

FRESH, VIBRANT SUPERFOOD DISHES THAT ARE LOWER CALORIE & HIGHER PROTEIN

ALL OUR MEALS ARE MACRO CALCULATED AND AVAILABLE UPON REQUEST

PROTEIN PANCAKES

oat pancakes blended with vegan protein with a side of chia jam. - Over 30g of protein per serving!

BANANA & BLUEBERRY £7.5 VG

PEANUT BUTTER & CHOCOLATE £7.5 VG, N

MATCHA & BERRIES £7.5 VG, N

BANANA, CHOCOLATE & COCONUT £7.5 VG, N

BREAKFAST BOWLS

ACAI SAMBA SMOOTHIE BOWL | £7.50 VG, N

Acai berries blended with coconut yogurt. Topped with banana, seasonal fruit, coconut, homemade granola + almond or peanut butter | 1.5

CHIA PROTEIN PORRIDGE | £5 VG, N

organic oats cooked with chia almond milk & vegan protein topped with peanut butter, banana, cinnamon & blueberries with super seed mix

GRANOLA BOWL | £3.50 N, VG

Coconut yoghurt, chia jam and homemade granola

WYLD BREAKFAST

WYLD ENGLISH BREAKFAST | £9.50

Poached, scrambled or coco oil fried Clarence Court egg, turkey bacon, halloumi and smashed avocado. Served with spiced baked hash browns, mushroom, tomato shaksuka and baked black beans and rye sourdough toast

WYLD VEGGIE BREAKFAST | £8.50 V, VG

Poached Clarence Court eggs, feta, smashed avocado, falafel, tomato shaksuka, spiced baked hash browns, mushroom, baked black beans and rye sourdough toast

WYLD VEGAN BREAKFAST | £8 V, VG

Smashed avocado, falafel, tomato shaksuka, spiced baked hash browns, hummus, mushroom, baked black beans and rye sourdough toast

BRUNCH

JUST EGGS | £5 V

Clarence Court eggs served Poached or Scrambled on Rye Sourdough Toast
+ Smoked Salmon | £4
+ Smashed Avo | £2

SHAKSUKA | £7 V

Spiced poached Clarence Court eggs on a bed of spiced harissa tomato sauce with halloumi served on Rye Sourdough Toast

EGGS ROYALE | £8.50

Poached Clarence Court eggs on Rye Sourdough Toast. Topped with smoked salmon & skinny hollandaise sauce

HOLY GUACAMOLE TOAST | £8.50 V

Smashed avocado with organic poached egg & feta on rye sourdough topped with superseed mix

BREAKFAST BURRITO | £7.50

Seeded tortilla wrap filled with eggs, baked black beans, baked spiced hash browns, mushrooms, reduced fat cheddar and salsa

TOASTIES & WRAPS

Toasted rye sourdough or Tortilla wrap with WYLD dressing, reduced fat cheddar, hummus and the filling of your choice:

Pulled Chipotle Chicken & Cheese | £6

BBQ Steak & Cheese | £7

Falafel & Halloumi | £6 V

KETO EGG WRAPS

keto egg wrap filled and toasted with melted reduced fat cheddar & WYLD dressing with salad and the filling of your choice: GF

Chipotle Chicken | £6.50

Smokey Steak | £7.50

Halloumi | £6 VG

LESS THAN
20G CARBS
OVER 30G PROTEIN

GO LEAN:

LOWER IN CALORIES, LOWER IN CARBS WITH EXTRA VEGETABLES

GO FUEL:

HIGHER IN ENERGY WITH EXTRA CARBS

GO CLEAN:

DESIGNED TO MANAGE CALORIES WITH SMALLER PORTIONS AND LESS THAN 400 CALORIES PER DISH

GO VEGAN:

PLANT BASED WYLD DISHES

LEAN BURGERS



SERVED FROM 12PM

OUR HEALTHIER BURGERS USE LEAN CHUCK BEEF MINCE FROM BLACKGATE FARM AND REDUCED FAT CHEESE

ALL SERVED IN A GF BUN WITH BAKED SWEET POTATO & SALAD

GO KETO - JUST ASK

WYLD MAC DADDY BURGER | £9.50

6 oz grilled beef patty topped with smokey cheddar, mac daddy sauce, lettuce, tomato, red onion, baked spiced hash brown and pickle.

GUAC BURGER | £10

6 oz grilled beef patty topped with guacamole, smokey cheddar, WYLD dressing, lettuce, tomato, red onion, spiced baked hash brown and pickle.

VEGAN GUAC BURGER | £8 VG

Marinated tofu topped with guacamole, vegan coconut cheese, WYLD dressing, lettuce, tomato, red onion, spiced baked hash brown and pickle.

HALLOUMI BURGER | £9 V

Grilled chunky halloumi topped with smokey cheddar, WYLD dressing, lettuce, tomato, red onion, spiced baked hash brown and pickle.

CHICKY CHICKEN BURGER | £9

Marinated grilled Chicken Breast topped with smokey cheddar, WYLD dressing, lettuce, tomato, red onion, spiced baked hash brown and pickle.

ALLERGENS
N - NUTS
VG - VEGAN
V - VEG
GF - GLUTEN FREE

SIGNATURE WYLD

SALAD BOWLS

WYLD MEZE SALAD | £ 8.50 V

Mixed leaf salad with baked falafel, hummus, halloumi and mixed veg with smashed avo and WYLD dressing

WYLD VEGAN MEZE SALAD | £ 7.50 VG

Mixed leaf salad with baked falafel, hummus, steamed sweet potato and mixed veg with croutons, smashed avo and WYLD dressing

SMASHED SALMON SALAD | £ 9.50

Mixed leaf salad with baked falafel, steamed sweet potato, smashed avo and mixed veg topped with a smoked salmon fillet with croutons and WYLD dressing

SIGNATURE WYLD

BURRITOS

ALL SERVED WITH SIDE SALAD

WYLD BULK BURRITO | £8.50 N

Seeded tortilla wrap filled with Chipotle Chicken & Steak or marinated Tempah with hummus, peanut butter, wild rice, quinoa, sour cream, WYLD dressing & reduced fat cheddar cheese

FARMHOUSE BURRITO

Tortilla filled with Hummus, Wild Rice, Quinoa, Reduced fat Cheddar, Tomato Salsa & Spinach. Served with Salad with your choice of:

Pulled Chipotle Chicken | £8.50

Pulled Beef | £9.50

Falafel & Halloumi | £8

Vegan Falafel & Tofu | £8

SIGNATURE WYLD

HOT RICE BOWLS

SERVED FROM 12PM

ALL SERVED WITH SIDE SALAD



TUNA SMASH BOWL | £ 8.50 V

Flaked Tuna with Avocado Baked Falafels & Halloumi with wild rice, quinoa and seasonal veg. Topped with WYLD dressing

CHIPOTLE CHICKEN BOWL | £ 9.50

Pulled Chipotle Chicken with black beans & halloumi with wild rice, quinoa and seasonal veg. Topped with spiced tomato sauce

FALAFEL & HALLOUMI POWER BOWL | £ 8.50 V

Baked Falafels & Halloumi with wild rice, quinoa and seasonal veg. Topped with spiced tomato sauce

VEGAN EARTH BOWL | £ 8.50 VG

Smashed avocado, falafel, quinoa, wild rice, seasonal veg & hummus

ZIGGY THAI SATAY BOWL | £9 N

Marinated Chicken Breast or Tempah, wild rice and quinoa served with skinny peanut satay sauce & mixed salad

SALMON RIVER BOWL | £9.50 N

Marinated smoked Salmon Fillet, wild rice and quinoa topped with tomato salsa, served with seasonal veg & mixed salad

MEAL DEAL

WRAP + SALAD + SMOOTHIE / SHAKE / COFFEE
£ 9.95