Orange Dressing, Served With Turmeric Pitta

*Contains Dairy, Eggs, Gluten, Mustard,,Sesame, Soy, Treenuts*

£11.50    **V**

## GREEN OMELETTE

Herby (Chives, Parsley & Spinach) Omelette With Halloumi, Sun Blushed Tomatoes, Cucumber & Radish

*Contains Eggs, Dairy, Gluten*

£12.50    **V**

## FREEKIN' KEDGEREE

Preserved Lemon Freekeh, Sun-Blushed Tomatoes & Kale, with Grilled Mackerel & Poached Egg

*Contains Egg, Gluten, Fish, Mustard, Sulphites*

£12.50    **V**

## FISH ‘N’ TATERS

Baked Lemon & Ginger Cod, Crushed Potatoes, Peas With Fresh Cucumber Tartar Sauce Made In-House

*Contains Fish, Mustard, Sesame, Soy, Sulphites*

£16.50

If you have any food allergies or special dietary requirements, please inform a member of our team. We work in an environment containing all of the main allergies & cannot guarantee no cross contamination.

## BREAKFAST BOWL

Carrot & Lentil Hummus, Freekeh, Glazed Miso Mushrooms, Spinach, Red Onion, Cucumber, Red Pepper, Tomatoes & Gold Amba Yoghurt

*Contains Dairy, Gluten, Mustard, Tree Nuts*

*Sesame, Soy, Sulphites*

£10.25    **V**

## TGL BAKED EGGS

Our Signature Dish. Baked Eggs, Kale, Spinach, Tenderstem Broccoli, Avo-Pesto, Sumac & Vegan Parmesan

*Contains Eggs, Nuts, Sulphites*

£11.50    **V   GF**

## H'AVO GOOD ONE

Super Seeded Toast, Smashed Avo, Sun Blushed Tomatoes, Poached Satsumas, Lime & Coriander Tahini, Topped With Matcha Dukkah

*Contains Tree Nuts, Sesame, Sulphites*

£11.25    **V   GF**

## KIMCHI FRITTER

Carrot, Cauliflower & Kimchi Fritter With Chilli Egg & Snake Beans

*Contains Eggs, Sesame, Soy*

£11.25    **V**

## 'NO BONE' BROTH

Turmeric Kimchi ‘No Bone’ Broth with Konjac Noodles, Seaweed, Pak Choi & Chilli

*Contains Celery, Soy, Sulphites*

£9.00    **VE**

*Add Chicken Dumplings (3) £3.75*

## HALLOUMI BEAN BURGER

Stone Ground Bun, Bean Burger, Jalapeno Slaw, Tempeh Bacon & Grated Halloumi

*Contains Dairy, Egg, Gluten, Mustard, Nuts, Soy, Sulphites*

£10.00    **V**

# BREADS

## SMOKED SALMON BAGEL

£11.00

Poppy Seeded Bagel, Red Pepper Labneh, Slaw & Smoked Salmon

*Contains Dairy, Fish, Gluten, Sesame, Sulphites*

## AVO PESTO SANDWICH

**VE   GF   £9.50**

Quinoa Seeded Bread, Smashed Avo, Plum Tomatoes, Kale & Basil Pesto.

Served With Garlic & Chive Mayo

*Contains Sulphites*

*Add Grated Halloumi £2.00*

## TUNA AVO SANDWICH

**GF    £9.50**

Quinoa Seeded Bread, Sliced Avo, Plum Tomatoes, Kale & Basil Pesto, Tuna & Red

Onion. Served With Chipotle Cream

*Contains Dairy, Fish, Mustard, Soy, Sulphites*

*Add Grated Halloumi £2.00*

# WRAPS

## GODDESS CHICKEN WRAP

£6.75

Tortilla Wrap, Lemon & Ginger Hummus, Green Leaf Lettuce, Herbed Tabbouleh & Goddess Chicken. Served With Green Harissa Sauce

*Contains Dairy, Gluten, Sulphites*

## SHAWARMA MUSHROOM WRAP

**VE    £6.75**

Tortilla Wrap, Carrot & Lentil Hummus, Persian Shawarma Mushrooms, Pickled

Red Onion. Served With Lime & Coriander Tahini

*Contains Gluten, Tree Nuts, Sulphites*

# FALAFFLE

## THE FALAFFLE

**V    £10.00**

Falafel Waffle, Carrot & Lentil Hummus, Chopped Salad, Za’atar Croutons & Gold Amba Yoghurt

*Contains Dairy, Gluten, Nuts, Sesame, Sulphites*

*To Add Extras, See Below*

# SWEET TREATS

## TGL'S CHOC ORANGE PANCAKES

**VE    £10.75**

Pancakes With Dark Choc Sauce, Poached Satsumas, Halva & Pistachios

*Contains Gluten, Nuts, Sesame, Soy, Sulphites*

## HALVA BANANA BREAD

**VE    £6.75**

Tahini Maple Banana Bread, With Coconut Sugar Glazed Banana’s

*Contains Nuts, Sesame*

# EXTRAS

Poached Egg	£1.50	Lamb Sausage	£2.50
Baked Egg	£1.50	Smoked Salmon	£4.00
Scrambled Eggs	£2.00	Avocado	£2.00
Crushed Potatoes	£2.00	Sourdough Toast	£1.50
		Seeded Gluten Free Bread	£1.50
		Turmeric Pitta	£1.50

# CHECK THE BOARD OR ASK OUR STAFF FOR DAILY SPECIALS AND SWEET TREATS

**V   Vegetarian**

**VE   Vegan**

**GF   Gluten Free**

# NUTRITION BOWLS

Pick one of our 4 salad bases and choose your protein on top, or simply build your own nutrition bowl

## ASIAN

£7.00

Soba Noodles, Tenderstem Broccoli & Pak Choi, Cucumber, Carrots, Spring Onion, Pickled Ginger, Crispy Shallots, Miso & Yuzu

*Contains Gluten, Sesame, Soy*

*Add Protein from £2.00 See Prices Below*

## GAIA “MOTHER EARTH” BOWL

£7.00

Green Leaf Salad Mix, Cucumber, Carrot, Chopped Salad, Pesto Marinated Tomatoes, Minted Radish, Pickled Onion, Orange Blossom Buttermilk Dressing

*Contains Dairy, Mustard, Soy*

*Add Protein from £2.00 See Prices Below*

## MEZZE

£7.00

Tabbouleh, Lemon & Ginger Hummus, Moroccan Chickpeas, Red Pepper Labneh, Cabbage Date Beet Salad, Minted Radish, Pomegranate Dressing

*Contains Dairy, Gluten, Mustard, Sulphites*

*Add Protein from £2.00 See Prices Below*

## POKÉ

£7.00

Brown Sushi Rice, Tenderstem Broccoli & Pak Choi, Edamame, Pickled Ginger, Minted Radish, Spring Onion, Crispy Shallots, Thai Chilli Dressing

*Contains Soy, Sulphites*

*Add Protein from £2.00 See Prices Below*

# BUILD YOUR OWN

## REGULAR

1 Base  
4 Fillers  
2 Toppers  
1 Sauce

£7.00

## LARGE

2 Bases  
5 Fillers  
2 Toppers  
1 Sauce

£8.00

## BASE

House Mixed Leaf | Green Leaf Mix | Soba Noodles | Brown Sushi Rice

## FILLERS

Carrot & Cucumber | Pesto Marinated Tomatoes | Red Pepper Labneh | Cabbage, Date, Beet Slaw | Lemon & Ginger Hummus | Moroccan Spiced Chickpeas | Whipped Feta | Chopped Salad | Edamame | Tenderstem Broccoli & Pak Choi | Bang Bang Cauliflower | Quinoa | Tabbouleh

## TOPPERS

Minted Radish | Pickled Ginger | Spring Onions | Pickled Onions | Pickled Chillies | Crispy Shallots | Za’atar Croutons | Coconut Bacon | Goji Berries | Power Seeds

## SAUCES

Garlic & Chive Mayo | Green Harissa | Pomegranate Dressing | Miso & Yuzu | Chipotle Cream| Lime & Coriander Tahini | Orange Blossom Buttermilk Dressing | Thai Chilli Dressing | Amba Yoghurt

## PROTEIN

Bean Ball (VE)	£2.00
BBQ Tempeh (VE)	£2.00
Tuna Tartare	£3.50
Goddess Chicken	£3.00

# DRINK

## JUICES

- THE INCREDIBLE BULK

£6.00

This is our superfood, clean and green cold-pressed juice containing Apple, Celery, Seasonal Greens, Lemon, Ginger and Mint *Contains Celery*
- GINGER SPICE

£6.00

This is our zingy cold-pressed juice containing Apple, Carrots, Lemon, Ginger and Turmeric
- BRING THE BEET IN

£6.00

This is our cold-pressed juice containing Oranges, Beetroot, Lemon, Ginger, Lime and Agave
- FRESH ORANGES

£4.00

Freshly Squeezed Seasonal Oranges

## SMOOTHIES

- STRAWBERRY BLONDE

£6.00

Strawberries, Oat Milk, Soya Yoghurt, Banana, Baobab, Lemon Zest and Vanilla
- CACAO ESPRESSO MARTINI

£6.00

Oat Milk, Banana, Espresso, Dates, Maple Syrup, Cacao, Chicory Root and Lions Mane
- OFF THE KALE

£6.00

Oat Milk, Banana, Spinach, Kale, Ginger, Pumpkin Seeds, Lemon, Agave, Parsley, Ashwagandha and Chilli

## PROTEIN SHAKES

- PROTEIN SHAKE

£6.00

Vegan Vanilla Protein blended with Oat Milk
- Flavours:

Vanilla

Strawberry

Chai

Chocolate

Peanut Bulk (Peanut butter, Hazelnut & Cacao) *Contains Nuts*

Add Sea Moss £2.00   Add Espresso Shot £2.20

## WELLNESS SHOTS

- LET IT GLOW

£3.50

Pineapple, Spinach, Coriander, Thai Basil, Aloe Vera and Marine Collagen. Help improve your skin elasticity, boost nail growth and promote healthy hair. *Contains Fish*
- DROP THE BEET

£3.50

Honeydew Melon, Beetroot, Aloe Vera, Cayenne Pepper and Milk Thistle. Help lower your blood pressure and improve your blood flow.
- GUT VIBES ONLY

£3.50

Apples, Strawberries, Organic Apple Cider Vinegar and Probiotics. Help to boost gut health.
- I'VE GOT THE POWER

£3.50

Apples, Lemon, Turmeric, Himalayan Pink Salt and Ginger. Help to strengthen the immune system and keep your body strong.

# HOT DRINKS

### COFFEE

- Espresso
- £2.50
- Americano
- £2.50
- Macchiato
- £2.60
- Cortado
- £2.60
- Cappuccino
- £2.90
- Flat White
- £2.80
- Latte
- £3.00
- Mocha
- £3.40
- Dirty Chai Latte
- £3.90

### ICED COFFEE

- Iced Americano
- £2.50
- Iced Latte
- £3.20
- Iced Chai Latte
- £3.50
- Iced Dirty Chai Latte
- £3.90
- Iced Matcha Latte
- £4.00
- Iced Mocha
- £3.50

### TEAS

- English Breakfast Tea
- £2.50
- Earl Grey Tea
- £2.50
- Lemongrass & Ginger Tea
- £2.50
- Peppermint Tea
- £2.50
- Green Tea
- £2.50
- Sea Moss Tea
- £3.00
- Mango & Rooibos
- £2.50

Buy a Jar of Sea Moss from £12

### ALTERNATIVE LATTES & HOT DRINKS

- Chai Latte
- £3.50
- Turmeric Latte
- £4.00
- Matcha Latte
- £4.00
- Hot Chocolate
- £3.20

WE ALWAYS HAVE SEASONAL DRINKS AVAILABLE  
PLEASE ASK OUR STAFF OR TAKE A LOOK AT OUR SPECIALS BOARD

### EXTRAS

Decaf Option Is Free  
All prices are with Whole Milk/  
Semi-Skimmed Milk

- Alternative Milk (Alpro)
- £0.45
- Soy, Coconut, Almond, Oat
- Extra Shot
- £1.50
- Sugar-Free Syrup
- £1.00
- Vanilla, Caramel, Hazelnut

# COLD DRINKS

- ALKALINE WATER

£3.50
- SPARKLING WATER

£2.50
- VITAMIN WATER

£2.50

Flavours: Lemon & Lime Reload, Strawberry & Rhubarb Hydrate
- LEMONAID

£3.50

Flavours: Blood Orange, Passionfruit
- GREEN CHARITEA

£3.50
- HIP POP KOMBUCHA

£3.50

Flavours: Ginger & Yuzu, Passionfruit & Guava CBD, Cola

We are all about supporting local & British business. This menu was possible by these following businesses great products.



LEMONAID+

ChariTea

HIP POP

At The Green Lab, we believe in fresh produce and great tasting food. This extends beyond our eatery. If you are looking for catering for business, events & private functions, get in touch with us at [hello@thegreenlabnq.com](mailto:hello@thegreenlabnq.com).



If you would like to leave us a review scan the QR code:

If you have any food allergies or special dietary requirements, please inform a member of our team. We work in an environment containing all of the main allergies & cannot guarantee no cross contamination. Please note that for dining in guests a discretionary service charge of 10% is added to your bill. This can be removed upon request.

# THE GREEN LAB

