# SANDERSON

## **INNERMOST PROTEIN MENU**

Available daily 7am - 11am

This January we've teamed up with protein brand, Innermost, to ensure you have a healthy start to the year.

### **BREAKFAST**

#### PROTEIN OATMEAL 8

almond milk | Innermost vanilla protein blend | blueberries almond milk | Innermost chocolate protein blend | cocoa nibs

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BANANA PROTEIN PANCAKES 10

Innermost vanilla protein blend | Greek yogurt | honey | berries

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#### PROTEIN COCONUT YOGURT 10

Innermost vanilla protein blend | acai | cocoa nibs | banana chips | berries

#### **SMOOTHIES**

SUPER KALE SMOOTHIE 9

Innermost super food tea booster | kale | spinach | mango

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#### GINGER DETOX SMOOTHIE 9

Innermost super food tea booster | ginger | banana | carrot | blueberries

For food allergies and intolerances, please speak to a member of our team about your requirements before ordering.

A full list of all allergens contained in each dish is available on request. A discretionary service charge of 15% will be added to your bill.

After a deduction of the credit card commission payable on this and 1% administration fee, the balance is all distributed to service staff.

