

FROM
11.00 AM

HOT RICE BOWLS

All gluten free, served with low GI brown rice

Korean Beef 🌶️ **£6.15**

Grilled marinated Scotch beef, Seoul crunch salad, cucumber kimchi with a chilli & sesame dressing

419Kcal P31.2g C42.7g F15.2g **GF DF***CONTAINS **SOYA, SESAME****Lebanese Veg** 🌱 **£5.10**

Roasted aubergine, courgette & sweet potato with quinoa tabouleh, garlic soya yoghurt & chilli drizzle

292Kcal P8.2g C61.3g F3.8g **GF DF LS***CONTAINS **SOYA, SESAME****Indonesian Chicken Satay** **£5.35**

Grilled marinated chicken thigh, Asian salad, peanut & chilli dressing

555kcal P37g C57g F21g **GF DF***CONTAINS **PEANUTS, SOYA, SESAME****Lebanese Chicken** **£5.75**

Grilled marinated chicken thigh with quinoa tabouleh, garlic soya yoghurt & chilli drizzle

432Kcal P32g C49.5 F13.5 **GF LS***CONTAINS **MILK, SOYA****Hongdae Veg** 🌱 **£5.10** **Red Dragon Pork** 🌶️ **£5.35**

Marinated tofu, shitake mushrooms, spinach & sweet potato, Asian salad with a chilli & sesame dressing

295Kcal P12.5g C53g F3.1g **GF DF LS***CONTAINS **SOYA, SESAME**

14 hrs slow roast Scotch pork in our secret marinade, Asian salad with spring onions in a chilli and sesame dressing

386kcal P25g C34g F10g **GF DF LS***CONTAINS **SOYA, SESAME****Chipotle Chicken** 🌶️ **£6.15** **Sweet Potato Falafel** 🌱 **£5.10**

Grilled chipotle chicken thigh, avocado salsa, smoked jalapeno dressing, Asian salad & Martha's slaw

514kcal P36g C37g F26g **GF LS***CONTAINS **MILK, EGGS, SOYA**

Spiced baked sweet potato with quinoa tabouleh & red pepper hummus

417kcal P13g C62g F14g **GF DF LS***CONTAINS **SOYA, SESAME**FROM
11.00 AM

TWISTED SALADS

Choose a base from the fridge & add a twist at the counter

Choose a nutritious seasonal base



*Detailed Allergen Information is available both instore (ask the counter staff) and on our website.

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WRAPS

Wraps made with Khobez flat bread.

Martha's Korean Beef 🌶️ **£5.35**

Grilled marinated Scotch beef, Seoul crunch salad, cucumber kimchi with a chilli & sesame dressing

493Kcal P36g C58g F15g **DF***CONTAINS **SOYA, SESAME, GLUTEN****Lebanese Veg** 🌱 **£5.10**

Roasted aubergine, courgette & sweet potato with quinoa tabouleh, garlic soya yoghurt & chilli drizzle

358Kcal P12g C72 F4.7g **DF LS***CONTAINS **SOYA, SESAME, GLUTEN****Red Dragon Pork** 🌶️ **£5.35**

14 hrs slow roast Scotch pork in our secret marinade, Asian salad with spring onions in a chilli and sesame dressing

521kcal P31.7g C62.8g F10.6g **DF LS***CONTAINS **SOYA, SESAME, GLUTEN****Lebanese Chicken** 🌱 **£5.35**

Grilled marinated chicken thigh with quinoa tabouleh, garlic soya yoghurt & chilli drizzle

481Kcal P33.5g C61.3g F13.65g **DF LS***CONTAINS **SOYA, GLUTEN, MILK****Indonesian Chicken Satay** **£5.35**

Grilled marinated chicken thigh, Asian salad, peanut & chilli dressing

577kcal P40g C57g F22g **DF***CONTAINS **PEANUTS, SOYA, SESAME, GLUTEN****Chipotle Chicken** 🌶️ **£5.35**

Grilled chipotle chicken thigh, avocado salsa, smoked jalapeno chilli dressing & Martha's slaw

546kcal P35g C55g F22g

*CONTAINS **GLUTEN, MILK, EGGS**UNTIL
11.00 AM

BREAKFAST

HEARTY EGG POTS From £3.75**Salmon Avocado**

Free range Scottish poached egg, Scottish smoked salmon, seeded avocado & rocket

201Kcal P17g C1g F14g **GF DF***CONTAINS **EGGS, FISH, SESAME****Sweet Potato & Feta** 🌱

Free range Scottish poached egg, Roast Sweet Potato, Feta Cheese & Rocket

168Kcal, P10g C12g F9g **GF***CONTAINS **EGGS, MILK****Black Pudding & Beans**

Free range Scottish poached egg, with Ramsay's award winning black pudding & Heinz baked beans

302Kcal P17g C25g 16Fg **DF***CONTAINS **EGGS, GLUTEN****HOT ROLLS from £2.20**

Freshly baked bap filled with the finest Scotch Beef sausage & veggie haggis. See board for other hearty fillings

PORRIDGE**Classic Porridge**From **£1.85**P13g, C32g, F4g **V LS***CONTAINS **MILK, GLUTEN****Dream Porridge**From **£2.25****Vegan, Gluten Free,****Dairy Free**

P11g, C27g, F3g

*CONTAINS **SOYA****Make your own pot as you like it.****Check fridge for other breakfast options**

Martha's

+ MyBar toppings 80p

+ Banana & honey 80p

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