

OCTOBER

IMMUNITY

SPECIALS

GOLDEN PEAR PORRIDGE

DF, V, N

£7.50 POST

Coconut porridge, turmeric & cinnamon poached pear, maple syrup, cacao oat crumble (+protein for £1)

Restore glycogen and boost your immune system with our special porridge loaded with anti-inflammatory turmeric and antioxidant-rich pear and cacao.

PROTEIN BREAD SANDWICH

DF, GF, N (V option available)

£10.50 PRE

Protein bread, hummus, avocado, smoked salmon, lemon, roasted seeds (+egg for £1.50)

With 70% of immune system cells in the gut, this probiotic sandwich will work to improve your health from within by feeding good bacteria and keeping the bad at bay.

LIVING BOWL

DF, GF, N (V option available)

£12.50 PRE

Two salads, smoked salmon, protein bread, hummus, purple basil sprouts

Bursting with mineral dense leafy greens and essential amino acids for muscle repair, this salad bowl will provide you with all the key nutrients to keep you fit and healthy this Autumn.