

click & collect

order ahead and collect from 10am



scan to order

build your own bowl

available for collection from 10am & dine in from 11:45am

choose a base, protein & two extras 12.5

bases

rice *ve*

sushi rice, citrus dressing

grains *ve*

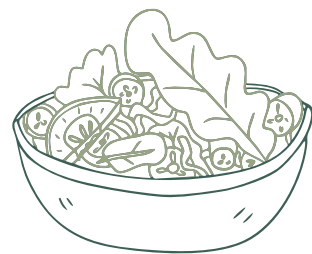
crunchy chickpeas, pearl barley, mixed quinoa, red onion & sour cherry, vinaigrette

greens *ve*

kale, baby spinach, garlic dressing

sweet potato *ve*

roasted with avocado oil & sea salt



proteins

zhoug chicken *gf*

chicken thighs marinated in coriander, jalapeno, garlic & parsley sauce

smoked tofu *ve/gf*

yellow thai spiced coconut sauce, grilled aubergine & smoked tofu

miso & lime salmon

sake & miso marinated salmon fillet, lime & chilli

grilled halloumi *gf*

cucumber, tomato, olive, peppers with oregano infused oil

flat iron steak *gf* + 2.5

cooked to medium & chargrilled

additional sauces + 2

truffle aioli / zhoug dressing / courgette tahini / comeback sauce / ranch / hot honey / gochujang aioli

extras

green goddess *ve/gf*

cabbage, lettuce, cucumber, celery, spring onion, radish, edamame. creamy spinach & avocado herb dressing, vegan feta crumble

roots & shoots *ve*

shredded carrot, beetroot & mooli, pea shoots, spring onion, mint, coriander, sesame ginger dressing

seasonal mac *v*

whole wheat pasta, cheese fondue, truffle & artichoke, parmesan crumb

miso broccoli *ve*

lightly charred broccoli florets, miso & red grape glaze, omega seed mix

drinks

soft drinks

trip cbd-infused 3.5
elderflower & mint / lemon & basil / peach & ginger

trip mindful blend 3.5
blood orange & rosemary

luscombe organic sparkling 3.25
raspberry crush / cloudy lemonade / elderflower

red bull 3
original / sugar free / tropical / watermelon

canned beer

camden hells camden 4.6% 6

camden pale ale camden 4% 6

jubel peach london 4% 6

beavertown neck oil
session ipa, london 4.1% 6

beavertown gamma ray
ipa, london 5.4% 6

tiny rebel clwb tropica ipa, newport 5% 6

jubel grapefruit *ve/gf* london 4% 6

hard seltzer

white claw 4.5% 6
natural lime / black cherry / mango

iced coffee

ueshima matcha latte can 4

ueshima cold brew latte can 4

sweet treats

bite sized sweet treats & desserts
£3.5 each | 3 for £10

energising protein bon bon *ve/gf*
date, cacao, pecan, coconut

raspberry cheesecake *v*
lemon vanilla cream, raspberry jam, macaroon pieces

carrot & walnut cake *v*
cream cheese, grated candied carrot, caramelised walnut

honeycomb brownie *ve/gf*
dark chocolate fudge brownie, honeycomb crumble, dark chocolate drizzle

passion fruit tart *v*
shortcrust pastry, passion fruit curd, coconut flakes

chocolate & hazelnut square *v*
chocolate sponge & mousse, caramelised hazelnut crumb

dear
grace



SCAN TO VIEW CALORIES

Our bowls are freshly prepared in-house each day. To ensure a quick and efficient service, ingredients are batched, and we're unable to accommodate customisations. If you have an allergy, please refer to our allergen matrix PDF or visit us in person to speak with a team member. While we take great care in food preparation, all 14 allergens are present in our kitchen, we cannot guarantee that any dish is completely allergen-free.

v = vegetarian
ve = vegan
gf = gluten intolerant friendly

*v** = vegetarian option available
*ve** = vegan option available
*gf** = gluten free option available

**dear
grace**