

# SEASONAL MENU

ORDER ONLINE AT [CRUSH.COM/DELIVERS](https://www.crush.com/delivers)

**CRUSH**  
FIT FOOD ♥ SMART COFFEE ♥ RAW JUICE

**FREE DELIVERY!**

(WITH A £30 MINIMUM ORDER)

**20% OFF**

YOUR FIRST ORDER

**ORDER BY 4PM**

THE DAY BEFORE FOR NEXT DAY DELIVERY

**QUESTION?**

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## BREAKFAST POTS & FRUIT

Sweet potato & egg protein pot 2.25  
(V GF WF DF HP)

Greek style yoghurt with organic honey 1.65  
(V GF WF)

Protein overnight oats with cacao & banana 2.60  
(V GF WF LF HP)

Almond & chia overnight oats 2.45  
(V VE GF WF DF)

Breakfast berry muesli 2.25 (V WF)

Fruit salad from 2.25  
(V VE GF WF DF LF)

## HEALTHPOTS

Glorious greens 2.75  
(V VE GF WF DF)

Chipotle corn & avocado 2.80 (V GF WF DF SP)

Butter bean, cherry tomato & parsley 2.80  
(V VE GF WF DF)

Avocado, yuzu & edamame beans 2.80  
(V VE GF WF DF)

Brussel sprout wardenol 2.80  
(V GF WF) ★

Asian pickled veg 2.75  
(V VE GF WF DF SP)

Lentil & herb 2.75  
(V GF WF)

Chicken protein 2.85  
(GF WF DF HP)

Tuna lean bean 2.85  
(GF WF DF HP)

## SUPER SALAD BOX

Pesto power pasta 4.10  
(V)

Protein tuna nicoise 4.70  
(GF WF DF HP)

Super nutty teriyaki grains 4.95 (V VE GF WF DF)

Naked Burrito 5.35  
(V VE GF WF DF SP)

Vitality mezze 5.35  
(V VE DF)

Mediterranean Chicken 5.45 (GF WF)

Spicy chicken boost 5.45  
(GF WF DF HP SP)

Protein boost 6.99  
(GF WF DF HP)

## WRAPS, BAGELS & SANDWICHES

Falafel & houmous wrap 3.10 (V VE DF)

Avocado, red pepper & cashew nut tapenade wrap 3.65 (V VE DF)

Chicken Caesar wrap 3.99

Chipotle chicken wrap 3.99 (DF)

Hot smoked salmon, pea & beetroot wrap 3.99

Coronation turkey wrap 3.99 (DF) ★

Banana & almond butter bagel 2.25 (V VE DF)

Avocado & goji berry chutney bagel 2.50  
(V VE DF)

Bacon & refined sugar free tomato ketchup bagel 2.65

Egg & mustard cress sandwich 1.99 (V DF HP)

5 veggie wheat-free sandwich 3.35 (V VE WF DF)

Classic chicken club sandwich 3.50 (DF HP)

## SPELT SOURDOUGH TOASTIES

Jalapeno & spinach melt 3.95 (V)

Mozzarella, fresh basil & sun-dried tomato 3.95 (V)

Vegan 'cheese', mushroom & chestnut 4.50 (V VE DF) ★

Pesto chicken & cheddar 4.60

Turkey, brie & cranberry 4.95 ★

Ham & cheddar 4.25

## SNACKS & DESSERTS

Raw fruity/ Raw nutty flapjack 1.95  
(V VE GF WF DF)

Gluten free brownie 2.35  
(V GF WF)

Lemon polenta/ Chocolate & vanilla marble cake 2.25  
(V GF WF)

Vegan desserts - Key lime pie/ Banoffee pot/ Choc avo mousse 2.75 (V VE GF WF DF)

Snack bags - Tropical burst/ Antioxidant treat/ Spicy boost/ Protein nut mix/ Omega 3 treat 1.65

Carrot cake/ Cacao & hazelnut/ Mince pie energy balls 2.25 ★  
(V VE GF WF DF)

Chocolate & peanut butter/ Coconut & peanut butter protein balls 2.50

Almond butter & bulletproof™ XCT power balls 2.95  
(V VE GF DF WF)

Crisps/ Popcorn 1.20

Organic mince pie 1.25 ★

## COLD DRINKS

Still/ Sparkling water 1.10

Sunsoul 1.70

Bio-tiful kefir 1.99

Booster shots - Immunity/ Cherry Vit C/ Chilli Beets 2.25

Cold press juice - Turmeric zing/ Oh my greens/ Brilliant beets/ Strawberry glow 3.85

Barebells protein shakes 2.75

Coconut water 2.15

Whole earth organic sparkling drinks 1.60

## RAW JUICE FRESHLY PRESSED TO ORDER

**SINGLE JUICE** ORANGE, APPLE OR CARROT 3.65

**PURIFIER** APPLE, CARROT, CELERY, STRAWBERRY, RASPBERRY, GINGER 4.50

**ENERGIZER** APPLE, CARROT, GINGER 4.50

**BEAUTIFUL BEETS** BEETROOT, CARROT, APPLE, LEMON 4.50

**GREEN GODDESS** KIWI, PEAR, APPLE, LIME, SPINACH, CELERY, CUCUMBER 5.00

**LEAN GREEN** KALE, SPINACH, KIWI, APPLE, PEAR, PINEAPPLE 5.00

**VEGGIE GREENS** KALE, SPINACH, GINGER, CELERY, CUCUMBER, LIME 5.00

## SMOOTHIES MADE WITH LOW FAT YOGHURT (OR DF SORBET, SOYA OR ALMOND MILK)

**STRAWBERRY COOL** YOGHURT, ORANGE JUICE, STRAWBERRIES, BANANA 4.50

**MANGO MADNESS** YOGHURT, ORANGE JUICE, MANGO, BANANA 4.50

**BANANARAMA** YOGHURT, BANANA, SKIMMED MILK, ICE, HONEY 4.50

**CRUSHBERRY BLAST** YOGHURT, APPLE JUICE, BLUEBERRIES, RASPBERRIES, BANANA 4.50

**PINEAPPLE PLEASURE** YOGHURT, PINEAPPLE JUICE, PINEAPPLE, BANANA 4.50

**PEACH PASSION** YOGHURT, ORANGE JUICE, PEACH, BANANA, PASSIONFRUIT 4.50

**PROTEIN POWER** YOGHURT, RASPBERRY, TOFU, SOYA MILK, BANANA, PROTEIN BOOSTER 4.80

**FAT BURNER** YOGHURT, APPLE JUICE, BANANA, MIXED BERRIES, BURNER BOOSTER 4.80

**BREAKFAST SMOOTHIE** YOGHURT, SKIMMED MILK, MUESLI, HAZELNUTS, ICE, BANANA, WHEATGERM BOOSTER (NUTS) 4.80

**ALMOND BUTTER PROTEIN** YOGHURT, SKIMMED MILK, MUESLI, HAZELNUTS, ICE, BANANA, ALMOND BUTTER, PROTEIN BOOSTER (NUTS) 4.80

**AVO SUPERGREENS** YOGHURT, APPLE JUICE, AVOCADO, SPINACH, BANANA, LIME, SUPER GREENS BOOSTER 4.80

**ENERGY EXPLOSION** YOGHURT, APPLE JUICE, CHERRIES, BANANA, ENERGY EXPLOSION BOOSTER 4.80

FULL PRODUCT RANGE, INGREDIENTS, NUTRITIONAL AND ALLERGEN INFORMATION CAN BE FOUND ONLINE AT [CRUSH.COM](https://www.crush.com)

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**CRUSHH BREAKFAST POTS**  
£22.00 – 12 POTS SERVES 12 (V)

A selection of our best breakfast pots including Greek-style yoghurt with honey, Greek-style yoghurt with blackcurrant compote, Chia & almond overnight oats & Fruit salad.



**FRESH & FRUITY**  
£20.00 SERVES 6-8 (V VE DF GF WF)

A selection of seasonal fruit.



**SWEET TREATS** SERVES 6-8 (V GF WF)  
£22.00 – 26 TREAT PIECES & FRUIT

A selection of gluten free treats including Chocolate brownie bites, Carrot cake energy balls, Raw fruity flapjacks & Seasonal fruit.



**SPICY BOOST SALAD**  
£26.00 SERVES 6 (GF WF DF SP HP)

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



**VITALITY MEZZE SALAD**  
£26.00 SERVES 6 (V VE DF)

Falafel on a quinoa, chickpea, pomegranate & mint salad, served with houmous & toasted almonds.



**PESTO POWER PASTA SALAD**  
£26.00 SERVES 6 (V)

Pasta dressed in red pesto with grilled peppers, sun-dried tomatoes, rocket & toasted sunflower seeds.



**CRUSHH CLASSICS**  
£28.00 – 32 PIECES SERVES 6-8

A selection of wraps & sandwiches including Chipotle chicken, Hot smoked salmon & beetroot, Chicken Caesar, Avocado, red pepper & cashew, Veggie 5-a-day, Egg mayo & Chicken club.



**VEGGIE-LICIOUS**  
£25.00 – 32 PIECES SERVES 6-8 (V)

A selection of veggie wraps & sandwiches including Avocado, red pepper & cashew, Falafel & houmous, Egg mayo & Veggie 5-a-day.



**CRUSHH HEALTHPOTS**  
£20.00 – 12 POTS SERVES 12 (WF GF)

A selection of our best healthpots including Tuna lean bean, Chipotle corn, Lentil & herb & Butter bean & cherry tomato.

**JUICE OR SMOOTHIE SHARE BOTTLES**

£9.50 EACH BOTTLE SERVES 4 (250ML)

Choose from freshly squeezed Orange juice/ Energizer juice/ Green Goddess juice/ Berry blast smoothie/ Mango madness smoothie.



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V	VEGETARIAN	SP	SPICY
VE	VEGAN	HP	HIGH PROTEIN
DF	DAIRY FREE	LF	LOW FAT
GF	GLUTEN FREE	WF	WHEAT FREE

