

UNTIL 11.00 AM

## HEARTY EGG POTS

A mighty kick start to your day, packed with flava, protein and good fats.

- Salmon Avocado** 201kcal P17g, C1g, F14g **DF GF** £3.50  
Free range Scottish poached egg, Scottish smoked salmon, seeded avocado & rocket
- Sweet Potato & Feta** **V** 168kcal P8g C12g F9g **GF** £3.35  
Free range Scottish poached egg, roast sweet potato, feta cheese & rocket
- Scotch Pork n' Beans** 269kcal P16g C9g F11g **DF LS GF** £3.50  
Free range Scottish poached egg, with a smokey Ramsay's pork sausage & bean stew

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## MY BAR - MAKE IT YOURS

- Greek Yoghurt** £1.95  
219kcal P12g, C4g, F17g
- Classic Porridge**
- Small** 225kcal £1.75  
P13g, C32g, F4g **V LS**
- Large** 315kcal £2.00  
P18g, C44g, F6g **V LS**
- + Banana & honey** 60p
- Vegan Porridge**
- Small** 185kcal £2.05  
P8g, C29g, F3g **V, VF, DF, LS GF**
- Large** 259kcal £2.50  
P12g, C40g, F4g **V, VF, DF, LS GF**
- With quinoa & brown rice flakes, linseed & Goji berries
- + MyBar toppings** 60p.



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## HOT ROLLS

When a hot bap is the only thing that'll work! The finest freerange Scotch Pork from Ramsay's of Carluke, Scotch Beef from Ayrshire and Veggie Haggis too! See boards for details, from £2.20.

FROM 11.00 AM

## WRAPS

- Martha's Jerk Chicken** **))** £4.99  
Grilled Jamaican marinated chicken thigh, mango salsa & a lime yoghurt dressing  
440kcal, P35g, C56g, F10g **LS (115)**
- Red Dragon Pork** **PORK** **)** £4.89  
14 hrs slow roast Scotch pork in our secret marinade, sesame, chilli, ginger & spring onion  
469kcal P23g, C73g, F7g **DF LS (115)**
- Indonesian Chicken Satay** £4.99  
Grilled marinated chicken thigh, Asian salad, peanut & chilli dressing  
555kcal P37g, C57g, F21g **NUTS LS DF (115)**
- Sweet Potato Falafel** **) V** £4.69  
Spiced baked sweet potato, hummus and beetroot salad, yoghurt dressing (DF - ask for soya)  
567kcal P21g, C100g, F11g **LS (115)**
- Chipotle Chicken** **))** £4.99  
Grilled chipotle chicken thigh, avocado salsa, smoked jalapeno chilli dressing  
545kcal P34g, C55g, F22g **LS (115)**
- Wraps made with Khobez flat bread & Martha's Slaw.**



Rewarding Healthy Habits

- Gently spicy**
- Bit of a kick**

FROM 11.00 AM

## CLASSIC MAINS BOXES

- Chipotle Chicken** **))** £5.89  
Grilled chipotle chicken thigh, avocado salsa & smoked jalapeno chilli dressing  
540kcal P36g C42g F26g **GF LS (115)**
- Red Dragon Pork** **PORK** **)** £5.89  
14 hrs slow roast Scotch pork in our secret marinade, with sesame, chilli, ginger & spring onion dressing  
542kcal P35g, C50g, F14g **GF LS (115)**
- Chunky Scotch Beef Chilli** £5.89  
Slow cooked Scotch Beef chilli with kidney beans and real bits of meat!  
391kcal P28g, C51g, F8g **GF LS (115)**



Low GI brown rice

Chunky Scotch Beef Chilli

Martha's Slaw

All served with low GI brown rice & Martha's slaw (now with kale). Dairy free, just ask for lemon slaw.

FROM 11.00 AM

## LIGHTER MAIN BOXES

- Martha's Jerk Chicken** £4.99  
Grilled Jamaican marinated chicken thigh, mango salsa & a lime yoghurt dressing  
336kcal P39g C36g F10g **GF LS (115)**
- Indonesian Chicken Satay** £4.99  
Grilled marinated chicken thigh, peanut & chilli dressing, brown rice & Asian salad  
417kcal P32g C36g F17g **GF LS DF NUTS (115)**
- Indonesian Veggie Satay** **V VF** £4.69  
Marinated vegetables, peanut & chilli dressing, brown rice & Asian salad  
270kcal P7g, C40g, F10g **GF LS DF NUTS (115)**
- Sweet Potato Falafel** **V)** £4.69  
Spiced baked sweet potato with cucumber raita, hummus, brown rice & beetroot salad  
499kcal P17g, C73g, F17g **GF LS (115) (DF - ask for soya)**

All under 500 calories and gluten free

**Seasonal soups** prepared from scratch, using Martha's home-made stocks. See specials board for details & allergens board for nutrition information.

**Martha's Slaw** (now with kale) – 1 of your 5 a day using red & white cabbage, carrot & a light yoghurt dressing. Ask for slaw with lemon dressing as a dairy free option.

All dishes are made by hand and whilst every effort is made to be consistent, there may be a slight variation in all dishes. Our nutritional software also stipulates a 10% variation across all figures. All food is prepared in areas where nuts may have been present.