



THE SKINNY KITCHEN


BRUNCH



A FRESH MEETING PLACE FOR ALL DAY DINING. THINK DELICIOUS COFFEE IN THE MORNING, SUPERFOOD COCKTAILS AND GOOD VIBES IN THE EVENING AND A WHOLE LOT OF HEALTHY FOOD IN-BETWEEN.

AT SKINNY KITCHEN WE LOVE TO CREATE DISHES USING HIGH QUALITY INGREDIENTS, OUR FOOD IS CLEAN, NATURAL AND CONTAINS NO NASTY ADDITIVES. ABOVE ALL WE CATER FOR MANY DIETS FROM VEGAN TO GLUTEN FREE AND SO YOU KNOW EXACTLY WHAT YOU ARE PUTTING INTO YOUR BODY WE INCLUDE MACRONUTRIENTS TOO.

WE WANT TO HELP YOU EAT WELL, TRACK YOUR MACROS AND STICK TO YOUR GOALS. IF YOUR LIFESTYLE IS ALL ABOUT HEALTHY FOOD, YOU'VE COME TO THE RIGHT PLACE!

THE SKINNY KITCHEN

 www.theskinnykitchen.co.uk

 The_Skinny_Kitchen  The Skinny Kitchen

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.

 HIGH PROTEIN  LOW CALORIE  GLUTEN FREE  VEGGIE

 VEGAN  CONTAINS NUTS

BRUNCH

Served until 2pm

AVO AND EGGS 🥑🥚🌿	8
Smashed avocado, free range poached eggs, sourdough toast, toasted seeds Cals 692 Protein 27g Carbs 42g Fat 45g	
Add bacon 2, feta 2, beans 2, halloumi 4.50, salmon 4.50	
EGGS BENEDICT 🥑🥚🌿	9
Free range poached eggs, avocado, hollandaise, toasted sourdough Cals 786 Protein 25g Carbs 41g Fat 57g	
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 Add salmon + 4.50	
VEGAN FRITTERS 🌿	9
Sweetcorn fritters, mushroom and spinach, beetroot hummus, asparagus, tenderstem broccoli, lemon, chimichurri cals 630 protein 18g carbs 54g fat 35g	
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	

LIGHT LUNCH

Served until 5pm

GRILLED CHEESE TOASTIE 🧀🍷	10
Vegan feta cheese, avocado, pickles, chimichurri, toasted sourdough cals 632 protein 18g carbs 79g fat 26g	
Add: chicken 2	
OPEN TOASTED WRAP 🥙🍷	10
Choose chicken, falafel or halloumi. Toasted wrap, courgette and cucumber salad, apple tzatziki, spring onion, fresh chilli, watercress Chicken: Cals 440 protein 46g carbs 33g fat 13g // Falafel: Cals 385 protein 17g carbs 54g fat 9.2g Halloumi: Cals Cals 537 protein 32g carbs 34g fat 29g	

STARTERS

OLIVES 🍷🥑	3.50
Cals 149 protein 1.2g carbs 0g fat 15g	
EDAMAME BEANS 🍷🥑	3.50
With salt & chilli Cals 195 Protein 14g Carbs 14g Fat 7.3g	
SKINNY DIPPING (SHARING) 🥙🍷	6.50
Beetroot hummus, avocado, carrot, cucumber, radish, olives, lettuce, toasted sourdough Cals 425 protein 9.4g carbs 46g fat 21g	
CRISPY CHICKEN 🍷🐔	7.50
Homemade chicken nuggets with lime mayonnaise cals 409 protein 34g carbs 33g fat 15g	
FALAFEL AND BEET HUMMUS 🍷🥑	7.50
Quinoa and aubergine falafel, beetroot hummus, pomegranate, watercress Cals 311 protein 12g carbs 26g fat 15g	
CHICKEN SKEWERS 🍷🐔	7.50
Chicken skewers, toasted wrap, courgette and cucumber salad, apple tzatziki, spring onion, fresh chilli, watercress cals 236 protein 29g carbs 3.2g fat 12g	

MAINS

JERK CHICKEN 🍷🐔	14
Chicken skewers, jerk sauce, spicy rice, peas, tenderstem broccoli, asparagus, charred corn, fresh chilli, coriander Cals 548 protein 47g carbs 42g fat 19g	
CHICKEN AND SWEET POTATO 🐔🥔	14
Chicken skewers, sweet potato and kale hash, lemon and garlic greens, fresh chilli, watercress, lemon cals 496 protein 46g carbs 42g fat 14g	
FISH AND CHIPS 🐟	14.50
Grilled sea bass, pea hummus, homemade tartar sauce, sweet potato fries Cals 682 protein 32g carbs 40g fat 41g	
COCONUT CURRY 🥥🍷🐔	14.50
Cod or falafel coconut curry, sweet potato, kale, spinach, tenderstem broccoli, peas, quinoa, spring onions, fresh chilli COD Cals 688 protein 32g carbs 46g fat 40g 🍷 / FALAFEL Cals 722 protein 21g carbs 58g fat 48g	
BUCKWHEAT NOODLES 🍷🥙🐔	13
Buckwheat soba noodles, bean sprouts, tenderstem broccoli, carrot, cabbage, ginger, soy, lime, chilli, sesame seeds PLAIN Cals 496 protein 19g carbs 53g fat 21g CHICKEN Cals 626 fat 22g carbs 53g protein 48g	
SALMON TACOS 🍷🐟	14
Ceviche salmon, avocado, sriracha, asian slaw, fresh chilli, coriander Cals 531 protein 30g carbs 54g fat 21g	

PROTEIN BOWLS

CHICKEN SATAY BOWL 🥙🍷🐔	13
Satay chicken skewers, spicy rice, Asian slaw, tenderstem broccoli, edamame, toasted peanuts, fresh chilli Cals 561 protein 53g carbs 25g fat 26g	
RAW BUDDHA BOWL 🍷🥙🐔	10
Avocado, edamame, carrot, spinach, lettuce, cucumber, tomato, radish, spring onion, coriander, toasted seeds, citrus dressing Cals 284 protein 9.8g carbs 11g fat 20g Add salmon + 4.50	
CHILLI BOWL 🍷🐔	11
Chilli bean, spicy rice, avocado, charred corn, fresh tomatoes, raw spinach, crispy tacos Cals 674 Protein 27g Carbs 79g Fat 23g	
FALAFEL AND HALLOUMI BOWL 🌿🐔	13
Falafel, halloumi, beetroot hummus, carrot ribbons, quinoa, rocket, radish, toasted seeds, citrus dressing Cals 762 Protein 37g Carbs 30g Fat 53g	

BURGERS

Macros are for the burger only.

STACKED BURGER 🥙🐔	14
Beef patty, cheddar, pickles, red onion, lettuce, aioli, tomato relish, charcoal bun, sweet potato fries Cals 575 protein 51g carbs 43g fat 22g	
CHICKEN SATAY BURGER 🥙🐔	14
Chicken, satay sauce, Asian slaw, red onion, lettuce, sriracha, charcoal bun, sweet potato fries Cals 547 Protein 43g Carbs 45g Fat 21g	
SOY PROTEIN BURGER 🥙🍷	14
Soy protein patty, smashed avocado, coconut cheese, pickles, red onion, lettuce, vegan lime mayonnaise, tomato relish, beetroot bun, sweet potato fries Cals 765 Protein 61g Carbs 52g Fat 34g (macros are for the burger only)	
HALLOUMI BURGER 🥙🌿🐔	14
Halloumi slices, courgette and cucumber salad, apple tzatziki, charcoal bun, sweet potato fries BURGER cals 528 protein 28g carbs 43g fat 26g	
COD BURGER 🥙🐔	14
Homemade cod burger, smashed avocado, lettuce, tomato, lime mayonnaise, charcoal bun, sweet potato fries BURGER cals 455 protein 31g carbs 40g fat 18g	

SIDES

GARLIC & LEMON GREENS 🍷🥑	4
Cals 104 protein 5.9g carbs 4.9g fat 6g	
HALLOUMI FRIES WITH AIOLI 🌿🍷🥔🐔	5.50
Cals 508 protein 24g carbs 2.5g fat 45g	
CRISPY POLENTA FRIES WITH VEGAN LEMON MAYO 🍷🥑	3.50
cals 335 protein 9.4g carbs 56g fat 7.3g	
CHILLI LEMON AVOCADO SALAD 🍷🥑	4.50
Cals 293 protein 3g carbs 3.2g fat 29g	
MIXED LEAF SALAD 🍷🥑	4.50
cals 100 protein 2.3g carbs 0.8g fat 8.9g	
SWEET POTATO FRIES 🍷🥔🍷	3.50
Cals 294 Protein 2.6g Carbs 31g Fat 17g	

SAUCES

Vegan lime mayonnaise, tzatziki, Aioli, Tomato sauce, Satay sauce, Sriracha, Tartar sauce.

PANCAKES

BERRY AND MATCHA 🥙🍷🌿	10
Protein pancakes, berry compote, matcha ice cream, chia seeds, honey Cals 425 Protein 32g Carbs 39g Fat 15g	
PEANUT BUTTER AND BANANA 🥙🍷🌿	10
Protein pancakes, peanut butter, banana, strawberry, honey, chia seeds, toasted peanuts Cals 602 protein 34g carbs 47g fat 29g	
BANANA AND COCONUT 🍷🥥	10
Orange spelt pancakes, banana, coconut ice cream, coconut shavings, maple syrup, chia seeds Cals 701 Protein 11g Carbs 79g Fat 36g	
PEANUT BUTTER AND JAM 🥙🍷	10
Orange spelt pancakes, berry compote jam, peanut butter cream, chia seeds, maple syrup, toasted peanuts Cals 715 Protein 18g Carbs 80g Fat 34g	

GUILT FREE SWEETS

Our desserts are homemade, refined sugar free and vegan.

BANANA CRUMBLE 🍷🥑	7
Granola crumb, salted caramel, banana and coconut ice cream Cals 471 Protein 7.8g Carbs 39g Fat 30g	
CHOCOLATE MOUSSE 🍷🥙🍷	7
Three ingredient chocolate mousse, fresh berries and basil Cals 318 Protein 4.5g Carbs 51g Fat 9.5g	
CHOCOLATE BROWNIE 🍷🥑	7
Chocolate brownie with strawberries and chocolate sauce Cals 468 Protein 6.3g Carbs 31g Fat 34g	
COCONUT PANNA COTTA 🥙🍷	7
Vegan coconut panna cotta, passion fruit, fresh berries, coconut crumble Cals 479 protein 4.3g carbs 34g fat 35g	
VEGAN ICE CREAM 🍷🥑	4.50
Vegan coconut ice cream, toasted coconut, chia seeds, mint Cals 318 Protein 2.7g Carbs 27g Fat 21g	