

THE SKINNY KITCHEN

Brunch 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


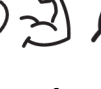

 LOW CALORIE


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.
PLEASE NOTE NOT ALL INGREDIENTS ARE LISTED ON THE MENU



ALL DAY BRUNCH




SMASHED AVOCADO   6.50
Smashed avocado, toasted sourdough, toasted seeds
Cals 656 Protein 9.4g 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, lemon, chimichurri
Cals 630 protein 18g carbs 54g fat 35g

EGGS BENEDICT    8.50
Free range poached eggs, avocado, hollandaise, toasted sourdough
Cals 786 Protein 25g Carbs 41g Fat 57g

TURKISH EGGS    8.50
Poached eggs, avocado, dill yogurt, homemade chilli oil, toasted sourdough
Cals 519 protein 20g carbs 40g fat 30g

SALMON AND EGGS   15
Free range poached eggs, ceviche salmon, halloumi, quinoa, smashed avocado, toasted seeds, rocket
Cals 780 protein 53g carbs 15g fat 56g

SMALL BITES


OLIVES    4

EDAMAME BEANS    4.50
With sea salt & chilli

PADRON PEPPERS   5
With sea salt

SMASHED AVOCADO  4.50
With tortilla chips

LIGHT LUNCH

TOASTED FLATBREAD     12
CHOOSE FALAFEL, HALLOUMI OR CHICKEN SKEWERS
Homemade rosemary flatbread, courgette and cucumber salad, apple tzatziki, beetroot hummus, coriander, spring onion, fresh chilli, lemon
Chicken – cals 429 protein 39g carbs 22g fat 19g

Falafel – cals 342 protein 14g carbs 34g fat 14g

Halloumi – 556 cals protein 32g carbs 26g fat 35g

CHEESE TOASTIE   10
Creamy vegan feta, avocado, pickles, chimichurri, toasted sourdough,
Cals 632 protein 18g carbs 79g fat 26g



SWEET POTATO BURRITO   9
Sweet potato and kale, chilli beans, smashed avocado, vegan cheese, onion, corriander, fresh green chilli, chipotle mayonnaise
Cals 686 Protein 17g Carbs 81g Fat 29g


ADD CHICKEN +2




SKINNY CAESAR SALAD    12
Gem lettuce, boiled egg, asparagus, avocado, parmesan, polenta croutons, caesar dressing
Cals 492 protein 17g carbs 23g fat 36g





ADD CHICKEN / BACON +2

BOWLS

POKE BOWL   14
Ceviche salmon or tofu, rice, avocado, edamame beans, mango, cucumber, tomato, coriander, pickled ginger, pickled onion, radish, soy and chilli dressing, crispy shallots, fresh lime
Salmon – cals 501 protein 26g carbs 38g fat 25g
Tofu – cals 584 protein 29g carbs 39g fat 32g

NOURISH BOWL  13
Falafel, halloumi, beetroot hummus, carrot ribbons, quinoa, rocket, radish, toasted seeds, citrus dressing
Cals 762 protein 37g carbs 30g fat 53g




JERK BOWL    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



SATAY BOWL     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


SAUCES

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

BURGERS

STACKED BURGER    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

HALLOUMI BURGER   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





PANKO COD BURGER  14.50
Panko cod fillet, avocado, tartar sauce, lettuce, tomato, brioche bun, skin on chips
Cals 818 protein 28g carbs 70g fat 46g



CHICKEN SATAY BURGER    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

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

SIDES

FRESH GREEN SALAD    4.50
Cals 100 protein 2g carbs 0.8g fat 10g

AVOCADO SALAD    4.50
Cals 293 protein 3g carbs 3g fat 29g

SPRING GREENS    4.50
Cals 104 protein 5g carbs 2.5g fat 45g

CAULIFLOWER WINGS WITH CHIPOTLE SAUCE    5
Cals 209 protein 3.4g carbs 8.4g fat 18g

POLENTA FRIES WITH LIME MAYO    4
Cals 335 protein 9g carbs 56g fat 7g

HALLOUMI FRIES WITH CHIPOTLE SAUCE   6
Cals 508 protein 34g carbs 3g fat 45g

CHICKEN SKEWERS   7
Cals 259 protein 40g carbs 3.4g fat 9g

SKIN ON CHIPS    4.50
Cals 121 protein 1.9g carbs 18g fat 4g