

Slim's Healthy Kitchen aims to offer healthier alternatives to the dishes you love, yet we cannot guarantee that guests with food and/ or beverage allergies may not be exposed through cross contamination (particularly nuts / seeds). Every care is taken to avoid any cross contamination when processing a specific order request or dietary requirement. We do however work in a kitchen that processes allergenic ingredients & does not have a specific allergen free zone or separate dedicated fryers. Allergen data is held on each of our dish ingredients, so please ask your server should you require any more detail.

Whilst we can remove items from a dish we unfortunately cannot make any substitutions.

MAINS

THE HEALTHY BREAKFAST	£7.95
Our take on a classic fry up, 2 perfectly poached free range eggs, reduced sugar baked beans, a choice of beef or turkey sausage, turkey bacon, oven roasted vine tomato, mushroom, and a choice of wholemeal toast or soda bread. Our beef sausage and soda bread are non gluten containing.	
VEGAN HEALTHY BREAKFAST (vegan)	£8.95
Harissa scrambled tofu, grilled mushrooms, vegan sausages, reduced sugar baked beans, oven roasted vine tomato, diced rosemary potato cubes, and wholemeal toast.	
LOADED TURKEY BACON WRAP	£5.95
3 perfectly poached free range eggs, turkey bacon pieces, peppers and fresh chilli in either a wholemeal or white tortilla or cos lettuce.	
SPICY BREAKFAST BURRITO (vegetarian)	£5.95
3 free range scrambled eggs, diced pepper, coriander, sliced grilled mushroom, rocket, crème fraiche, ¼ avocado and homemade sriracha sauce in a white or wholemeal tortilla.	
AVOCADO TOAST (vegetarian)	£6.50
Toasted sourdough bread, 2 perfectly poached free range eggs, our own guacamole of smashed avocado, zingy lime, fresh tomato, red onion, chilli and garlic, and oven roasted vine tomatoes. All garnished with chilli flakes, mixed seeds and cress.	
BRISKET BENNI	£8.50
Slow cooked pulled beef brisket topped with 2 free range perfectly poached eggs, slim's homemade yoghurt based sriracha hollandaise and served on a toasted bun with fresh rocket.	
BREAKFAST HASH	£8.50
2 perfectly poached free range eggs, with sweet potato cubes, spring onion, red pepper, parsley and homemade sriracha. Choose from chorizo or slow cooked pulled beef brisket.	

KIDS

KIDS' HEALTHY BREAKFAST	£5.00
2 free range scrambled eggs, reduced sugar beans, a grilled beef sausage and wholemeal toast.	
PORRIDGE	£3.00
Made to order using the highest quality flahavans oats and alpro almond milk with homemade mixed berry & maple chia jam.	
BEANS ON TOAST (vegan)	£3.00
1 slice wholemeal toast, reduced sugar beans.	
SCRAMBLED EGGS & TOAST (vegetarian)	£4.50
1 slice wholemeal toast, 2 scrambled free range eggs.	

BUILD YOUR OWN BREAKFAST



VEGAN SAUSAGE	£1.95	SMOKED SALMON	£3.95
BEEF SAUSAGE	£1.25	FREE RANGE EGG	£1.25
TURKEY SAUSAGE	£1.25	SOURDOUGH	£2.00
TURKEY BACON	£1.95	WHOLEMEAL TOAST	£1.00
PARMA HAM	£1.50	1/2 AVOCADO	£1.50
		ROAST TOMATO	£1.50

PROTEIN PANCAKE STACKS

SALTED CARAMEL POPCORN (vegetarian) £7.95
 Topped with low fat natural frozen yoghurt, chocolate drizzle, sugar-free caramel sauce, propercorn sweet & salty popcorn and pecans.

PEANUT BUTTER BANANZA (vegetarian) £7.95
 Topped with warm peanut butter agave drizzle, peanut butter pieces, agave caramelised banana and crushed peanuts.

SAUSAGE, TURKEY BACON & EGG £8.95
 Turkey sausage, turkey bacon, 2 free range fried eggs and hot sauce dressing.

N.B Our protein pancakes contain whey protein & may not be suitable for women who are pregnant or children. Please seek advice from your physician if you are unaware of your current health condition.

OMELETTES

THE CHICKEN ONE £5.95
 Harissa chicken, avocado, peppers and fresh coriander.

THE TOMATO ONE (vegetarian) £4.95
 Cherry tomato, asparagus, & homemade sun dried tomato pesto.

THE TURKEY ONE £5.95
 Turkey bacon, spinach and parmesan.

PORRIDGE

PEANUT BUTTER CUP (vegetarian) £4.00
 Peanut butter pieces and agave.

COCONUT JAM (vegan) £4.00
 Homemade mixed berry and maple chia jam with flaked coconut.

HONEY NUT (vegetarian) £4.00
 Flax, sunflower, pumpkin & sesame seeds and goji berries drizzled with honey.

N.B Made to order using the highest quality flahavans oats and alpro almond milk.