

B R E A K F A S T

*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

8^{am} - 11^{30am}

Filmore English breakfast 12

Gluten free grilled pork & herb sausages, smoked bacon, portobello mushrooms, turmeric roasted tomatoes & scrambled or poached eggs, served with our toasted wholemeal bread

Hummus eggs 10.5

Poached eggs with portobello mushrooms, spinach, hummus, tomatoes & pesto on toasted sourdough V

ADD Smoked salmon or bacon 2.5

Free range scrambled eggs 7.5

on toasted wholemeal bread V

ADD Smoked salmon & spring onion 2.5

Poached eggs 10

on sourdough toast with bacon & asparagus

Bench press scrambled eggs 12

on sirloin steak with spinach, cottage cheese & asparagus GF

Egg white omelette 10

with asparagus, feta, spinach, tomato, mixed leaves & toasted rye bread V

Pancakes 9

Choose from

Sweet with Greek yoghurt & berries GF | V

Savoury with scrambled eggs & bacon GF

Filmore gluten free granola 7.5

with Greek yoghurt & winter fruits or berry compote GF | V

Smashed avocado on rye toast 9

with feta & roasted pear V

ADD Poached or scrambled egg 2.5

Filmore baked beans & smoked chickpea in tomato sauce 9

with poached eggs on toasted sourdough V

Toasted bagel or multiseed toast 5 V

Choose from

 Peanut butter & banana

Honey & butter

Berry compote & butter

Winter porridge 5.5 V

Choose from

Fresh fruit, maple & granola

 **Benchpress** peanut butter, whey protein & banana

FOR VEGAN ASK FOR SOYA OR ALMOND MILK

*GLUTEN FREE AVAILABLE

VEGAN

English breakfast 9

Vegan hash with spinach, Filmore smoked beans, turmeric roasted tomatoes, portobello mushrooms & watercress, served with our toasted vegan bread

GF | DF | VE

ADD Poached eggs 2.5

Wild mushrooms 9

spinach & lentils on soya yoghurt & miso toast

DF | VE

Baked pink grapefruit 5.5

with soya vanilla yoghurt & coconut sugar

GF | DF | VE

Smashed avocado on rye toast 9

turmeric roasted tomatoes, mushroom, spinach & asparagus DF | VE

ADD Poached or scrambled egg 2.5

BREAKFAST ADD-ONS

Smoked beans & chickpeas GF VE DF	2.5
Sweet potato wedges GF V	4
Smoked bacon GF DF	2.5
Grilled asparagus GF VE DF	2.5
Smoked salmon GF DF	2.5
Sliced avocado GF VE DF	2.5
Feta GF V	2.5
Pork & herb sausage GF	2.5
Wilted spinach GF VE DF	2.5
Turmeric roasted tomatoes GF VE DF	2.5
Extra toast*	1.5

* FOR GF ASK FOR GLUTEN FREE VEGAN BREAD | **VE AVAILABLE

GF - GLUTEN FREE | DF - DAIRY FREE | V - VEGETARIAN | VE - VEGAN |  POST GYM

PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS

LUNCH

*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

BREAD BOARD 6

Selection of breads with spinach hummus, sundried tomatoes, feta & oil

NIBBLES 4

Spiced nuts | Chorizo

CLASSICS

Soup with toasted wholemeal bread VE | DF 6.5


Tagine of the day with wholegrain basmati rice DF | GF 12


Hummus eggs poached eggs with portobello mushrooms, spinach, tomatoes, hummus & pesto on toasted sourdough V 10.5
ADD Smoked salmon or bacon 2.5

Smoked haddock & sweet potato fish cakes with tamari, chilli broccoli, green herb quinoa salad & tzatziki dressing GF 11


Smashed avocado on rye toast Classic feta & pear with tamari, chilli broccoli & green herb quinoa salad V 10.5

Shakshuka baked eggs with Middle Eastern spiced peppers, mushrooms & potatoes served with lemon paprika toast DF | GF 11
ADD Sliced sirloin steak + £3 supplement

 **Warm chicken salad** with kale, butternut squash & caramelised red onions 12

 **Bench press bowl** with green herb quinoa, lentil & feta, sweet potato, cottage cheese, poached egg & maple tahini dressing GF 12
ADD Proteins- Lentil & dill salmon fillet
Peanut butter chicken schnitzel | Turmeric halloumi
Sweet potato & lentil burger
Salmon + £2 supplement

BURGERS Choose from Beef | Turkey 13
Classic pumpkin seeded bun with spinach hummus, salad & smoked cheese served with sweet potato wedges

 **Bench press protein stack** on baby gem, pickled red cabbage, avocado, cottage cheese, green herb quinoa salad & maple tahini dressing served with sweet potato wedges GF
ADD Bacon | Turmeric halloumi | Poached egg 2.5


VEGAN

Soup with toasted wholemeal bread VE | DF 6.5

Jackfruit Pie slow cooked jackfruit with winter vegetables & brown miso, topped with sweet potato & toasted almonds VE | DF | GF 11

Wild mushrooms spinach & lentils on soya yoghurt & miso toast with salad of the day DF | VE 9


Veatballs on courgetti in a red pepper & tomato sauce with almond 'parmesan' VE | DF | GF 9.5

 **Bench press protein stack** sweet potato & lentil burger on baby gem, pickled red cabbage, avocado, green herb quinoa salad & maple tahini dressing served with sweet potato wedges GF 12

Smashed avocado on rye toast turmeric roasted tomatoes, mushroom, spinach & asparagus DF | VE 9
ADD Poached or scrambled egg 2.5

Union street bagel homemade hummus, spinach, roasted courgette, aubergine, butternut squash & caramelised red onions VE 8.5
ADD Sweet potato wedges 2.5

BAGELS with cherry tomato salsa | available on plain or multi seed bagel 8.5

OPEN STEAK Sirloin with red onion marmalade,  leaves, asparagus & poached eggs with DF + £2 supplement

HOT JACKS Cajun & smoked paprika roasted chicken with red peppers & homemade guacamole

BACK TO BASICS Smoked salmon, cream cheese, dill, spinach & gherkins

WRAPS with cherry tomato salsa 8.5

ROM'S CHICKEN SCHNITZEL Peanut butter, flaked almond & sunflower seed chicken with apple & avocado

FILMORE STREET VEGGIE Feta, spinach, roasted courgette, aubergine & butternut squash V

SIDES 4

Green herb quinoa salad GF | DF | VE

Cajun spiced new potatoes GF | DF | VE

Green lentil, sundried tomato & feta salad GF

Sweet potato wedges GF | DF | VE

Tamari broccoli & chilli salad GF | DF | VE

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D I N N E R

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BREAD BOARD 6

Selection of breads with spinach hummus, sundried tomatoes, feta & oil

NIBBLES 4

Spiced nuts | Chorizo

2 COURSES FOR 15.95

3 COURSES FOR 19.95

EXCLUDES SIDES

STARTERS

Vegan soup of the day with toasted wholemeal bread VE | DF

Haddock & sweet potato fish cakes with fennel and orange slaw GF | DF

 Beef or Turkey meatballs in red pepper and tomato sauce with paprika lemon flatbreads GF | DF

Wild mushrooms on a spinach pancake with roasted figs GF | V

 Vegan smoked cashew pâté with lemon flatbreads & kumquat marmalade GF | VE | DF


MAINS

Vegan Jackfruit Pie slow cooked jackfruit with winter vegetables & brown miso, topped with sweet potato & toasted almonds served with tamari, chilli broccolli VE | DF | GF

Beef, Turkey or Vegan burger in a classic pumpkin seed bun, spinach hummus, salad, smoked cheese (omit for VE) served with sweet potato wedges

Moroccan tagine of the day with wholegrain basmati rice & flatbreads GF | DF

 Warm chicken salad with kale, butternut squash & caramelised red onions

 Bench press bowl with green herb quinoa, lentil & feta, sweet potato, cottage cheese, poached egg & maple tahini dressing GF

Choose from- Lentil & dill salmon fillet | Peanut butter chicken schnitzel | Turmeric halloumi

Smoked haddock & sweet potato fishcake | Sweet potato & lenil burger

Salmon + £2 supplement


 7oz Sirloin Steak with tamari & chilli broccolli, cajun potatoes, feta & basil oil GF

+ £3 supplement

Shakshuka

baked eggs with Middle Eastern spiced peppers, mushrooms & potatoes served with lemon paprika toast GF | DF

Sliced sirloin steak + £3 supplement

 **Protein stack Bench press on baby gem, pickled red cabbage, avocado, cottage cheese, green herb quinoa salad & maple tahini dressing served with sweet potato wedges GF

Sweet potato & lentil on veatballs courgetti in a red pepper & tomato sauce with almond 'parmesan' VE | DF | GF

SIDES 4 each GF | DF | VE

SWEET POTATO WEDGES | TAMARI & CHILLI BROCCOLI

GREEN HERB QUINOA SALAD | CAJUN POTATOES

DESSERTS

Warm chocolate brownie with berries & Greek yoghurt GF | V

 Peanut butter cheesecake with salted caramel sauce DF | VE | GF

Baked grapefruit with soya vanilla yoghurt & coconut sugar DF | VE | GF

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