



THE GREEN LAB

<u>BREAKFAST</u>	1
<u>HOT PRESS & WRAPS</u>	3
<u>BAO BUNS, RAMEN & BAGELS</u>	4
<u>SMALL PLATES</u>	6
<u>LARGE PLATES</u>	7
<u>NUTRITION BOWLS</u>	8
<u>SWEET TREATS</u>	11
<u>COFFEE & HOT DRINKS</u>	13
<u>ORGANIC JUICES & SMOOTHIES</u>	14
<u>WELLNESS SHOTS & PROTEIN SHAKES</u>	15



[@thegreenlabnq](https://www.instagram.com/thegreenlabnq)



hello@thegreenlabnq.com

All prices are inclusive of VAT. A discretionary 5% service charge will be added to all bills. Please also note that all nutritional information is provided as a guide and is subject to natural variation. Please speak to a member of staff before placing your order if you have any allergies or intolerances or dietary requirements. Not all ingredients are listed on the menu and we cannot guarantee the total absence of allergens. Detailed information on the 14 allergens is available upon request. However we are unable to provide information on the other allergens.

Food Menu

Cherry Tomatoes &
Pesto on Sourdough

H'Avo Good One with Added Organic Poached Eggs

H'AVO GOOD ONE (V) / £5.50

Guacamole on Toasted *Sourdough (VE) or Seeded bread (V).
Topped with a sprinkle of Paprika and Pomegranate, Served
with a Burnt Lime Wedge.

*Option to add on: Poached Eggs, Smoked Beetroot, Smoked
Salmon £2.50, Portobello Mushroom £1.50*

With Sourdough – 161 Kcals, 5.6g Fat, 25.3g Carbs, 4g Protein.
Allergens: Gluten

With Seeded Bread – 419 Kcals, 33.5g Fats, 12.1g Carbs, 15.8g
Protein.

Allergens: Eggs, Nuts

AÇAÍ BOWL (VE) / £8.00

Frozen smoothie bowl full of organic açai with 3 topping of
your choice.

333 Kcals, 5.7g Fats, 66g Carbs, 1.8g Protein

*Choose from: Granola, Bananas, Berries, Coconut Flakes,
Chia Seeds, Flax Seeds, Goji Berries, Vanilla Maple Syrup,
Agave.*

CHERRY TOMATOES & PESTO ON SOURDOUGH (VE) / £6.25

Freshly chopped Tomatoes mixed with Garlic and Kale & Basil
Pesto, served on hot toasted *Sourdough.

Allergens: Gluten, Nuts

277 Kcals, 17.2g Fats, 25.5g Carbs, 4.9g Protein

*Nutritional information for sourdough and bagels are based on an average by weight and not the specific
item served to you. This is the closest we can calculate to.

Breakfast

THE GREEN LAB BAKED EGGS (V) / £8.25

Organic Baked Eggs, Tenderstem Broccoli, Spinach, Kale & Basil Pesto, Avocado, Topped with Vegan Hazelnut Parmesan and Sumac.

Option to add on – Toasted Slice of Sourdough (VE) or Seeded Bread (V) - £0.75

Allergens: Egg, Nuts

629 Kcals, 56g Fats, 5.9g Carbs, 22g Protein

HONEY CINNAMON BANANA HOT CAKES (VE) / £5.75

House-Baked Banana Muffins served warm with Honey Cinnamon Custard. Topped with Miso Caramel and Freeze-Dried Raspberries.

Allergens: Eggs, Gluten, Soy

420 Kcals, 8g Fats, 76g Carbs, 7.8g Protein

TOMATO & PAPRIKA POACHED EGGS (V) / £9.25

House-made Paprika and Tomato sauce with Spinach, Roasted Squash and Poached Eggs. Topped with Sliced Spring Onion, Sliced Red Chilli, Coriander and Sumac Yoghurt.

*Served with Toasted *Sourdough (VE) or Seeded Bread (V)*

With Sourdough – 422 kcals, 9.1g Fats, 41.8g Carbs, 21.3g Protein.

Allergens: Eggs, Gluten, Nuts

With Seeded Bread – 680 Kcals, 37g Fat, 28.6g Carbs, 33.1g Protein

Allergens: Eggs, Nuts



Tomato & Paprika Poached Eggs



Chicken Hot Press

HOT PRESS / £5.75

PORTOBELLO MUSHROOM HOT PRESS (VE)

Hot off the press filled with Chestnut Mushroom Mousse, Portobello Mushrooms, Spinach and Chives.

Allergens: Gluten, Nuts

417 Kcal, 16.2g Protein, 60.2g Carbs, 29g Fats

CHICKEN PESTO HOT PRESS

Hot off the press filled with Chicken, Spinach, Cashew Cream and Kale & Basil Pesto.

Allergens: Gluten, Nuts

566 Kcal, 34g Protein, 48g Carbs, 26g Fats

WRAPS / £5.75

CAULI CRUNCH WRAP (VE)

Tortilla wrap filled with Iceberg Lettuce, Kashmiri Roasted Cauli, Green Harissa Hummus and Crispy Shallots. Served with your choice of Green Harissa or Too Hot to Handle Sauce.

Allergens: Gluten, Sulphites

420 Kcal, 12g Protein, 59g Carbs, 14g Fats

CHICKEN CRUNCH WRAP

Tortilla wrap filled with Iceberg Lettuce, Marinated Chicken, Green Harissa Hummus and Crispy Shallots. Served with your choice of Green Harissa or Too Hot to Handle Sauce.

Allergens: Gluten, Sulphites

492 Kcal, 33g Protein, 57g Carbs, 13g Fats



Cauli Crunch Wrap



Aubergine Bao

BAO BUNS / £6.75

AUBERGINE BAO (VE)

Turmeric Bao Buns, Panko Aubergine, Pickled Red Cabbage and Lemon Mayo. Topped with Crispy Shallots.

Allergens: Gluten, Sesame, Soy, Sulphites
538 Kcals, 26.3g Fats, 63.2g Carbs, 10g Protein

CHICKEN BAO

Turmeric Bao Buns, Lemongrass Chicken, Pickled Red Cabbage and Lemon Mayo. Topped with Crispy Shallots.

Allergens: Gluten, Sesame, Soy, Sulphites
568 kcals, 18.9g protein, 56.6g carbs, 28.9g fat

BAGEL / £6.25

SMOKED BEETROOT BAGEL (VE)

*Bagel, Roasted Garlic Cashew Cream, Spinach, Avocado and Smoked Beetroot.

Allergens: Gluten, Nuts

451 Kcals, 14.8g Fats, 63.6g Carbs, 16.7g Protein

SMOKED SALMON BAGEL

*Bagel, Roasted Garlic Cashew Cream, Spinach, Avocado and Smoked Salmon.

Allergens: Gluten, Fish, Nuts

516 Kcals, 20.1g Fats, 59.4g Carbs, 25.5g Protein



Smoked Beetroot Bagel

Smoked Salmon Bagel

*Nutritional information for sourdough and bagels are based on an average by weight and not the specific item served to you. This is the closest we can calculate to.



Fragrant Miso Broth with Chicken

RAMEN / £8.00

CHICKEN BONE BROTH

Base - Chicken Bone Broth. With Buckwheat Noodles, Tenderstem Broccoli, Pak Choi, Pickled Ginger, Pickled Radish, Sesame Seeds, Nori, Kimchi. Topped with Tamari and Sesame Oil.

Allergens: Egg, Gluten, Sesame, Soy, Sulphites

FRAGRANT MISO BROTH (VE)

Base - Fragrant Miso Broth. With Buckwheat Noodles, Tenderstem Broccoli, Pak Choi, Pickled Ginger, Pickled Radish, Sesame Seeds, Nori, Kimchi.

Allergens: Egg, Gluten, Sesame, Soy, Sulphites

Choose your protein: Boiled Egg, Prawns, Tofu, Chicken.



Roasted Cauli with Sumac Yoghurt

ROASTED CAULI WITH SUMAC YOGHURT (VE) / £4.75

Sumac Yoghurt Topped with Roasted florets of Kashmiri Cauliflower.

Allergens: Soy, Sulphites

244 Kcals, 15g Fats, 17.7g Carbs, 7.3g Protein

LEMON AND GINGER NEW POTATOES (VE) / £4.75

Lemon and Ginger marinated fluffy New Potatoes steamed then baked. Served with Green Harissa Yoghurt.

Allergens: Soy, Sulphites

171 Kcals, 5.2g Fats, 26.3g Carbs, 3.7g Protein

SESAME AND TAMARI SWEET POTATOES (VE) / £4.75

Sweet Potatoes stir-fried with Sesame, Tamari, Garlic, Ginger and Chilli. Topped with Spring Onions.

Allergens: Sesame, Soy, Sulphites

283 Kcals, 20.1g Fats, 21.2g Carbs, 3.1g Protein

ASIAN GREENS (VE) / £4.75

Pak Choi and Tenderstem Broccoli stir-fried with Garlic, Ginger, Spring Onions and Red Chilli.

Allergens: Sesame

194 Kcals, 15.9g Fats, 7.6g Carbs, 3.6g Protein

LEMON & GINGER BUTTERFLY CHICKEN BREAST / £10.95

Lemon and Ginger Chicken Breast served with Tenderstem Broccoli, New Potatoes and Lemon Sumac Cabbage Slaw.

Allergens: Sesame, Soy, Sulphites

442 Kcals, 15.4g Fats, 27g Carbs, 51.3g Protein

MISO SALMON / £10.95

Fillet of Salmon glazed with Miso marinade, served with Steamed Pak Choi. Topped with Spring Onions and Red Chilli.

Allergens: Fish, Sesame, Soy

446 Kcals, 32.1g Fats, 12.5g Carbs, 25.8g Protein

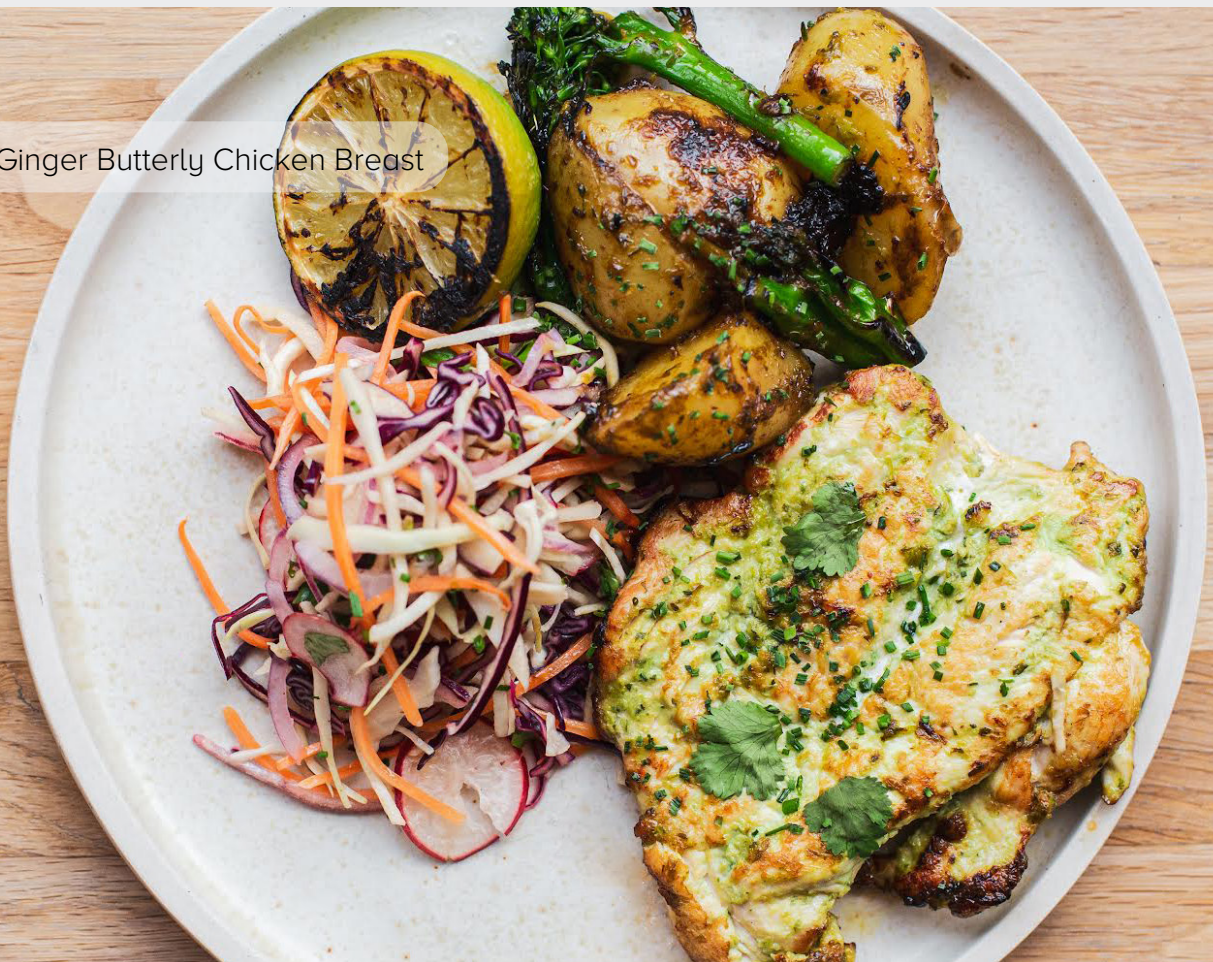
AUBERGINE MELANZANE (VE) / £8.25

Three layers of Panko Aubergine, House-made Tomato Sauce and Nutmeg Bechamel. Topped with a Basil Dressing.

Allergens: Gluten, Soy

460 Kcals, 62.9g Carbs, 11.1g Fats, 21.4g Protein

Lemon & Ginger Butterfly Chicken Breast



NUTRITION BOWLS / £5.00

CAULI CRUNCH (VE)

Iceberg Lettuce, Roasted Red Pepper, Kashmiri Roasted Cauliflower, Lemon and Coriander Chickpeas with Garlic and Chive Mayo topped with Crispy Shallots and Spring Onions.

Allergens: Gluten, Mustard, Soy, Sulphites
272 Kcal, 5g Protein, 12g Carbs, 21g Fats

Option to add on: Protein £2.00



MISO & YUZU WILD RICE (VE)

Wild Rice, Chilli and Lime Sweetcorn, Edamame, Tenderstem Broccoli dressed in our Miso and Yuzu sauce topped with Pickled Ginger and Radish.

Allergens: Sulphites, Soy, Sesame
220 Kcal, 10g Protein, 30g Carbs, 6g Fats

Option to add on: Protein £2.00



TAMARIND & MAPLE QUINOA (VE)

Quinoa, Sun-Blushed Beetroot, Olives, Tenderstem Broccoli dressed in our Tamarind and Maple sauce with Pickled Chillies and Goji Berries.

Allergens: Sulphites, Soy
296 Kcal, 9g Protein, 22g Carbs, 18g Fats

Option to add on: Protein £2.00

BUILD YOUR OWN NUTRITION BOWL

Become your own mixologist and choose your base, fillers, protein, toppers and dressing to create your perfect match.



Any extras? Let us know.

Please ask for an allergen menu if required.

REGULAR £7.00

1 Base / 2 Basic Fillers / 2 Premium Fillers
1 Protein / 1 Sauce / 2 Toppers

LARGE £9.00

2 Bases / 3 Basic Fillers / 2 Premium Fillers
2 Proteins / 2 Toppers / 1 Sauce

1. BASE

Mixed Leaf (5 Kcals)
Iceberg Lettuce (6 Kcals)

2. BASIC FILLERS

Beetroot Hummus (26 Kcals)
Edamame Beans (18 Kcals)
Chilli & Lime Sweetcorn (23 Kcals)
Pickled Red Cabbage (15 Kcals)
Sun-Blushed Beetroot (17 Kcals)
Cucumber Ribbons (3 Kcals)
Olives (27 Kcals)
Roasted Red Pepper (9 Kcals)
Kimchi (3 Kcals)

3. PREMIUM FILLERS

Quinoa (64 Kcals)
Turmeric Cous Cous (107 Kcals)
Wild Rice (107 Kcals)
Lemon And Coriander
Chickpeas (26 Kcals)
Tenderstem Broccoli (15 Kcals)
Kashmiri Roasted Cauli
(44 Kcals)

4. PROTEIN

Spiced Tofu (76 Kcals)
Roast Seeded Falafal (203 Kcals)
Salmon (183 Kcals)
Marinated Chicken (88 Kcals)
Plain Chicken (70 Kcals)

5. SAUCES

Green Harissa (137 Kcals)
Miso And Yuzu (76 Kcals)
Balsamic Vinaigrette (199Kcals)
Garlic & Chive Mayo (161 Kcals)
Tamarind & Maple (119 Kcals)
Lemon And Sumac (120 Kcals)
Too Hot To Handle (22 Kcals)

6. TOPPERS

Radish (1 Kcal)
Spring Onions (3 Kcals)
Pickled Chillies (8 Kcals)
Pickled Ginger (1 Kcal)
Pumpkin Seeds (17 Kcals)
Crispy Shallots (20 Kcals)
Crispy Flatbread (58 Kcals)
Goji Berries (18 Kcals)

To find out macros of BYO Nutrition Bowls, please use our macro calculator on our [website](#).

PRONUTS / £2.75

DOUBLE CHOC PRONUT (VE)

Our fluffy chocolate pronut dough made with organic Cacao packed with 17g of Vanilla Protein, topped with Organic Dark Chocolate Glazer and sprinkled with Desiccated Coconut.

Allergens: Gluten, Tree Nuts, Soy, Sulphites

341 Kcal, 17g Protein, 34g Carbs, 14g Fats

LIME AND VANILLA PRONUT (VE)

Our fluffy vanilla pronut dough, packed with 13g of Vanilla Protein. Topped with Coconut Vanilla Cream and Lime Zest.

Allergens: Gluten, Tree Nuts, Sulphites

232 Kcal, 13g Protein, 31g Carbs, 5.7g Fats

VANILLA CUSTARD STRAWBERRY JAM PRONUT (VE)

Our fluffy vanilla pronut dough, packed with 15g of Vanilla protein, topped with Vanilla Bean Custard, made from Sweet Potato, Organic Home-Made Strawberry Jam and topped with Crushed Almonds.

Allergens: Gluten, Nuts, Sulphites

270 Kcal, 15g Protein, 33g Carbs, 8.1g Fats

Double Choc Pronut



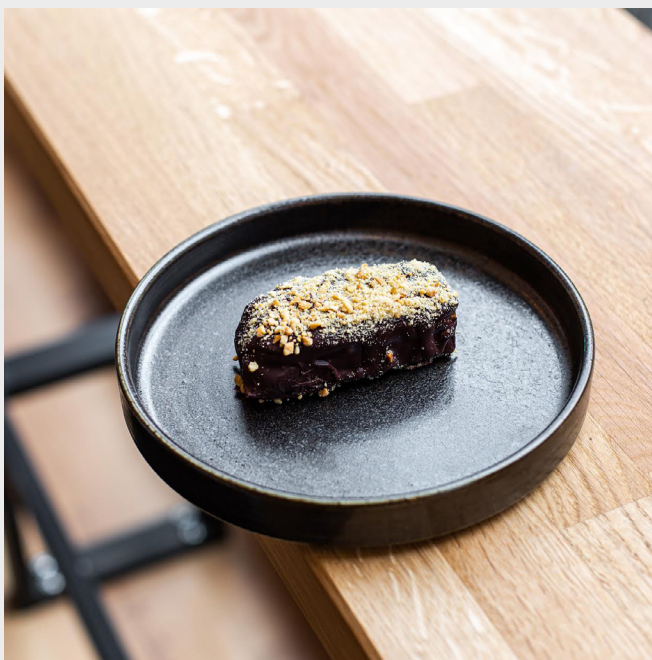
Sweet Treats

BARS / £3.00

MISO PEANUT CARAMEL CHOC (VE)

The perfect mixture of salty and sweet. Date, Miso and Peanut Caramel layered on an Oat Nougat base, and dipped in Dark Chocolate.

Allergens: Nuts, Peanuts, Soy, Sulphites
389 Kcal, 8g Protein, 37g Carbs, 22g Fats



COCONUT CHOC (VE)

Creamy, sweetened, Desiccated Coconut, dipped in Dark Chocolate. Perfect for all the coconut lovers out there.

Allergens: Soy, Sulphites
429 Kcal, 4g Protein, 19g Carbs, 36g Fats

COFFEE

ESPRESSO	£2.00
AMERICANO	£2.25
MACCHIATO	£2.50
CORTADO	£2.60
CAPPUCINO	£2.75
FLAT WHITE	£2.80
MOCHA	£3.20
LATTE	£3.00
ICED LATTE	£3.00
DIRTY CHAI LATTE	£3.50

Offer:

**H'Avo Good One + Coffee* £5.00

**Add ons sold separately*

Offer valid Monday-Friday

HOT DRINKS

ENGLISH BREAKFAST TEA	£2.00
CHAMOMILE	£2.25
PEPPERMINT LEAF	£2.50
LEMONGRASS AND GINGER	£2.60
SEA MOSS TEA	£2.50
HOT CHOCOLATE	£3.00
CHAI LATTE	£3.00
TUMERIC LATTE	£4.20
MATCHA LATTE	£4.20
CHARCOAL LATTE	£4.20
BEETROOT LATTE	£4.20
BUTTERFLY PEA LATTE	£4.20

MILK

Whole / Semi Skimmed

DAIRY ALTERNATIVES (VE)

Oat Milk / Soy Milk / Coconut Milk

+£0.35



Chai Latte

ORGANIC COLD PRESSED JUICES / £5.00

THE INCREDIBLE BULK (VE)

Apple, Celery, Broccoli, Seasonal Greens,
Lemon, Ginger and Mint.

Allergens: Celery

129 Kcal, 1.8g Protein, 30g Carbs, 0.1g Fats

GINGER SPICE (VE)

Apple, Carrot, Lemon, Ginger and Tumeric.

147 Kcal, 1.5g Protein, 34g Carbs, 0.6g Fats

BRING THE BEET IN (VE)

Apple, Orange, Beetroot, Agave, Lemon,
Lime and Ginger.

144 Kcal, 1.5g Protein, 33g Carbs, 0.6g Fats



Ginger Spice

SMOOTHIES / £6.00



Strawberry Blonde

STRAWBERRY BLONDE (VE)

Strawberries, Oat Milk, Soya Yoghurt,
Banana, Boabab, Lemon Zest and Vanilla.

Allergens: Soy

167 Kcal, 3.5g Protein, 27g Carbs, 2.9g Fats

OFF THE KALE (VE)

Oat Milk, Banana, Spinach, Agave, Pumpkin
Seeds, Parsley, Ashwagandha Powder and
Birds Eye Chilli.

247 Kcal, 5.7g Protein, 37g Carbs, 7.2g Fats

CACAO ESPRESSO MARTINI (VE)

Oat Milk, Banana, Dates, Maple Syrup,
Cacao, Lions Mane and Espresso.

312 Kcal, 5.7g Protein, 58g Carbs, 4.8g Fats

WELLNESS SHOTS / £2.50

I'VE GOT THE POWER (VE)

Apples, Lemon, Tumeric, Himalayan Pink Salt and Ginger. Helps to strengthen the immune system and keep your body strong.

16 Kcal, 0.5g Protein, 3.2g Carbs, 0g Fats

GUT VIBES ONLY (VE)

Apples, Strawberries, Organic Apple Cider Vinegar and Probiotics. Help to boost gut health.

23 Kcal, 0.5g Protein, 4.9g Carbs, 0g Fats

LET IT GLOW

Pineapple, Spinach, Corriander, Thai Basil, Aloe Vera and Marine Collagen. Help improve your skin elasticity, boost nail growth and promote healthy hair.

Allergens: Fish

14 Kcal, 0.5g Protein, 2.9g Carbs, 0g Fats

DROP THE BEET (VE)

Honeydew Melon, Beetroot, Aloe Vera, Cayenne Pepper and Milk Thistle. Help lower your blood pressure and improve your blood flow.

8 Kcal, 0.5g Protein, 1.7g Carbs, 0g Fats



PROTEIN SHAKES / £4.00

STRAWBERRY PROTEIN SHAKE (VE)

Fresh Strawberries and Vegan Vanilla Protein blended with Oat Milk.

Allergens: Soy

258 Kcal, 26g Protein, 26g Carbs, 4.4g Fats

Option to add on: Sea Moss £2.00

VANILLA PROTEIN SHAKE (VE)

Vegan Vanilla Protein blended with Oat Milk.

Allergens: Soy

284 Kcal, 26g Protein, 29g Carbs, 6.8g Fats

Option to add on: Sea Moss £2.00

CHOCOLATE PROTEIN SHAKE (VE)

Cacao and Vegan Vanilla Protein blended with Oat Milk.

Allergens: Soy

256 Kcal, 26g Protein, 22g Carbs, 7.1g Fats

Option to add on: Sea Moss £2.00

Chocolate Protein Shake

