

Menu created by the people at



Soulmatefood
Science • Nutrition • Love



Soulmatefood
KITCHEN

Science • Nutrition • Love

at **Harrods**

////// Menu ////

Brunch £8.50

YOATIES™

An infusion of oats, apple juice, agave, yoghurt

CHOOSE YOUR YOATIE TOPPING;

Super Green

Spinach, mango, pineapple & lime

Cherry Bakewell

Cherry, apple juice, agave & almonds

YOATIES™

NOUN: OATS INFUSED
WITH YOGHURT

PICK YOUR TOPPING AND ENJOY

Salads £12.00

Charred Chicken with Supergreen Quinoa

Chicken, quinoa, mango, mint, peppadew, edamame, spring onion, feta, pomegranate, candy-beets & spinach



Eastern Jewel

Giant cous-cous, roasted squash, spinach, apricot, pomegranate, cashew nuts, pea shoots, spinach, courgette, peppers, fig & lemon



Seriously Raw

Spinach, seaweed, courgette ribbons, mustard cress, chicory, mixed seeds, cherry tomatoes, edamame & blood orange vinaigrette



Purple Halloumi

Halloumi, variations of beetroot, rocket, walnuts, purple carrot, alfalfa sprouts & pomegranate dressing



Chilli Citrus Salmon

Hot smoked salmon, chilli, purple truffle potatoes, asparagus, edamame, spinach, coriander, pak choi, rice noodles, bean sprouts, cashew nuts, black sesame & lemon



Key: Vegan



Vegetarian



Dairy Free



Gluten free



Sandwiches £9.50

Tomato and Mozzarella

Plum tomato, baby mozzarella, rocket and pesto on a bagel



Club Tropicana Wrap

Chargrilled chicken, leaves, mango, peppadew and coriander wrap



Apple Wow

Apple sandwich with granola, peanut butter and bacon



Green Salmon

Smoked salmon, avocado, lemon cream cheese, and watercress on a bagel



Healthy Snacks £4.50

Protein Brownie Bites

Protein charged, diet brownie bites with low fat orange cream dip

Raw Passion Bites

Raw food mix of cocoa nibs, dates, almonds & seeds

Sticky Nut Chews

Sticky, nutty goodness

Flapjack

Gluten free, low fat oat bar, filled with fibre & energy

Muffins

Please see for todays selection. High protein, low fat treats.

.....
PROTEIN SNACKS
.....
HAND-MADE HEALTHY SNACKS
PACKED WITH PROTEIN
AND NUTRIENTS
.....
GUILT FREE AND LOW IN FAT
.....

Juices £9.50



Science - juices for the body



Glow - for clear skin and radiance

Celery, apples, cucumber, lemon & ginger

Lean - to flatten the stomach and torch cellulite

Pineapple, fennel, lemon, pear & mint



Nutrition - juices for well being



Detox - for cleansing and purification

Carrot, apple & ginger

Jam Jar Greens - alkalises the body to banish toxins

Broccoli, spinach, apple, lime, pineapple, celery & mint



Love - juices with medicinal purposes



Heartbeat - to help with circulation and a healthy heart

Beetroot, pear, apricots & pomegranate

Immunity - an immunity a day keeps the doctors away

Apple, grapefruit, peach & fennel

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LAVAZZA coffee and teas

Espresso	£4.00
Double Espresso	£4.25
Espresso Decaf	£4.00
Espresso Macchiato	£4.25
Espresso Viennese	£4.25
Americano	£4.25
Flat White	£4.50
Cappuccino	£4.50
Latte	£4.50
Mocha	£4.50
Hot Chocolate	£4.95
Tea	£4.00

The Soulmatefood Kitchen Ethos

“Quality of life begins with the quality of food that sustains it.”

We believe that the path to a healthier, more energetic life begins with a diet rich in nutrients and love. Utilising our knowledge and wealth of nutritional culinary experience, our delicious menu incorporates innovative, seasonal ingredients that contain health benefits in abundance.

Eating healthily will not only promote longevity but will have a profound effect on quality of life too. This is health food, but not as you know it.

Soulmatefood delivered direct to you!

Lifestyle menus tailor made for the individual and delivered straight to your door.

Soulmatefood create bespoke, healthy, balanced and delicious menus that are conveniently delivered straight to your door. The fresh, gourmet, chef-prepared meals contain all the vital nutrients you need. Each menu is tailored to suit personal dietary requirements, using locally sourced ingredients and lots of scientific nutritional know-how.

For more information please book in to see our in-store nutritionist, visit us at soulmatefood.com or call us on 0870 8033 833 to find out more



“This service takes food out of your hands and your head. The results are noticeable.”
- Vogue

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that sustains it.”
- Soulmatefood