

FROM 11.00 AM

CLASSIC MAINS BOXES

All gluten free, served with low GI brown rice & Martha's kale slaw. Dairy free? Just ask for lemon slaw.

Chipotle Chicken)) £5.95

Grilled chipotle chicken thigh, avocado salsa & smoked jalapeno chilli dressing

514kcal P36g C37g F26g GF LS ☀️ (115)

*ALLERGENS MILK, EGGS, SOYA

Chunky Beef Chilli) £5.95

Slow cooked Scotch beef chilli with kidney beans and real bits of meat!

365kcal P27g, C45g, F11g GF LS ☀️ (115)

*ALLERGENS MILK, SOYA

Martha's Korean Chicken) £5.95

Grilled Korean marinated chicken thigh, pickled veg & a gochujang yoghurt dressing

425kcal P35g, C49g, F12g GF LS (115)

*ALLERGENS MILK, SOYA

Low GI brown rice

Martha's Korean Chicken



Martha's Slaw

FROM 11.00 AM

LIGHTER MAIN BOXES

Indonesian Chicken Satay £5.10

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

417kcal P32g C36g F17g

GF LS DF (115)

*ALLERGENS PEANUTS, SESAME, SOYA



Red Dragon Pork) £5.10

14 hrs slow roast Scotch pork in our secret marinade with a sesame, chilli, ginger & spring onion dressing, brown rice & Asian salad

410kcal P26g C39g F10g

GF DF LS ☀️ (115)

*ALLERGENS SESAME, SOYA



Indonesian Veggie Satay v v £4.85

Marinated vegetables, peanut & chilli dressing, brown rice & Asian salad

285kcal P7g, C44g, F10g

GF LS DF (115)

*ALLERGENS PEANUTS, SESAME, SOYA



Sweet Potato Falafel v) £4.85

Spiced baked sweet potato with red pepper hummus, rice & a red pepper salad

417kcal P13g, C62g, F14g

GF LS ☀️ (115)

*ALLERGENS SESAME, SOYA



UNTIL 11.00 AM

HEARTY EGG POTS

Salmon Avocado

201kcal P17g, C1g, F14g DF GF

Free range Scottish poached egg, Scottish smoked salmon, seeded avocado & rocket *ALLERGENS EGGS, FISH, SESAME

Sweet Potato & Feta v

168kcal P10g C12g F9g GF

Free range Scottish poached egg, roast sweet potato, feta cheese & rocket *ALLERGENS EGGS, MILK

Black Pud n' Beanz

302kcal P16g C25g F16g DF

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

£3.95

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

£3.50

£3.95



UNTIL 11.00 AM

MY BAR - MAKE IT YOURS

Greek Yoghurt £2.00

219kcal P12g, C4g, F17g

Classic Porridge

Small 225kcal £1.85

P13g, C32g, F4g v ☀️ LS

Large 315kcal £2.10

P18g, C44g, F6g v ☀️ LS

*ALLERGENS MILK, GLUTEN

Dream Porridge.

Vegan, Gluten Free, Dairy Free

*ALLERGENS SOYA

Small 197kcal £2.25

P11g, C27g, F3g

Large 276kcal £2.75

P15g, C38g, F4g

+ MyBar toppings 60p.

+ Banana & honey 60p



UNTIL 11.00 AM

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 Korean Chicken) £5.10

Grilled Korean marinated chicken thigh, pickled veg & a gochujang yoghurt dressing

477kcal P34g, C69g, F10g LS

*ALLERGENS MILK, SOYA, GLUTEN

Red Dragon Pork) £5.10

14 hrs slow roast Scotch pork in our secret marinade, sesame, chilli, ginger & spring onion

588kcal P33g, C77g, F11g DF LS (115)

*ALLERGENS SESAME, SOYA, GLUTEN

Indonesian Chicken Satay £5.10

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

558kcal P37g, C57g, F21g LS DF (115)

*ALLERGENS PEANUTS, SESAME, SOYA, GLUTEN

Wraps made with Khobez flat bread & Martha's Slaw.

Sweet Potato Falafel) v £4.85

Spiced baked sweet potato, red pepper hummus, raita and red pepper salad (DF - ask for soya)

534kcal P18g, C94g, F12g (115)

*ALLERGENS SESAME, SOYA, GLUTEN

Chipotle Chicken)) £5.10

Grilled chipotle chicken thigh, avocado salsa, smoked jalapeno chilli dressing

546kcal P35g, C55g, F22g (115)

*ALLERGENS GLUTEN, MILK, EGGS



Gently spicy
 Bit of a kick

All under 500 calories and gluten free

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

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.