

FILMORE & UNION

TAKE OUT

BREAKFAST

Whole milk porridge V with seasonal fruits, GF granola & honey - served until 11:30	3.50
Bench press porridge V with peanut butter, banana & whey protein	4.50
Gluten free granola GF V with yoghurt	2.99
Overnight bircher oats GF DF VE	2.99
Seasonal breakfast pot	2.99
Toasted bagel V	2.95
Peanut butter & banana bagel V	3.95
Back to basics bagel with smoked salmon, cream cheese, dill, spinach & gherkins	4.25
Hot ciabattas	4.25

LUNCH

SALADS 5.99

Bench Press: Chicken schnitzel, egg, feta, bistrot salad, put lentils, spinach hummus GF DF

Omega salad: Oak salmon, broccoli salad, watermelon, bistro salad, spinach hummus, beetroot dressing GF DF VE

Macros salad: Curried sweet potato, pickled red cabbage, falafel, cauliflower quinoa salad, guacamole, radish, spirulina dressing GF DF CN

Seasonal salad pot 2.99

BUILD YOUR OWN SALAD 6.25

PICK 2 BASES, 1 BODY + 2 SOULS

HOT FOOD

Soup of the day GF DF VE 3.50
with a bread roll - served from 11:30

Tagine of the day GF DF 5.95
with rice - served from 11:30

Hot wraps 4.25

CIABATTAS 4.25

Bacon, tomato & pesto

Smoked cheese, tomato & pesto

SEASONAL DISHES 4.25

BAGELS 4.25

Plain or multiseed . .

Hot Jacks: Smoked chicken with red peppers & guacamole

Back to basics: Smoked salmon, cream cheese, dill, spinach & gherkins

Salt of London: Pastrami, gherkins, sweet American mustard & mixed leaves

COLD WRAPS 4.25

Thai falafel: Hummus, carrots, pak choi, spring onions
DF VE

Union street veggie: Feta, spinach, roasted courgette, aubergine and butternut squash V

Rom's chicken schnitzel: Spinach hummus, pesto & mixed leaf

SIDE POTS 2.99

Hummus pot GF VE

Skyr fruit pot GF

Salad pots



GF - Gluten Free | DF - Dairy Free | V - Vegetarian | VE - Vegan

*GF bread available | Please let our staff know if you have any allergies or dietary requirements

WWW.FILMOREANDUNION.CO.UK

FILMORE & UNION

TAKE OUT

JUICES 4

UNION TONIC

Pineapple, lemon, orange, apple & strawberry GF DF VE

ZEN

Apple, pineapple, broccoli, spinach, celery, cucumber & ginger GF DF VE

JOLUXE

Orange, carrot & ginger GF DF VE

GOODNESS GREENS

Apple, spinach, cucumber, broccoli, lemon & ginger GF DF VE

JUICE OF THE MONTH 5.95

SMOOTHIES 4

BREAKFAST SMOOTHIE

Banana, natural yoghurt, agave syrup, granola, skimmed milk & tahini GF V

BERRY BREEZE

Strawberries, blueberries, apple, mint & coconut water GF VE DF

RAW CHOCO

Almond milk, raw cacao, raw cashew nuts, banana & agave syrup GF DF VE

BENCH PRESS

Banana, dates, vanilla whey powder, full fat milk & peanut butter GF V

SMOOTHIE OF THE MONTH 5.95

+ ADD ONE OF OUR BOOSTERS 1.75
TO MAXIMISE YOUR JUICE OR SMOOTHIE!

JUICE BOOSTERS

Acai plus | Hoodia | Wheatgrass | Aloe vera | Echinacea
H30 hydration | Collagen | Healthy greens

SMOOTHIE BOOSTERS

Vanilla probiotic | Vegan hemp protein | Activated charcoal
Vanilla whey protein

ORGANIC COFFEE

100% ARABICA COFFEE

Americano	2.50
Latte	2.90
Cappuccino	2.90
Mocha	3
Flat white	2.90
Macchiato	2.60
Long black	2.50
Turmeric latte with almond milk & honey	3
Single espresso	1.90
Double espresso	2.10
Extra shot	0.50
Hot chocolate with milk & cacao GF	2.90
Matcha tea latte with almond milk & honey	3
Charcoal latte with almond & agave	3

TEA SELECTION

English Breakfast	2.50
Earl Grey	2.50
Chamomile	2.50
Green tea	2.50
Peppermint	2.50
Blueberry Forest	2.50
Rooibos	2.50
Decaf tea	2.50

FRESH INFUSIONS

Fresh mint leaves with honey	2.50
Ginger, lemon & mint with agave syrup	2.50
Turmeric, ginger, lemon & honey	2.50

WATER | Still or sparkling 1.50

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