

# Peeld

## Ramen 13.50

### 1) Choose your Bowl...

#### Tonkotsu

Umami rich, classic ramen flavour with beansprout, coriander, spring onion, lime, and fresh chilli

#### Korean Miso

Hearty miso broth with bok choy, spring onion, kimchi and sil gochu pepper strands

#### Mayu

Tonkotsu broth with the added depth of black garlic, edamame, carrot, beansprouts and toasted peanuts

#### Tantan

Fiery miso broth with sweetcorn, bok choy, beansprouts and crispy chilli oil



## Poke

Traditional Hawaiian sushi bowls.

### 1) Choose your Bowl...

#### Classic (VG)

Edamame, Wakame Seaweed, Radish, Pineapple, Spring Onion, Sesame

#### Spicy (VG)

Edamame, Carrot, Mango Salsa, Candied Jalapenos, Sushi Ginger, Crispy Shallots, Sesame

#### Oahu (VG)

Wakame Seaweed, Guacamole, Carrot, Pineapple, Crispy Shallots, Fresh Chilli, Sesame

#### Korean (VG)

Wakame Seaweed, Cucumber, Kimchi, Radish, Sushi Ginger, Nori, Sesame

### 2) Choose your Base...

- Sticky Sushi Rice
- Brown Rice
- Rainbow Slaw

### 3) Choose your Protein...

- Tofu 9.95
- Vegan 'Chicken' 11.95
- Salmon 13.50
- Tuna 13.95
- Beef BBQ Brisket 13.95

### 4) Choose your Sauce...

- Ginger Peanut (VG)
- Chipotle Mayo
- Sriracha Mayo (VG)
- Coconut Sriracha (VG)
- Honey Sriracha (V)
- Chilli Jam (VG)
- Teriyaki (VG)

#### Add...

- Avocado + 1.25
- Other Toppings + 0.75

#### All Out

14.59

Tuna & Salmon in Sesame Shoyu, Guacamole, Pineapple, Edamame, Wakame, Candied Jalapenos, Nori, Toasted Peanuts, Crispy Onions

#### Chicken Shawarma

13.50

Pulled Chicken Shawarma, Carrot, Tomato, Cucumber, Guacamole, Pomegranate, Coriander, Sumac

#### Kids Poke

5.50

Rice, Carrot, Cucumber, Edamame, Mango, Choice of Protein and Dressing

# EAT

Allergies or intolerances:  
Please ask a member of staff to change your ingredients!



### 2) Choose your Protein...

- Puffed Tofu
- BBQ Brisket
- Pulled Roast Chicken

### 3) Choose Additions...

- Extra toppings +0.95
- Garlic/Chilli Oil +0.95

## Meal Deal

### Add a drink and snack to any bowl for 3.95

Drinks include: Coffee, Tea, Defender Lemonade Nix & Kix, Belvoir Lemonade, Something and Nothing Seltzers.

Snacks include: Edamame Beans, Banana Breads, Brownies, Crisps & Chocolate Bars.

## Dessert

#### Banana Bread (VG)

3.50

Plain or biscoff flavour.

Meal Deal Snack

#### Pumpkin Loaf

3.50

Home made loaf with pumpkin and spices.

Meal Deal Snack

#### Brownie (VG)

3.50

Home Made Choc Fudge Brownie.

Meal Deal Snack

#### Mochi Ice Cream

3.50

2 x Mango and Passionfruit ice cream balls.

Specials

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# Peeld

## Juice 6.50

### Healthy McHealthface

Cucumber, Apple, Spinach, Kale, Lemon, Parsley & Spirulina

*Cold-pressed in-store every morning using the freshest ingredients*

### Slice & Spice (NEW)

Apple, Blood Orange, Beetroot, Ginger, Lemon & Cinnamon

### Ginger Ninja

Carrot, Orange, Red Pepper, Ginger & Turmeric

### Lean Green

Apple, Pineapple, Cucumber, Kale, Lemon & Ginger

### Celerybration (NEW)

Celery, Spinach, Cucumber, Apple, Kiwi, Lemon & Spirulina

### Defender Lemonade

Lemon, Ginger, Turmeric, Honey, Filtered Water  
**Meal Deal Drink**



## Smoothies 6.50

### Green Machine

Avocado, Mango, Spinach, Broccoli, Coconut, Ginger, Lime

### Loco Coco

Mango, Pineapple, Coconut, Lime, Mint

### 5 a day

Strawberry, Apple, Mango, Pineapple, Kiwi

### Very Berry Mary

Blueberry, Raspberry, Banana, Flaxseed

## Protein Shakes 5.95

### Matcha Cha Cha

Banana, Spinach, Almond Butter, Vanilla Protein Powder, Matcha

### Wakey Wakey

Banana, Peanut Butter, Dates, Cacao Powder, Pea Protein, Maca  
Add Shot Of Coffee +£1.50

## DRINK



### Immunity Shot 3.00 or 2 for 5.00

Ginger, Turmeric, Apple, Lemon

## Coffee

### Perky Blenders Forest Blend

Espresso	2.65
Cortado	2.65
Flat white	3.40
Cappuccino	3.40
Americano	3.10
Latte	3.40
Syrup	+0.30
Caramel, Vanilla, Hazelnut, Pumpkin Spice	

Turmeric	3.40
Matcha	3.40
Chai	3.40
Mocha	3.40
Hot Choc	2.95

## Tea 2.30

English Breakfast  
Earl Grey  
Green Tea  
Lemon & Ginger  
Peppermint

Tripadvisor  
Travelers'  
Choice Awards



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