



Protein Pancakes (V)

Triple stacked with maple syrup
Fresh seasonal berries
or Banana & cinnamon

£10.00

(Add smoked streaky bacon + £2.00)

Power Porridge (V)

Made with your choice of milk (dairy
as standard), apple juice, vanilla
whey, cinnamon & pumpkin seeds

£7.00

Lemon Chicken Bowl (Gf)

Grilled chicken breast marinated in
lemon with cracked black pepper

Includes a side - choose from below

£8.50 (1 breast) £11.00 (2 breasts)

Cajun Chicken Bowl (Gf)

Grilled chicken breast seasoned with
cajun spice & a guacamole dip

Includes a side - choose from below

£9.00 (1 breast) £11.50 (2 breasts)

Mexican Chicken Bowl

Grilled chicken breast with lean beef
chilli, cheddar cheese & sour cream

Includes a side - choose from below

£11.00 (1 breast) £13.50 (2 breasts)

Cajun Chicken & Tuna Salad

Cajun chicken breast, tuna, boiled
egg, edamame beans, cucumber,
tomatoes & mixed leaves (Gf)

£10.00

Superfood Salad + Chicken

Quinoa, couscous, edamame, feta,
olives, pomegranate, blueberries,
tomatoes, walnuts & pumpkin seeds

£13.00

Surfer Burgers on Granary

- Lean beef, cheese, mayo & ketchup
- Chicken, bacon & BBQ sauce
Includes a side - choose from below

£13.50

SIDES & ADD-ONS

Sweet potato Mash (V, Gf)

Butter & crème fraiche

£4.00

Grilled Halloumi (V, Gf)

£4.00

Protein Salad (Gf)

Boiled egg & edamame bean salad

£4.00

Cajun Spiced Fries (Gf)

£4.00

Broccoli (Gf)

With parmesan & chilli flakes

£4.00

Golden Veg Rice (Gf)

£4.00

PROTEIN SMOOTHIE

Sml 12oz £5.50 Reg 16oz £6.00 Lrg 20oz £6.50

BANANA CRUNCH (V) - All day breakfast

Reflex banana whey protein, banana, oats, branflakes
& pineapple juice

PROTEIN: Small 17g, Reg 22g, Large 29g

POPEYE (V) - Green protein smoothie

Reflex vanilla whey protein, spinach, avocado, banana,
pineapple, mango, & coconut milk

PROTEIN: Small 20g, Reg 25g, Large 31g

BERRY BLAST (V) - Superfood & vitamins

Reflex strawberry & raspberry whey protein,
strawberries, blueberries, raspberries & cranberry juice

PROTEIN: Small 16g, Reg 21g, Large 28g

PREMIUM PROTEIN SMOOTHIES

Sml 12oz £6.00 Reg 16oz £6.50 Lrg 20oz £7.00

PROTEINA COLADA (V) - Tropical passion

Per4M coconut whey protein, banana, & pineapple
juice

PROTEIN: Small 29g, Reg 37g, Large 44g

ULTIMATE (V) - Pack on the muscle

Reflex banana whey protein, banana, peanut butter &
orange juice

PROTEIN: Small 29g, Reg 44g, Large 56g

CHOCOLATE CHAMPION (V) - Most protein

Reflex chocolate whey protein, banana, peanut butter
& milk

PROTEIN: Small 39g, Reg 53g, Large 63g

PROTEIN SHAKES

Sml £4.50 (Pro 30g)

Reg £5.00 (Pro 40g)

Lrg £5.50 (Pro 50g)

Blended with choice of semi skim milk or water (Almond, Coconut, Oat, Soya +50p)

REFLEX INSTANT WHEY PRO (V) - Banana, Chocolate, Strawberry & Raspberry or Vanilla



Scan for
Allergy &
nutritional
information

**** Please order & pay at the counter ****

Inform your server of any allergies or intolerances before placing your order.
Not all Ingredients are listed on the menu and we cannot guarantee the
total absence of allergens from our kitchen.