

PROTEIN PANCAKES

Delicious protein pancakes topped with chia skinny jam and WYLD mixed seeds. Over 30g of protein per serving! Vegan option available

Banana & Blueberry	£8.95
Peanut Butter & Chocolate	£9.50
Matcha & Berries	£9.50
Banana, Chocolate & Coconut	£9.95

ACAI BOWL ^v **£8.50**

Superfruit frozen Acai blended with chia coconut and mixed berries. Choose your 3 toppings:

**Granola | Chocolate Chips | Strawberry | Blueberry
Banana | Mango | Peanut Butter | Almond Butter**

PROTEIN PORRIDGE BOWL ^{v n} **£5.95**

Heaped steaming protein infused organic oats with almond milk topped with peanut butter, mixed fruit and chia jam with cinnamon and WYLD seed mix.

GRANOLA BOWL ⁿ **£4.95**

Greek yoghurt, chia jam and granola

KETO OMELETTE WRAPS

Low Carb gluten free egg wrap with melted reduced fat cheddar cheese, WYLD dressing, the filling of your choice and a rainbow salad

Choose your filling:

Pulled Chipotle Chicken & Cheese ^{gf}	£9.50
Pulled Beef & Cheese ^{gf}	£9.95
Halloumi ^{gf}	£8.50

TOASTED WRAPS & SANDWICHES

Toasted wholemeal tortilla wrap or sourdough with a hummus base, rainbow salad, reduced fat cheddar cheese, WYLD dressing a filling of your choice and a side salad

Choose your filling:

Chipotle Chicken & Cheddar	£7.95
Chicken Caesar & Parmesan	£7.95
Braised Beef & Cheddar	£8.50
Spicy Avo Tuna Sweetcorn & Cheddar	£7.50
Falafel & Halloumi ^{vg}	£7.50
Falafel & Vegan Cheese ^v	£7.50

Choose Your Dressing:

WYLD Pesto Honey Mustard | Peanut Satay | Sriracha Salsa | Teriyaki | Caesar | Sweet Chilli

BRUNCH PLATTER FOR 2 **£24.95**

Delicious healthy feast for 2 which includes grilled lean beef sausages, grilled halloumi, spicy scrambled eggs, baked hash browns, baked black beans, sliced avocado, olives, salsa, honey, sourdough toast

WYLD BRUNCH

SIMPLY EGGS ON TOAST ^{vg} **£6.95**

2 eggs served poached or scrambled on sourdough toast with honey mustard drizzle & seed mix + smoked salmon | £4 + smashed avo | £3 + egg | £2

SIMPLY TOAST ^v **£3.95**

Toasted multigrain slice served with chia jam + peanut butter | £1 + sliced banana | £1.5

SPICY SCRAMBLED ^{vg} **£9.95**

Eggs scrambled with jalapenos, red onions and lean cheddar. Topped with feta and sliced avocado on sourdough toast

HOLY GUACAMOLE TOAST ^{vg} **£10.95**

Smashed avocado and poached egg topped with crumbled feta and super seed mix served on sourdough toast.

BREAKFAST BURRITO **£9.95**

Tortilla wrap filled with egg, bacon, lean beef sausage, baked hash brown, mushrooms, baked black beans, reduced fat cheddar and tomato salsa.

BULK UP BREAKFAST **£12.95**

2 poached eggs topped with succulent braised beef, lean sausage and baked hash brown on sourdough toast. Topped with crumbled feta and sliced avocado, drizzled with WYLD dressing.

INTERNATIONAL BRUNCH

AUSTRALIAN **£12.50**

From Sydney to Streatham! Sourdough toast topped with smashed avocado, 2 poached eggs, grilled bacon, mushrooms and crumbled feta.

AMERICAN **£11.50**

Our healthier version of New York's finest - Stacked protein pancakes topped with skinny maple syrup, bacon & scrambled eggs.

MEDITERRANEAN ^{vg} **£12.50**

2 poached eggs, halloumi, mushroom, feta, avocado, olives, smashed potatoes and sundried tomato. Served with sourdough toast

FULL LEAN ENGLISH **£12.95**

A baked, not fried full English with 2 Poached eggs, lean beef sausage, halloumi, mushrooms, baked black beans, baked hash browns and tomato. Served with sourdough toast.

Vegan option available

MEXICAN RANCHERO **£12.50**

2 poached eggs in tomato salsa, beef chorizo, jalapeno and sliced avocado. Served with tortilla wrap

LEAN BURGERS

Delicious lean 100% pure beef chuck steak burger from Smithfield's market, London

All served with seasonal vegetables & rainbow salad

WYLD SMASH BURGER £12.95

2 grilled lean smash beef patties topped with lean cheddar, lettuce, tomato, red onion and pickles

+ Add an extra patty £4 - Add Sliced Avocado £3
+ Add Beef Chorizo £3 - Add Poached Egg £2

GRILLED CHICKEN BURGER £11.95

Grilled chicken breast topped with lean cheddar, lettuce, tomato, red onion and pickle

WYLD HALLOUMI BURGER £10.95

Grilled chunky halloumi topped with lean cheddar, lettuce, tomato, red onion and pickle

Choose Your Dressing:

WYLD Pesto Honey Mustard | Peanut Satay | Sriracha Salsa | Teriyaki | Caesar | Sweet Chilli

CREATE YOUR OWN WYLD SALAD | POKE BOWL

A fresh, light refreshing salad bowl that arrives with your choice of sides

Choose Your Base:

Brown Rice | Quinoa | Mixed Leaf Salad

Choose 4 sides:

roasted mix vegetables, broccoli, edamame beans, rainbow salad, tomato, cucumber, green beans, new potato, red onion, avocado, black beans, mango, pomegranate, olives, hummus, mixed nuts

Choose your protein:

Chipotle Chicken	£11.95
Braised Beef	£12.95
Salmon Fillet	£14.50
Baked Falafel	£10.95
Halloumi	£9.95

Choose Your Dressing:

WYLD Pesto Honey Mustard | Peanut Satay | Sriracha Salsa | Teriyaki | Caesar | Sweet Chilli

SIGNATURE WYLD SALADS

GRILLED GOATS CHEESE SALAD £12.50

Grilled goats cheese with sliced avocado, seasonal vegetables, sundried tomatoes, pomegranate, seasonal leaf and sweet chilli

ROAST SALMON NIÇOISE SALAD £14.50

Salmon fillet with fine green beans, soft egg, olives, sun dried tomato, new potato, seasonal leaf and WYLD dressing

RAINBOW SUPERFOOD SALAD £11.50

Sliced avocado, roasted seasonal vegetables, mixed nuts & seeds, quinoa, fine green beans, pomegranate, sun dried tomatoes, seasonal leaf with pesto honey mustard dressing
+ Chicken Breast | 5

Allergens:

(v) vegan (vg) vegetarian (gf) gluten free (n) nuts
Our store offers products with peanuts, tree nuts, soy, milk, eggs and wheat. Whilst we take steps to minimize the risk of cross-contamination, we cannot guarantee that any of our products are safe to consume for people with allergies. Please speak to a member of staff if you have a dietary requirement.

WYLD BOWLS & BURRITOS

Food to fuel your body & soul - packed full of Protein, Vitamins & Minerals. Enjoy as a bowl or wrapped as a burrito. Served with mixed leaf salad

Fancy Extra protein? Check out our Add On's!

Choose Your Base:

Brown Rice | Quinoa

VEGAN BUDDHA £11.50

Harissa baked falafels served with sliced avocado, hummus, chickpea, broccoli, edamame, cucumber

SALMON BALI £14.50

Grilled Salmon fillet topped with spiced salsa. Served with a seasonal vegetables, sliced avocado, broccoli, edamame, rainbow salad

TUNA TIKI £11.95

Teriyaki spiced tuna topped sliced avocado, edamame, mango, chickpeas, cucumber, rainbow salad

CHICKEN RAINBOW £12.95

Tender grilled chipotle chicken breast topped with salsa. Served with smashed potato, sliced avocado, mango, cucumber, edamame, rainbow salad

WYLD MEZE £14.95

Tender grilled chicken breast topped with pesto honey mustard with baked falafels, halloumi, sun dried tomato, cucumber, olives, feta, pomegranate, hummus

SATAY BULK £13.95

Chipotle chicken & braised beef topped with spiced peanut satay dressing. Served with hummus, smashed potatoes & broccoli

GRILLED MEAT & FISH

All our meat and fish are sourced sustainably from Smithfield's & Billingsgate market, London

GRILLED LEMON & HERB CHICKEN £15.95

Tender grilled chicken breast marinated with lemon and herb. Served with seasonal vegetables and smashed potato accompanied by a refreshing rainbow salad.

GRILLED RUMP STEAK £19.95

Succulent flat iron steak, grilled to perfection. Served with seasonal vegetables, fried egg, smashed potato and a refreshing rainbow salad.

GRILLED SALMON FILLET £16.95

Delicious Salmon Fillet topped with a teriyaki glaze and black sesame seeds. Served with seasonal vegetables, smashed potato and a refreshing rainbow salad.

GRILLED SEABASS FILLET £16.95

Flavourful Seabass Fillet topped with a sweet chilli & lime glaze. Served with seasonal vegetables, smashed potato and a refreshing rainbow salad.

ADD ON'S

extra egg hash brown toast	£2
grilled bacon lean sausage chorizo	£3
avocado, roasted vegetables, garden salad	

FITNESS MACROS & ALLERGENS

Scan the QR Code for nutrient breakdown



WYLD PROTEIN SHAKES 6.9

REBUILD ⁿ

Avocado, banana, dates, chocolate protein, almond milk

220 cal | 25g protein | 20g carb

THE BOD

raspberry, strawberry, banana, vanilla protein, coconut milk

236 cal | 26g protein | 26g carb

SUPERMAN ⁿ

blueberry, raspberry, banana, almond butter, flaxseed, vanilla protein & coconut milk

345 cal | 31g protein | 30g carb

THE WYLD BEAST ⁿ

Oats, banana, creatine, glutamine, peanut butter, chocolate whey protein, almond milk

320 cal | 30g protein | 32g carb

MOCHA ⁿ

Espresso, cacao, almond butter, dates, chocolate protein, almond milk

295 cal | 32g protein | 13g carb

POWER SHAKE

Banana, strawberry, flaxseed, vanilla protein, coconut milk

230 cal | 28g carb | 6g fat

BANANA BREAD

Banana, cinnamon, dates, oats, flaxseed, coconut milk

305 cal | 34g carb | 10g fat

EXTRAS

Scoop Whey Vegan protein	2
Scoop BCAA Creatine Collagen powder	1.5
Scoop Peanut Butter Almond Butter	1.5

FRESH PRESSED JUICES 5.9

IMMUNITY BOOSTER

Carrot, orange, ginger topped with maca powder

GREEN GLOW

Apple, cucumber, mint topped with chia seeds

FRESH PRESSED JUICE

Choose from 100% fresh apple, orange or carrot juice

HEALTH BOOSTER SHOTS

DETOX SHOT

Ginger, turmeric, lemon, apple

2.9

SKIN GLOW

Organic Collagen powder, spirulina, apple

2.9

SUPER SMOOTHIES 6.5

CHOCO CHARGER ⁿ

Cocoa, banana, dates, flaxseed, raspberry, goji berry, almond milk

235 cal | 31g carb | 7g fat

AVO SHAKE ⁿ

Avocado, banana, almond butter, flaxseed, almond milk

260cal | 25g carb | 19g fat

PINA COLADA

Pineapple, lime, coconut, coconut milk

175 cal | 27g carb | 9g fat

ENERGISER

Raspberry, banana, strawberry, blueberry, cacao, maca, flaxseed, coconut

140 cal | 23g carb | 5g fat

DETOXIFY

Turmeric, lemon, apple, pineapple, spinach, spirulina, chia seeds

205cal | 21g carb | 0g fat

TROPICANA

Mango, pineapple, passion fruit, chia seed, apple

160cal | 22g carb | 0g fat

DOCTOR DOCTOR

Pineapple, papaya, mango, banana, carrot, ginger, apple, flaxseed, pumpkin seed

190 cal | 24g carb | 1g fat

COFFEE

Espresso	1.6 (d) 2.1
Americano	3
Flat White	3.2
Cappuccino	3.5
Latte	3.7
Vanilla Spiced Latte	4
Protein Latte	4.5
Mocha	4
Iced Coffee	
Frappe Vanilla Spiced	
Protein Frappe Vanilla Choc	

TEA

English Breakfast	3
Earl Grey	3
Peppermint	3
Fresh Ginger & Honey	3.5

SUPER LATTES

Organic Matcha Latte	4.5
Organic Vanilla Matcha Latte	4.7
Hot Chocolate	3.8
Spiced Chai Latte	3.9
Turmeric, Honey Ginger Latte	3.9