

HEALTHY

SUPER FOOD YOGURT BOWL ^{GF}£10.⁹⁵

Served with seasonal fruit, Jersey Greek Yoghurt, homemade granola, power seeds, Pure Jersey Honey.

+ add Platinum Strive Protein £2.⁷⁵ + add Peanut Butter £2.²⁵ + add Matcha Powder £1.⁹⁵

THE FOREST HASH£13.⁰⁰

Wild smoked mushroom, grilled sweet corn, jersey royals, spinach, homemade pickles, deep fried kale on a bed of pea, arugula & walnut pesto.

+ Add Black Pudding Soil £3.⁵⁰ + Add Sweet & Sour Chorizo £4.⁰⁰

STRIVE FUEL 790£13.⁵⁰

Choice Of A Bed Of Greens Or Brown Rice, Cucumber, Mixed Beans, Lentils, Red Cabbage, Broccoli, Grated Carrot, Organic Hardboiled Egg, Spring Onion, Crushed Avocado, Sesame Seeds & Nasi Gori.

+ Add Mongolian Marinated Salmon £6.²⁵ + Add Shredded Salt & Pepper Chicken £5.²⁵

Choice Of Dressing Included: Siracha & Honey / Teriyaki, Vinaigrette.

NAUGHTY BUT HEALTHY

PROTEIN PANCAKES£13.⁹⁵

Strive's Famous Protein Pancakes served with one of your favourite choices:

+ Seasonal Fruits & Pure Jersey Honey + Peanut Butter, & Banana & Caramel Sauce

+ Biscoff Spread & Vanilla Ice-cream + Make it Naughty Lava £2.⁹⁵

STRIVE BREAKFAST£13.⁹⁵

Eggs your way, Grilled Sourdough, Beans, Butcher's Sausage, Sauteed Potatoes, Roasted Tomato, Genuine Jersey Butter.

STRIVE VEGGIE BREAKFAST ^{VG}£12.⁹⁵

Eggs your way, Grilled Sourdough, Veggie Sausage, Local Haloumi, Roasted Tomato, Beans, Sauteed Potatoes, Crushed Avocado & Protein Seeds.

BUILD A BENEDICT ^{VG}£11.⁹⁵

Crumpets served with Poached Eggs, Homemade Kimchi Hollandaise, Fresh Mango Salad, Thai Lime

BUILD YOUR BRUNCH£10.⁹⁵

Toasted Bagel served with Smashed Avocado, Chilli Feta, Mediterranean Chickpeas, Beetroot Humus and Lemon Dressing

Add-ons:

+ Jersey Local Halloumi £3.²⁵

+ Butcher Sausages £3.⁰⁰

+ Smoked Salmon £4.⁹⁵

+ Sweet & Sour Chorizo £3.⁵⁰

+ Two Eggs Anyway £1.⁹⁵

+ Sweet & Soy Mushroom £3.⁰⁰

+ Ricotta Scrambled £3.⁵⁰

+ Asparagus £3.⁰⁰

+ Chilli Feta £3.⁰⁰

+ Sticky Bacon £3.⁹⁵

BAO BUNS£14.⁵⁰

Glazed Shredded Satay Chicken, Smoked Chilli Jam, Monterey Cheese, Cucumber, Baby Gem, Aioli-Mayo, Sesame. *(Option of Korean Jackfruit available on request)*

V = VEGETARIAN

DF = DAIRY FREE

VG = VEGAN

GF = GLUTEN FREE

