

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 | £8.50 VG, N**

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

**CHIA PROTEIN PORRIDGE | £5.95 VG, N**

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

**GRANOLA BOWL | £4.95 N, VG**

Blueberry yoghurt, chia, jam and homemade granola

## WYLD BREAKFAST

**WYLD ENGLISH BREAKFAST | £12.95**

Poached, scrambled or fried Clarence Court egg, turkey bacon, halloumi, baked sweet potato, baked falafels, mushrooms, black beans, guacamole and tomato shakshuka served on rye sourdough toast

**WYLD VEGGIE BREAKFAST | £11.95 V**

Poached, scrambled or fried Clarence Court egg, feta, baked sweet potato, baked falafels, mushrooms, black beans, guacamole and tomato shakshuka served on rye sourdough toast

**WYLD VEGAN BREAKFAST | £11.95 VG**

Baked sweet potato, baked falafels, mushrooms, black beans, guacamole, tomato shakshuka and hummus served on rye sourdough toast



# BRUNCH



**JUST EGGS | £7 V**

2 Clarence Court eggs served poached or scrambled on rye sourdough toast  
+ smoked salmon | £4  
+ smashed avo | £2

**SHAKSUKA | £9 V**

Spiced poached Clarence Court egg on a bed of spiced harissa tomato sauce with halloumi served on rye sourdough toast

**EGG ROYALE | £11.95**

Poached Clarence Court egg on a bed of smoked salmon topped with wyld sauce served on rye sourdough toast

**HOLY GUACAMOLE TOAST | £10.95 V**

Smashed avocado and a poached Clarence Court egg topped with feta and superseed mix served on rye sourdough toast

**BREAKFAST BURRITO | £9.50**

Tortilla wrap filled with an egg, baked sweet potato, mushrooms, black beans, reduced fat cheddar and tomato salsa

## TOASTED WRAPS

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

Choose your filling:

**Pulled Chipotle Chicken & Cheese | £6.95**

**BBQ Steak & Cheese | £7.95**

**Falafel & Halloumi | £6.95 V**

## KETO EGG WRAPS

keto egg wrap with melted reduced fat cheddar cheese, WYLD dressing a filling of your choice and a side salad

Choose your filling: **GF**

**Chipotle Chicken | £7.50**

**Smokey Steak | £8.50**

**Halloumi | £7.50 VG**

LESS THAN  
20G CARBS  
OVER 30G PROTEIN



# 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 | £12.95

6 oz grilled beef patty topped with smokey cheddar, mac daddy sauce, lettuce, tomato, red onion and pickle served with baked sweet potato and side salad

## GUAC BURGER | £12.95

6 oz grilled beef patty topped with guacamole, smokey cheddar, WYLD dressing, lettuce, tomato, red onion and pickle served with baked sweet potato and side salad

## VEGAN GUAC BURGER | £11.95 VG

Marinated tofu topped with guacamole, vegan coconut cheese, WYLD dressing, lettuce, tomato, red onion and pickle served with baked sweet potato and side salad

## HALLOUMI BURGER | £11.95 V

Grilled chunky halloumi topped with smokey cheddar, WYLD dressing, lettuce, tomato, red onion and pickle served with baked sweet potato and side salad

## CHICKY CHICKEN BURGER | £11.95

Marinated grilled Chicken Breast topped with smokey cheddar, WYLD dressing, lettuce, tomato, red onion and pickle served with baked sweet potato and side salad

SIGNATURE WYLD

# SALAD BOWLS

## WYLD MEZE SALAD | £ 10.50 V

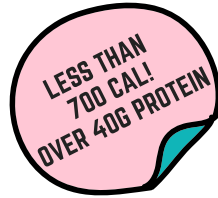
Mixed leaf salad with baked falafel, hummus, halloumi and mixed veg with smashed avo and WYLD dressing

## WYLD VEGAN MEZE SALAD | £ 9.50 VG

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

## SMASHED SALMON SALAD | £ 11.50

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 | £11.50 N

Tortilla wrap filled with chipotle chicken & steak with hummus, peanut butter, wild rice, reduced fat cheddar cheese and WYLD dressing served with a side salad

## FARMHOUSE BURRITO

Tortilla filled with hummus, wild rice, tomato salsa, spinach, reduced fat cheddar cheese, filling of your choice.

Choose your filling:

**Pulled Chipotle Chicken | £10.50**

**Pulled Beef | £11.50**

**Falafel & Halloumi | £10**

**Vegan Falafel & Tofu | £10**



SIGNATURE WYLD

# HOT RICE BOWLS

ALL SERVED WITH SIDE SALAD

## TUNA SMASH BOWL | £ 10.50 V

Flaked Tuna with avocado, baked falafel, halloumi with wild rice mix, seasonal vegetables topped with WYLD dressing

## CHIPOTLE CHICKEN BOWL | £ 11.50

Pulled chipotle chicken, black beans, halloumi with wild rice mix and seasonal vegetables topped with spiced tomato sauce

## FALAFEL & HALLOUMI POWER BOWL | £ 10.50 V

Baked falafels and halloumi with wild rice mix and seasonal vegetables topped with spiced tomato sauce

## VEGAN EARTH BOWL | £ 10.50 VG

Smashed avocado, baked falafels, hummus and seasonal vegetables with wild rice mix

## ZIGGY THAI SATAY BOWL | £11.50 N

Marinated chicken breast or Tofu and seasonal vegetables with wild rice mix topped with skinny peanut satay sauce

## SALMON RIVER BOWL | £11.95 N

Marinated smoked salmon fillet and seasonal vegetables with wild rice mix topped with tomato salsa



## MEAL DEAL

WRAP + SALAD + SMOOTHIE / SHAKE / COFFEE  
£ 10.95



ALLERGENS

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