

WRAPS

- **Chicken Crunch Wrap** 6.75
Tortilla wrap, green harissa hummus, iceberg lettuce, marinated chicken, crispy shallots.
- **Cauli Crunch Wrap (ve)** 6.75
Tortilla wrap, Green Harissa hummus, Iceberg lettuce, kashmiri roasted cauli, crispy shallots.

Choose from:
Green harissa sauce or Too Hot To Handle on the side.

NUTRITION BOWLS

- **Tamarind & Maple Quinoa (ve)** 6
Quinoa, sun-blushed beets, olives, goji berries, tenderstem broccoli, pickled chillies, tamarind maple
- **Miso & Yuzu Wild Rice (ve)** 6
Wild rice, chilli & lime sweetcorn, edamame, tenderstem broccoli, radish, pickled ginger, miso yuzu
- **Cauli Crunch (ve)** 6
Iceberg lettuce, roasted red pepper, lemon & coriander chickpeas, roasted cauliflower, spring onion, crispy shallots, garlic & chive mayo

HOT PRESSES

- **Chicken Pesto Hot Press** 6.75
Tortilla wrap, cashew cream, kale and basil pesto, plain chicken, spinach
- **Portobello Mushroom Hot Press (ve)** 6.75
Tortilla wrap, mushroom mousse, portobello mushrooms, spinach

SUNDAY ROAST

Served on Sundays from 12PM till it's gone.

- **Harissa Chicken** 17
Served with turmeric roast potatoes, harissa cauliflower, roasted carrots, roasted red onion, tenderstem broccoli, Yorkshire pudding and gravy
- **12-hour slow cooked Lamb** 19
Served with turmeric roast potatoes, harissa cauliflower, roasted carrots, roasted red onion, tenderstem broccoli, Yorkshire pudding and gravy
- **Stuffed Butternut Squash (ve)** 14
Served with turmeric roast potatoes, harissa cauliflower, roasted carrots, roasted red onion, tenderstem broccoli and gravy

PLEASE ALWAYS INFORM YOUR SERVER OF ANY ALLERGIES OR INTOLERANCES BEFORE PLACING YOUR ORDER. THE GREEN LAB IS A SHARING CONCEPT MENU. ALWAYS ASK STAFF ABOUT ALLERGENS BEFORE TASTING DISHES YOU HAVE NOT ORDERED. NOT ALL INGREDIENTS ARE LISTED ON THE MENU AND WE CANNOT GUARANTEE THE TOTAL ABSENCE OF ALLERGENS. DETAILED INFORMATION ON THE FOURTEEN LEGAL ALLERGENS IS AVAILABLE ON REQUEST, HOWEVER WE ARE UNABLE TO PROVIDE INFORMATION ON OTHER ALLERGENS.

SERVICE CHARGE
A DISCRETIONARY OPTIONAL SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL

Allergen
and Nutritional
Information



BUILD YOUR OWN NUTRITIONAL BOWL

Become your own mixologist and choose your base, fillers, protein, toppers and dressing to create your perfect bowl

PROTEIN BASE

- Mixed leaf
- Iceberg lettuce
- Spiced tofu
- Roast seeded falafel
- Salmon
- Marinated chicken
- Plain chicken

FILLERS

- Beetroot hummus
- Edamame beans
- Chilli & lime sweetcorn
- Raw red cabbage
- Sun-blushed beetroot
- Cucumber ribbons
- Olives
- Roasted red pepper
- Miso pickled veg

PREMIUM FILLERS

- Quinoa
- Turmeric couscous
- Wild rice
- Lemon & coriander chickpeas
- Tenderstem broccoli
- Kashmiri cauliflower

SAUCES

- Green harissa
- Miso & yuzu
- Balsamic vinaigrette
- Garlic & chive mayo
- Tamarind & maple
- Lemon & sumac
- Too Hot Too Handle

TOPPERS

- Radish
- Spring onions
- Pickled chillies
- Pickled ginger
- Crispy shallots
- Crispy flatbread
- Goji berries
- Pumpkin seeds

REGULAR - 8

1 base / 2 fillers / 2 premium fillers
/ 1 protein / 2 toppers / 1 sauce

LARGE - 10

2 base / 3 fillers / 2 premium fillers
/ 2 protein / 2 toppers / 1 sauce