

HOT DRINKS

We only serve the best hot drinks to satisfy our customer's needs!

Tea	£1.75
Herbal Tea	£1.90
Chai Latte	£2.75
Americano	£2.75
Espresso	£2.25
Latte	£2.75
Cappuccino	£2.75
Flat White	£2.75
Macchiato	£2.75
Caffe Mocha	£3.00
Hot Chocolate	£2.75



BREAKFAST

Porridge & Muesli

Freshly made wholesome porridge or muesli. Porridge is served with any 3 toppings.

Add whey protein

Special Breakfast

Scrambled egg, smoked salmon, mushroom, mashed avocado and Greek feta on toast.

The Perfect Start

Cheesy mushroom and scrambled egg on toast with tea.

The Continental

Toasted bagel with butter

2 slices of bloomer toast with spread



SANDWICHES

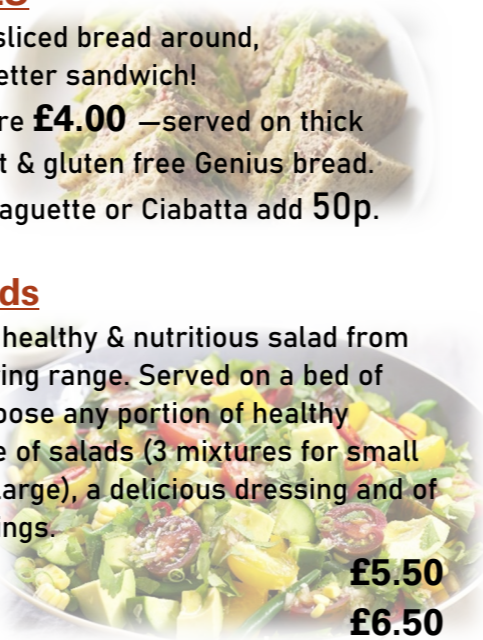
We use the best sliced bread around, you won't eat a better sandwich!

All sandwiches are **£4.00** –served on thick bloomer or wheat & gluten free Genius bread. Choose French Baguette or Ciabatta add 50p.

Healthy Salads

Design your own healthy & nutritious salad from our mouth-watering range. Served on a bed of mixed leaves, choose any portion of healthy protein, a mixture of salads (3 mixtures for small salads and 5 for large), a delicious dressing and of our exciting toppings.

Small Salad	£5.50
Large Salad	£6.50



GOURMET HOT FOODS & SOUPS

All our gourmet dishes & soups are freshly prepared in our premises using the finest quality fresh ingredients.

Soups

Up to 2 varieties daily served with two slices of extra thick bloomer bread. **£4.50**

Baked Potato or Sweet Potato

Served with any two hot or cold filling & a side salad **£5.50**



PROTEIN SHAKES, SMOOTHIES & JUICES

All served in large cups **£4.00**

Protein Shakes

Served with banana, oats & honey & your choice of milk or water.

Promax Cyclone

All our smoothies contain 3 or more portions to help you achieve your 5 a day. All our juices are made on the premises.

Promax Diet Whey Protein

WE GUARANTEE WE USE MORE WHOLE FRUITS IN OUR SMOOTHIES THAN ANY LOCAL COMPETITOR. WANT THE PROOF? ASK TO SEE THE JUG BEFORE IT'S BLENDED!

Smoothies - £4.00

Add as many of the following for **FREE**
Banana / Low Fat Yoghurt / Oats / Honey / Seeds

D-Tox Special

Pineapple, Strawberry, Banana & Apple

Head Cleanser

Kiwi, Avocado, Spinach, Banana & Apple

Ultimate NRG

Kiwi, Melon, Pineapple, Mango & Orange

Breakfast To Go

Whole Oats, Low Fat Milk, Honey, Strawberry & Mango

Pressed Juice - £4.00

Cold Buster

Orange, Apple, Ginger & Lemon

Immune Booster

Carrot, Orange, Apple & Ginger

The Refresher

Apple, Lemon & Ginger



WRAPS N' MORE

AT THE YMCA CLUB

TAKE AWAY MENU

> Office Events

Sandwiches, salads, lunches, desserts, and drinks. We deliver between 7am and 4pm within a 5-mile radius with only £20 minimum order.

> Our Smoothies

Our smoothies contain 3 or more of your 5 a day and our healthy boosting smoothies helps build your body! All our juices are freshly squeezed on our premises.



> Healthy Wraps

Enjoy our authentic healthy 12" whole-meal Khobez bread filled with only healthy ingredients – all prepared fresh!

> Our Catering

We will ensure we cater for all your needs by offering wraps, smoothies' sandwiches, cakes and many more!



Please tell us if you have any allergies!

YMCA Lower Ground, 112 Great Russell Street, London WC1B 3NQ
WRAPSNMORE124@GMAIL.COM

Our Healthy Gourmet Wraps

£6.00

Made on 12" wholemeal Khobez Bread which is 98% Fat Free & low GI or choose our wheat & gluten free option on a soft corn tortilla.

The Arabian

Falafel, hummus, choice of hot or sweet chilli sauce, mixed shredded leaf, tomato, red onion, cucumber & mixed leaf.



The Los Angeles

Hummus, grated carrot, Californian raisins, assorted seeds, mixed leaf, tomato & cucumber.



The Protein Buster

High protein spicy mixed beans & peppers, a free range sliced egg, mixed seeds, low calorie mayonnaise, mixed leaf & tomato.



The New Yorker

Mature cheddar cheese, pastrami, gherkin, mustard, mixed leaf, red onion, tomato & cucumber.



The Low

Tuna chunks with low fat mayonnaise, sweet corn, mixed leaf, tomato & cucumber.



The Omega

Prawns, low fat mayonnaise, mixed seeds, avocado, grated carrot, mixed leaf & tomato.

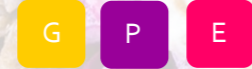


The Veg Sultan

Vegetarian falafel, hummus, hot or sweet chilli, Greek feta, red onion a sprinkle of raisins & mixed leaf.

The Workout

High protein, a large breast of chicken, a free range sliced egg, mixed seeds, low calorie mayonnaise, mixed leaf & tomato.



The Sicilian

Breast of chicken, mozzarella, green pesto, avocado, roasted Mediterranean vegetables & mixed leaves.



The Mexican

Spicy Mexican chicken, guacamole, mixed leaf, red onion, tomato, mixed beans & pepper salad.



The Health

Grilled breast of herb chicken with extra light low-fat mayonnaise, avocado, mixed leaf, tomato & cucumber.



PIZZA

A delicious 12" base with house made pizza sauce, mozzarella cheese and any two toppings of your choice.

£6.00

