



MENU

Summer 2022

We're a charity that brings belief, hope and long-term recovery to people whose lives have been torn apart by addiction, and the multiple and complex needs that come with it. We provide residential addiction treatment to men and women. We also support women in the community who are in contact with the criminal justice system. **By supporting us, you are supporting them so thank you.**

For more information visit www.nelsontrust.com

Replenish

The Meaty One

Eggs, Sausage, Bacon, Hash Brown, Flat Mushroom, House Beans, Tomato & Toast **£10.95**

The Veggie One

Eggs, Vegetarian Sausages, Hash Brown, Flat Mushroom, House Beans, Tomatoes, Spinach & Toast **(v) £8.95**

The Vegan One

Overnight Oats, Nuts, Seeds, Dried Fruit, Blueberries, Peanut Butter & Protein Powder **(lg) £6.50**

Turmeric Tofu

Scrambled tofu infused with turmeric and fresh spinach served with sourdough toast **(ve) £4.95**

Sourdough Toasties

With slaw, salad & crisp garnish

Bacon, Brie & Cranberry **£7.95**

Chicken mayonnaise **£6.95**

Mozzarella, Mushroom, Spinach & Pesto **(v) £6.95**

Sundried Tomato, Hummus & Pesto **(vg) £5.95**

Gluten free bread is available for an additional 50p

Rejuvenate

Nutrient dense, colourful plant based dishes packed with flavour and goodness

Buddha's Bowl

A Thai inspired bowl with fresh veggies including spring onion, chilli flakes, ginger, lime, coriander, mint, basil and mango. Served with a peanut dressing & wild rice **(v/lg) £9.50**

Raw Bowl

Fresh veggie salad with home-made hummus, black & edamame beans and Parrot dressing **(ve/lg) £5.95**

Parrot Bowl

Fresh veggie salad with warm paprika sweet potato tofu hash, giant couscous, dried fruit, smoked paprika & oregano **(ve/lg) £5.95**

Option to add chicken to bowls available for additional £2.00

Boost

Power Smoothie

Oats, Banana, Peanut Butter, Cinnamon & Protein Powder **(ve/lg) £5.95**

Berry Smoothie

Banana, mixed berries & yoghurt **(ve/lg) £4.95** add oats **£5.95**

Green Smoothie

Mint, Lime, Apple, Cucumber & Spinach **(ve/lg) £4.95** add oats **£5.95**

Overnight Oat Bowls

Served hot or cold (lg)

Fruit & Nut

Mixed Fruit, Nuts & Seeds, Peanut Butter & Maple Syrup **(ve) £6.50**

Orange & Almond

With pumpkin seeds, peanut butter & maple syrup **(ve) £4.50**

Banana Bread

With cinnamon, pumpkin seeds & peanut butter **(v) £4.50**

Key: (V) Vegetarian, (VE) Vegan, (LG) Low Gluten

Due to the way our food is prepared it is not possible to 100% guarantee the absence of allergens in our products. Therefore our products made with gluten free ingredients are declared as "low gluten" as recommended by the FSA guidelines. Our kitchen processes all allergens including nuts, peanuts and cereals containing gluten and dairy.

TAKE AWAY AVAILABLE ON ALL DISHES