

HELLO. WE DELIVER! CRUSSH GOODNESS DIRECT TO YOU.

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[CRUSSH.COM/DELIVERS](https://crussh.com/delivers)



DELIVERY MENU

FREE DELIVERY!
(WITH A £30 MINIMUM ORDER)

20% OFF
YOUR FIRST ORDER

ORDER BY 4PM
THE DAY BEFORE FOR NEXT DAY DELIVERY

QUESTION?
EMAIL US AT DELIVERIES@CRUSSH.COM

BREAKFAST POTS & FRUIT

SALMON PROTEIN POT (GF WF DF CONTAINS SEEDS)	£2.35	<input type="checkbox"/>
HAM HOCK PROTEIN POT (GF WF DF CONTAINS SEEDS)	£2.35	<input type="checkbox"/>
CACAO & COCONUT BIRCHER MUESLI (V VE GF WF DF N)	£2.35	<input type="checkbox"/>
CHIA & ALMOND BIRCHER MUESLI (V VE GF WF DF N)	£2.15	<input type="checkbox"/>
BERRY BREAKFAST MUESLI (V N)	£1.95	<input type="checkbox"/>
SUMMER PORRIDGE - SMALL (V)	£2.55	<input type="checkbox"/>
SUMMER PORRIDGE - LARGE (V)	£2.35	<input type="checkbox"/>
ALMOND MILK & CHIA SEED PUDDING (V N VE DF GF WF OM3)	£2.25	<input type="checkbox"/>
ORGANIC GREEK STYLE YOGHURT WITH ORGANIC HONEY (V GF WF V)	£1.65	<input type="checkbox"/>
CHERRY & PISTACHIO SKYR YOGHURT POT (V GF WF N)	£2.99	<input type="checkbox"/>
ALMOND & APPLE COMPOTE SKYR YOGHURT POT (V GF WF N)	£2.99	<input type="checkbox"/>
SUPERSIZE FRUIT SALAD (V VE DF GF WF)	£2.95	<input type="checkbox"/>

HEALTHPOTS

TUNA LEAN BEAN (DF GF WF)	£2.65	<input type="checkbox"/>
CRUSSH DETOX (V VE DF GF WF)	£2.65	<input type="checkbox"/>
HARISSA, CHICKPEA & QUINOA TZATZIKI (V GF WF)	£2.65	<input type="checkbox"/>
CHIPOTLE CORN & AVOCADO (V GF WF)	£2.65	<input type="checkbox"/>
BUTTER BEAN, CHERRY TOMATO AND PARSLEY (V VE DF GF WF)	£2.65	<input type="checkbox"/>
BLACK PUY LENTIL & FETA HEALTHPOT (V GF WF)	£2.65	<input type="checkbox"/>
AVOCADO, YUZU & EDAMAME BEANS (V VE DF GF WF)	£2.65	<input type="checkbox"/>
SUPER GRAIN FREEKHE WITH MUSHROOM & PEA (V GF WF)	£2.65	<input type="checkbox"/>
SCANDI VEG & DILL (V VE GF WF DF)	£2.65	<input type="checkbox"/>

SALADS

RADIANCE BOX (DF GF WF)	£5.75	<input type="checkbox"/>
PROTEIN BOOST BOX (V GF WF N)	£6.80	<input type="checkbox"/>
GREEN & GRAINS BOX (WF DF N)	£4.95	<input type="checkbox"/>
VITALITY BOX (V VE DF N CONTAINS SEEDS)	£5.25	<input type="checkbox"/>
IMMUNITY BOX (V GF WF N)	£5.25	<input type="checkbox"/>
ENERGISER BOX (V)	£4.95	<input type="checkbox"/>
SPICY BOOST BOX (GF WF DF CONTAINS SEEDS. MAY CONTAIN BONES)	£5.25	<input type="checkbox"/>

SNACKS & DESSERTS

FLAPJACK - BLACKCURRANT/RASPBERRY (V)	£1.30	<input type="checkbox"/>
GLUTEN FREE BROWNIE	£2.35	<input type="checkbox"/>
MUFFIN - CHOC CHIP/POLENTA/BLUEBERRY (V N)	£1.50	<input type="checkbox"/>
CHOCOLATE CAKE (V N) / CARROT CAKE (V)	£2.10	<input type="checkbox"/>
TYRELL CRISPS (V VE)	£1.20	<input type="checkbox"/>
POP CHIPS	£1.00	<input type="checkbox"/>
PROPER POPCORN	£1.20	<input type="checkbox"/>
DELICIOUSLY ELLA ENERGY BALLS - CACAO & ALMOND / HAZELNUT & RAISIN (GF DF)	£1.95	<input type="checkbox"/>
APE COCONUT BITES - NATURAL / SESAME	£1.95	<input type="checkbox"/>

PRICE QTY

SANDWICHES & WRAPS

FREE RANGE EGG MAYO & CRESS (DF V)	£2.15	<input type="checkbox"/>
SMOKEY SWISS HAM	£3.25	<input type="checkbox"/>
VEGGIE 5-A-DAY (V VE DF)	£3.25	<input type="checkbox"/>
5-A-DAY WHEAT-FREE (V VE DF WF)	£3.35	<input type="checkbox"/>
CLASSIC CHICKEN CLUB (DF)	£3.65	<input type="checkbox"/>

AVOCADO, RED PEPPER & CASHEW

TAPENADE WRAP (V VE DF N)	£3.60	<input type="checkbox"/>
TUNA NICOISE WRAP (DF)	£3.85	<input type="checkbox"/>
SWEET POTATO FALAFEL & SALAD WRAP (V VE DF)	£3.85	<input type="checkbox"/>
SMOKED SALMON ROYALE ON SPINACH WRAP (OM3)	£3.85	<input type="checkbox"/>
CHIPOTLE CHICKEN ON SUN-DRIED TOMATO WRAP	£3.95	<input type="checkbox"/>
SIMPLY CAESAR WRAP	£3.75	<input type="checkbox"/>

SPELT SOURDOUGH TOASTIES

JALAPENO & SPINACH MELT (V)	£3.95	<input type="checkbox"/>
MOZZARELLA, FRESH BASIL & SUN-DRIED TOMATO (V)	£3.95	<input type="checkbox"/>
PESTO CHICKEN & CHEDDAR	£4.25	<input type="checkbox"/>
FREE-RANGE HAM & COMTE CHEESE	£4.25	<input type="checkbox"/>
SALAMI, EMMENTAL CHEESE & ROCKET	£4.25	<input type="checkbox"/>
SMOKED CHEDDAR, AUBERGINE & SUN-DRIED TOMATO (V)	£4.25	<input type="checkbox"/>

ZERO NOODLES

GINGER MISO TOFU (V, VE, DF, WF, GF)	£4.99	<input type="checkbox"/>
GINGER TERIYAKI CHICKEN (DF WF GF)	£4.99	<input type="checkbox"/>
LEMONGRASS TOM YUM PRAWNS (DF WF GF)	£4.99	<input type="checkbox"/>

COLD PRESSED JUICE & COLD DRINKS

SWEET GREENS (250ML)	£4.00	<input type="checkbox"/>
SUPER GREENS (250ML)	£4.00	<input type="checkbox"/>
BEET IT! (250ML)	£4.00	<input type="checkbox"/>
ENERGISER+ (250ML)	£4.00	<input type="checkbox"/>
VANILLA NUT MYLK (250ML)	£4.00	<input type="checkbox"/>
CACAO NUT MYLK (250ML)	£4.00	<input type="checkbox"/>
VANILLA & ALMOND PROTEIN SHAKE (250ML)	£4.00	<input type="checkbox"/>
CACAO PROTEIN SHAKE	£4.00	<input type="checkbox"/>
ORGANIC KOMBUCHA ORIGINAL / GINGER	£2.25	<input type="checkbox"/>
STILL WATER/ SPARKLING WATER	£1.00	<input type="checkbox"/>
COKE/ DIET COKE	£1.00	<input type="checkbox"/>
GO COCONUT WATER	£2.50	<input type="checkbox"/>
SUNSOUL - KAFFIR, LIME & LEMON (250ML)	£1.70	<input type="checkbox"/>
SUNSOUL - SPICED MANGO & PINEAPPLE (250ML)	£1.70	<input type="checkbox"/>
SUNSOUL - RASPBERRY & ELDERFLOWER (250ML)	£1.70	<input type="checkbox"/>

FOR FULL NUTRITIONAL INFO ON PRODUCTS VISIT [CRUSSH.COM](https://crussh.com)

V	VEGETARIAN	VE	VEGAN	DF	DAIRY FREE	GF	GLUTEN FREE
WF	WHEAT FREE	N	CONTAINS NUTS	OM3	RICH IN OMEGA 3	SPICY	SPICY PRODUCT

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CATERING MENU

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BREAKFAST & TREAT PLATTERS

RISE & SHINE

£18.00 – 20 POTS (V) (N)

A mini mix of chia & almond bircher muesli, fruit salad, summer porridge & berry breakfast muesli.

GOOD MORNINGS

£18.00 – 20 POTS (V) (N)

A mini mix of cacao & coconut bircher muesli, Skyr yoghurt with sour cherries & pistachios, almond & chia seed pudding & fruit salad.

FRESH & FRUITY

£20.00 (V)

Melon, pineapple, kiwi, passionfruit, strawberries, oranges, blueberries & grapes.

SWEET TREATS

£20.00 (V)

Chocolate brownie bites, flapjack bites with melon, pineapple, passionfruit, strawberries, oranges, grapes & blueberries.

LUNCH PLATTERS

CRUSSH CLASSICS COMBO

£27.00 – 32 QUARTERS

Tuna nicoise wrap, chipotle chicken wrap, smoked salmon wrap, simply Caesar wrap, sweet potato & falafel wrap, 5 a day sandwich on granary bread & smokey ham swiss sandwich.

LUNCH BOX CLASSICS

£25.00 – 28 QUARTERS

Tuna nicoise wrap, sweet potato & falafel wrap, smokey ham swiss sandwich, 5 a day sandwich on granary bread, egg mayo sandwich & classic chicken club sandwich.

LUNCH BOX WONDER

£25.00 – 28 QUARTERS (N)

Roasted red pepper & cashew wrap, chipotle chicken wrap, smokey ham swiss sandwich, 5 a day sandwich on granary bread, egg mayo sandwich & classic chicken club sandwich.

VEGGIE-LICIOUS

£22.00 – 28 QUARTERS (V)

Roasted red pepper & cashew wrap, sweet potato & falafel wrap, 5 a day sandwich on granary bread and egg mayo sandwich.

MINI FEEL GOOD HEALTHPOTS

£19.50 – 20 POTS (V)

A range of our healthpots: black lentils & feta, butter bean & cherry tomato, tuna lean bean and freekeh, mushroom & pea.

ENERGISER SALAD PLATTER

£24.00 (V)

Wholewheat pasta, new potatoes, green beans, sun-dried tomatoes, pine nuts, parmesan & a homemade pesto dressing.

SPICY BOOST SALAD PLATTER

£24.00 (GF WF DF CONTAINS SEEDS)

Chicken, kale slaw, Chinese leaf, toasted coconut shavings & black sesame seeds with a spicy satay dressing.

ALL PLATTERS FEED UP TO 8 PEOPLE

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WF	WHEAT FREE	N	CONTAINS NUTS	OM3	RICH IN OMEGA 3	SPICY	SPICY PRODUCT

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JUICE & SMOOTHIE DELIVERY MENU

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FRESHLY PRESSED JUICES

PURIFIER APPLE, CARROT, CELERY, GINGER, STRAWBERRY, RASPBERRY
ENERGISER APPLE, CARROT, GINGER
LOVE JUICE ORANGE, STRAWBERRY, PEACH, BANANA
CLEAN & LEAN APPLE, MELON, CRANBERRY
ZINGER APPLE, CARROT, PINEAPPLE, ORANGE
SUPER JUICE CARROT, SPINACH, BEETROOT, CUCUMBER

FRESHLY PRESSED GREEN JUICE

GREEN GODDESS KIWI, PEAR, APPLE, LIME, SPINACH, CELERY, CUCUMBER
VEGGIE GREENS KALE, SPINACH, GINGER, CELERY, CUCUMBER
LEAN GREEN KALE, SPINACH, KIWI, APPLE, PEAR, PINEAPPLE
GREEN MIRACLE KALE, SPINACH, CUCUMBER, LEMON, PARSLEY

SINGLE JUICES & SHOTS

FRESHLY SQUEEZED ORANGE JUICE
 FRESHLY PRESSED APPLE JUICE
 FRESHLY PRESSED CARROT JUICE
 1OZ WHEATGRASS SHOT
 2OZ WHEATGRASS SHOT
 1OZ GINGER SHOT
 2OZ GINGER SHOT

MED

£4.50

SMOOTHIES

MADE WITH 98% FAT-FREE-FROZEN YOGHURT (OR DF SORBET, SOYA OR ALMOND MILK)

STRAWBERRY COOL STRAWBERRIES, ORANGE JUICE, BANANA
MANGO MADNESS MANGO, ORANGE JUICE, BANANA,
BANANARAMA BANANA, HONEY, SKIMMED MILK, ICE, BANANA,
BLUEBERRY HILL BLUEBERRIES, APPLE JUICE, BANANA
CRUSSHBERRY BLAST BLUEBERRIES, RASPBERRIES, APPLE JUICE, BANANA
PINEAPPLE PLEASURE PINEAPPLE, PINEAPPLE JUICE, BANANA

MED

£4.50

£5.00

SUPER SMOOTHIES

MADE WITH 98% FAT-FREE-FROZEN YOGHURT (OR DF SORBET, SOYA OR ALMOND MILK) & A SPECIALLY DESIGNED BENEFIT BOOSTER ADDED

PROTEIN POWER RASPBERRY, TOFU, SOYA MILK, BANANA, PROTEIN POWER BOOSTER
GOOD MORNING MANGO, BLUEBERRY, BANANA, ORANGE JUICE, GOOD MORNING BOOSTER
FAT BURNER BLUEBERRY, RED BERRIES, BANANA, APPLE JUICE, FAT BURNER BOOSTER
ENERGY EXPLOSION CHERRY, BANANA, APPLE JUICE, ENERGY EXPLOSION BOOSTER
BREAKFAST SMOOTHIE SKIMMED MILK, MUESLI, HONEY, BANANA, WHEATGERM BOOSTER (N)
ALMOND BUTTER SKIMMED MILK, BANANA, HONEY, MUESLI, PROTEIN POWER BOOSTER (N)
BLUES BEATER POWERED BY LIFESUM YOGURT, KEFIR, BANANA, BLUEBERRIES, SPINACH, VIT D BOOSTER (V GF WF)

£4.80

£3.65

£2.00

£3.50

£1.75

£3.00

**WE CAN DELIVER ANY FRESHLY MADE JUICE
OR SMOOTHIE IN A MEDIUM SIZE**

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WF	WHEAT FREE	N	CONTAINS NUTS	OM3	RICH IN OMEGA 3	SPICY	SPICY PRODUCT