



With today's fast paced lifestyles and hectic city living taking its toll, Lean Canteen is here to make the difference. Whether it is a goal specific food delivery plan or a quick, revitalising snack after the gym, we have all bases covered. Fitness goals, weight management and gold standard nutrition are all made simple and easy with quality, fresh and tasty ingredients prepared with love and care by professional chefs. No fad diets. No cleansing. No pseudo science. Real food. Real results. Real passion.

VE Vegan **DF** Dairy Free **GF** Gluten Free

All products are prepared in an area where nuts and other allergens may be present. Inform your server of any dietary requirements or allergies you have.

SANDWICHES Gluten free bread available

All of our sandwiches are served on a malted rye bloomer, Rye is a whole grain proven to have a lower insulin response after eating than processed grains and is packed with dietary fibre.

Chicken & Avocado 5.95

Paprika marinated chicken with cashew pesto and rocket
Calories: 477 Fat: 21 Carbohydrates: 48 Protein: 24 **DF**

Mushroom & Halloumi 5.95

Grilled portobello mushroom and halloumi with tomato and spinach
Calories: 368 Fat: 20 Carbohydrates: 35 Protein: 12

Hot Smoked Salmon 6.50

With cucumber, watercress, fennel and beet slaw
Calories: 417 Fat: 11 Carbohydrates: 58 Protein: 22 **DF**

Italian Pepper 5.95

Grilled piquillo peppers and aubergine, white bean and chickpea spread
Calories: 429 Fat: 9 Carbohydrates: 68 Protein: 19 **VE** **DF**

Falafel & Hummous Wrap 5.95

With shredded carrot and cashew cheese spread and salsa
Calories: 487 Fat: 19 Carbohydrates: 62 Protein: 17 **VE** **DF**

Goats Cheese and Caramelised Onion 5.95

Rocket leaves and sun-dried tomatoes
Calories: 412 Fat: 17 Carbohydrates: 51 Protein: 15

Turkey Meatball Marinara 5.95

In a tomato and basil sugo on a rye ciabatta
Calories: 519 Fat: 31 Carbohydrates: 18 Protein: 42 **DF**

SOUP OF THE DAY

served with rye sourdough 3.50
or add to a sandwich of your choice 2.00



Prep Meal Delivery Service available.
Ask one of our members of staff for details.

RESTAURANT DISHES

All of our restaurant dishes are made in house with organic ingredients where available. Our ethos is freshness and as little cooking as possible, to keep as much nutrients in the ingredients as we can.

Paprika Roast Chicken 10.95

Sweet potato mash, garden vegetables and red pepper sauce
Calories: 405 Fat: 8 Carbohydrates: 37 Protein: 47 **GF**

Thai Peanut & Lime Leaf Curry 9.95

Lime leaf and peanut flavoured curry with mixed vegetables and brown rice

Calories: 410 Fat: 14 Carbohydrates: 57 Protein: 14 **VE** **GF**

add chicken 2.50

5 Bean Mexican Chilli 9.95

With butternut squash and wild rice and wholemeal tortillas
Calories: 487 Fat: 10 Carbohydrates: 78 Protein: 19 **VE** **GF**

Hickory BBQ Chicken 9.95

Potato salad, grilled corn on the cob and Sriracha slaw
Calories: 438 Fat: 18 Carbohydrates: 36 Protein: 33 **DF** **GF**

BURGERS served on a brioche bun

Angus Lean Steak 10.50

Brioche bun, cashew nut cheese and new potato salad
Calories: 517 Fat: 11 Carbohydrates: 58 Protein: 42 **DF**

Free Range Turkey 10.50

Sriracha slaw, creme fraiche and potato salad
Calories: 499 Fat: 8 Carbohydrates: 64 Protein: 42

Portobello Mushroom and Quinoa 9.50

Rocket salad, tomato, pistachio and Sriracha broccoli
Calories: 321 Fat: 9 Carbohydrates: 33 Protein: 27 **VE** **DF**

SALAD BAR

Our salad bar is available from 10am till close every day! Rather than the usual boring leaf and lettuce options, the chefs at Lean Canteen take pride in their comosite salads citing recipes and methods from all the world cuisines. Try something different to your normal "salad" options and #leancanteensalads on Instagram for your discount on your next takeaway salad box!

Small Box 5.95

Selection of three items including one protein

Large Box 8.50

Selection of five items including two proteins

BREAKFAST

Served Mon - Fri 9am - 3pm
Sat - Sun - All Day

Smashed Avocado 5.95

Sourdough muffin with vine cherry tomatoes **DF**

add hot smoked salmon 2
add portobello mushroom 1.50

Steel Cut Porridge Oats 3.95

Fresh fruit and maple syrup **VE** **GF**

add peanut butter 1.50

Healthy Big Breakfast 7.95

Falafel, avocado and roasted tomato with BBQ beans, rye toast and field mushroom, poached egg **DF**

Spartan Protein Pancakes 4.95

Berry and maple syrup compote and soy yoghurt **DF** **GF**

Granola Bowl 3.95

Fresh fruit, coconut yoghurt and blossom honey

Baked Eggs 5.95

In a tomato, red pepper and spinach sugo, sourdough toast **DF**

Healthy Eggs Benedict 5.95

On sourdough muffin with "hollandaise"

add hot smoked salmon 2.00
add portobello mushroom 1.50
add spinach 1.00

