

ALL MENU ITEMS ARE PREPARED FROM FRESH AT THE TIME OF ORDER THEREFORE THERE MAY, ONLY SOMETIMES, BE A SHORT WAIT (BUT IT'LL BE WORTH IT!)

OPENING TIMES  
MON - THURS 9AM-7PM  
FRI & SAT 9AM-8PM

## BREAKFAST

Breakfast  
Is Served  
9 - 11.30am

### BREAKFAST BOXES

**BREAKFAST BAGEL** - 2 Bacon medallions, 2 lean Chicken & Pork sausages, optional low fat protein cheese and clean tomato sauce.  
Kcal 655, Carb 43g, Protein 78g, Fat 18g - **£4.95**

**GREEN GRILL UP** - 2 lean Chicken & Pork sausages, 2 Bacon medallion slices, clean beans, 1 wholemeal bagel, poached egg, mushrooms, tomatoes.  
Kcal 692, Carb 48g, Protein 79g, Fat 14g - **£5.95**

**SMASHED AVOCADO SALMON WHOLEMEAL BAGEL**  
Kcal 491, Carb 33g, Protein 38g, Fat 21g - **£5.95**

**PEANUT & BANANA WHOLEMEAL BAGEL**  
Kcal 517, Carb 69g, Protein 31g, Fat 12g - **£2.95**

**THE RESURRECTION** - The ultimate clean breakfast to bring you back to life and put you back on track! Includes Green Grill Up, smoothie (£1 extra for protein) or coffee with free water - **£8.95**

**STEAK & EGGS** - Mushrooms, Kale & 2 Poached eggs.  
Kcal 382, Carb 1g, Protein 58g, Fat 16g - **£5.95**

### BREAKFAST WRAP

Bacon, sausage, egg, cheese, clean beans, Clean Tomato sauce.  
Kcal 488, Carbs 34.5g, Protein 49.7g - **£4.95**

### BUILD YOUR OWN OATCAKE

Choose 3 toppings - bacon, cheese, sausage, spinach, kale, cashews, peppers, feta, tomato, onion - **£2.95**

### PROTEIN PANCAKES

**CHOOSE 3 TOPPINGS;** Peanut Butter, Honey, Fresh Strawberries, Banana, Chocolate Hazelnut, Dark Chocolate Sauce, Crushed Hazelnuts, Mixed Berries, Greek Yoghurt, Toasted Almonds. Kcal 414, Carb 53g, Protein 31g, Fat 9g - **£3.75**

Egg & Bacon Pancakes - **£3.75**

### BREAKFAST POTS

**PROTEIN OAT POT** - With 2 of the following toppings: Banana, Yoghurt, Berries, Nuts, Peanut Butter, Maple Syrup - **£2.50**



£1 FOR ANY ADDITIONAL ITEM IN ANY POT!



### BUILD YOUR OWN GG BOX



Under 12's

KIDS £4.95

REG £6.35

LRG £7.95

#### 1. CHOOSE YOUR PROTEIN

GG Chicken / Steak (+£1) / Meatballs / Salmon (+£1) / Prawns (+£1) / Cod (+£1) / (V) Halloumi / (V) Tofu / (V) Leek, Broccoli & Cheddar Sausage (+£1) / (V) Butternut Squash, Sweet Potato & Paprika Sausage (+£1)

#### 2. PICK 3 SIDES

Spicy Rice / Sweet Potato & Butternut Mash / Quinoa / Pasta / Noodles / Super Grain Mix / New Potatoes / Carrots & Swede / Power Kraut / Spinach / Green Beans / Kale / Mushrooms / Broccoli

#### 3. ADD YOUR CHOICE OF SEASONAL SALAD/VEG/NUTS

Ask your server or ask for a bit of everything!

#### 4. CHOOSE A SAUCE

Vegan - Red Chilli Garlic / Lime And Jalapeño / Clean Tomato  
Veggie - Red Chilli & Garlic / Lime & Jalapeño / Clean Tomato / Clean BBQ / Clean Mayo / Piri Piri / Chipotle

### GRAB 'N GO BOX

£9.95

#### CHICKEN & STEAK

Chicken & Steak, broccoli, green beans, red cabbage, clean beans and mash. Kcal 728 Carb 68 Protein 74

#### KENTUCKY & HALLOUMI BOX

Breaded Chicken, 2 halloumi slices, sweet potato fries, clean beans and broccoli. Kcal 656 Carb 34 Protein 58

#### VEGAN BOX

Beetroot or Spicy Bean Burger, super grain mix, carrot and swede. Kcal 568 Carb 100 Protein 20

#### CATCH OF THE DAY

Salmon & Cod, new potatoes, green beans, broccoli. Kcal 506 Carb 48 Protein 71

### CHOOSE A SAUCE

VEGAN - RED CHILLI GARLIC / LIME AND JALAPEÑO / CLEAN TOMATO  
VEGGIE - RED CHILLI & GARLIC / LIME & JALAPEÑO / CLEAN TOMATO / CLEAN BBQ / CLEAN MAYO / PIRI PIRI / CHIPOTLE

SCAN TO DOWNLOAD OUR APP  
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Allergen information is available on request. Please inform a member of staff if you have any allergy. We use nuts in our kitchens so can't guarantee a nut-free environment.



## CLEAN CHEAT BURGERS

Served on a wholemeal bagel (low calorie and gluten free alternatives are available, just ask a member of staff) spinach, watercress, dill, pickle garnish and your choice of sauce. Bulk Up – Increase your protein for £2.

**CHEESY CLEAN CLASSIC** – Grass fed, locally sourced, handmade 6 oz ground beef patty. Seasoned with our own double G spice blend and topped off with a thin slice of low fat cheese. Kcal 544, Carb 44g, Protein 55g, Fat 18g – **£4.95**

**PT BURGER** – Lean Ground Turkey Mince, flavoured with fresh coriander & shredded spring onions. Grilled to perfection with our signature seasoning topped with clean herb mayo. Kcal 577, Carb 48g, Protein 66g, Fat 11g (Add high protein cheese for 50p) – **£4.95**

**LEAN & CLEAN CHICKEN** – Lean grilled Chicken Breast, low fat cheese, clean herb mayo, simple, clean and delicious. Kcal 516, Carb 41g, Protein 57g, Fat 11g – **£4.95**

**GREENGRIDDLE PERFORMANCE BURGER** – Grass fed, locally sourced, handmade 6 oz ground beef patty. Seasoned with our own double G spice blend and served with BBQ pulled pork, charred red onion and our clean BBQ sauce. Kcal 610, Carb 35g, Protein 79g, Fat 17g – **£5.95**

**KENTUCKY CHEATIN' CHICKEN** – Chicken Breast in our clean Green Griddle southern style crumb – Served with low fat cheese and clean herb mayo. Kcal 656, Carb 54g, Protein 57g, Fat 13g – **£5.95**

**BEETROOT BURGER** – Meat free and deliciously vegan patty made of beetroot and quinoa; topped with spinach, gherkins and served on a wholemeal bagel. Kcal 400, Protein 17g, Carbs 57g – **£5.95**

**SPICY BEAN BURGER** – A seasoned mix of beans, lentils, onion, red pepper and vegan mature cheddar. Topped with spinach, gherkins and served on a wholemeal bagel. Kcal 419, Protein 17g, Carbs 53g – **£5.95**

**GG ULTIMATE BURGER** – PT Burger, Kentucky Burger, Halloumi Cheese, Spinach, Gherkins, Wholemeal Bagel. Kcal 689, Protein 74.2g, Carbs 64.8g – **£8.95**

## BUILD YOUR OWN WRAP

### PICK YOUR PROTEIN -

Served with salad, spicy rice / quinoa, and a sauce of your choice  
Steak / King Prawns / Salmon / Spicy Bean Burger / Beetroot Burger / Kentucky Burger – **£5.95**  
Chicken / Halloumi / BBQ Pulled Pork – **£4.95**

**PROTEIN POWER WRAP** – The carnivores delight loaded with steak and chicken – Finished with bell peppers, cucumber, spicy rice, quinoa, drizzled with our NEW Chipotle sauce. Kcal 520, Carb 50g, Protein 55g, Fat 9g – **£5.95**

**BARBELL BURRITO** – Tortilla wrap crammed full of goodness! Loaded with delicious chicken, spiced rice, bell peppers, salsa and our GreenGriddle Mexican style beans. Kcal 509, Carb 66g, Protein 37g, Fat 7.7g – **£5.95**

## KIDS MEALS

**MINI BUILD YOUR OWN BOX** – **£4.95**

**KENTUCKY STRIPS AND SWEET POTATO FRIES** – **£4.95**

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MEAL DEAL  
ADD A PORTION OF  
SWEET POTATO  
FRIES AND CLEAN  
SLAW FOR £1.50

MEAL DEAL  
ADD A PORTION OF  
SWEET POTATO  
FRIES AND CLEAN  
SLAW FOR £1.50

## PROTEIN PIZZA

ALL OUR PIZZA BASES ARE VEGAN AND GLUTEN, EGG, NUT AND WHEAT FREE

**ZORBA THE CHEAT** – The Greek salad that thinks it's a pizza. Feta cheese, green and black olives, fresh spinach and vine cherry tomatoes with clean pesto tomato sauce. Kcal 669, Carb 81g, Protein 36g, Fat 22g (Add Chicken £1) – **£6.99**

**PROTEIN MEAT FEAST** – Our ultimate mix of lean steak, chicken, bacon medallions, bell roasted green peppers, olives, lean tomato sauce and a high protein cheese. Kcal 684, Carb 79g, Protein 47g, Fat 18g – **£7.95**

**PHILLY CHEAT STEAK** – The classic Philadelphia combo of grilled rump steak, high protein cheese, clean tomato sauce, toasted bell peppers, onions and herbs. Gently drizzled in our clean sweet mustard sauce. Kcal 682, Carb 90g, Protein 37g, Fat 17g – **£7.95**

**NEW VEGAN PIZZA** – Leek, broccoli and (V)cheddar sausage, butternut squash, sweet potato and paprika sausage, spinach, tomatoes, onions. Red chilli and garlic base. Kcal 347, Carbs 65g, Protein 15g, Fat 4.8g – **£8.95**

## DESSERTS

PROTEIN BARS  
& DRINKS  
AVAILABLE –  
PLEASE ASK  
IN STORE

**MINI FLAPJACKS** Kcal 202, Carbs 38g, Protein 4g, Fat 4g – **£2.95**

**SWEET POTATO BROWNIES** Kcal 189, Carbs 24g, Protein 6g, Fat 8.5g – **£2.95**

**COCONUT BITES** Kcal 212, Carbs 30g, Protein 5g, Fat 7g – **£2.95**

**BEETROOT PEARLS** Kcal 169, Carbs 26g, Protein 5g, Fat 5g – **£2.95**

**CARROT CAKE PEARLS** Kcal 194, Carbs 31g, Protein 6g, Fat 6g – **£2.95**

**LEMON PEARLS** Kcal 199, Carbs 29g, Protein 5g, Fat 7g – **£2.95**

## A BIT ON THE SIDE

**2 EGGS & SPINACH** – £1.50

**CLEAN BEANS** – £1.50

**MUTANT MASH** – £1.50

**HUMMUS** – £1

**CLEAN SLAW** – £1

**SWEET POTATO FRIES**

REG – £2.95 LRG – 3.95

**HALLOUMI FRIES**

REG – £3.00 LRG – £4.00

**HALLOUMI** – £1 (PER SLICE)

## SHAKES, SMOOTHIES & DRINKS

PROTEIN  
INCLUDED

### SHAKES

**PRE FLEX SHAKE** – Banana, Peanut Butter, Cinnamon and Almond Milk . Kcal 395, Carb 38g, Protein 31g, Fat 16g – **£4.50**

**GG BULK UP** – Shake Almond Milk, Apple, Oats, Spinach, Flax Seeds. Kcal 381, Carb 47g, Protein 31g, Fat 8.5g – **£4.50**

**GYM GREEN** – Blueberries, Strawberries, Banana, Avocado & Almond Milk. Kcal 368, Carb 46.5g, Protein 26g, Fat 12.5g – **£4.50**

### SMOOTHIES

**GREEN ENERGY BLAST** – Avocado, Spinach, Cashews, Chia Seeds, Almond Milk – **£4.50**

**GG SLUMP BUSTER** – Blackberries, Blueberries, Linseeds, Cinnamon, Dates, Greek Style Yoghurt, Almond Milk – **£4.50**

**GREEN KALE DREAM** – Kale, Banana, Avocado, Figs, filtered Water or Coconut water – **£4.50**

### COFFEE

Americano, Latte, Cappuccino, Espresso – Regular – **£2.25** / Large – **£2.55**

**TEA** Variety – **£1.75** **HERBAL TEA TRAIN** – **£2.25**

**SOFT DRINKS** Variety – **£1.00**

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& GRENADE

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### GG MISSION//

Our mission is to create delicious, nutrient dense, well-balanced meals engineered to help you achieve your goals. Whether you are looking to lose weight, enjoy a healthy life, or build lean muscle mass, greengriddle will support you on your journey.

FIND US HERE:



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