

SEASONAL MENU

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

CRUSSH
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?

EMAIL US AT DELIVERIES@CRUSSH.COM

BREAKFAST POTS & FRUIT

Sweet potato & egg protein pot 2.25

(V GF WF DF HP)
ALLERGENS: EGG

Coconut & chia overnight oats 2.45

(V VE GF WF DF)

Protein overnight oats with cacao & banana 2.60

(V GF WF LF HP)
ALLERGENS: MILK, SOYA

Greek style yoghurt with organic honey 1.65

(V GF WF) ALLERGENS: MILK

Breakfast berry muesli pot 2.25

(V WF)
ALLERGENS: NUTS, GLUTEN, MILK

Fruit salad from 2.25

(V VE GF WF DF LF)

Summer porridge from 1.95

(V WF) ALLERGENS: MILK

HEALTHPOTS

Glorious greens 2.80

(V VE GF WF DF)

Lentil & herb 2.80

(V GF WF) ALLERGENS: MILK

Butter bean, cherry tomato & parsley 2.80

(V VE GF WF DF)
ALLERGENS: SULPHITES

Chicken protein 2.85

(GF WF DF HP) ALLERGENS: NUTS

Avocado, yuzu & edamame beans 2.80

(V VE GF WF DF) ALLERGENS: SOYA

Asian pickled veg 2.80

(V VE GF WF DF SP)
ALLERGENS: SESAME, SOYA

Chipotle corn & avocado 2.80

(V GF WF DF SP)
ALLERGENS: EGG

Tuna lean bean 2.85

(GF WF DF HP)
ALLERGENS: FISH, SULPHITES

SUPER SALAD BOXES

Pesto power pasta 4.10

(V) ALLERGENS: GLUTEN, MILK

Protein tuna nicoise 4.80

(GF WF DF HP)
ALLERGENS: EGG, FISH, SULPHITES

Protein boost 6.99

(GF WF DF HP) ALLERGENS: EGG, FISH

Vitality mezze 5.35

(V VE DF) ALLERGENS: SESAME, GLUTEN

Spiced chickpea fit bowl 5.50

(V VE GF WF DF)
ALLERGENS: SULPHITES, MUSTARD

Mediterranean chicken 5.45

(GF WF) ALLERGENS: MILK

Naked burrito 5.35

(V VE GF WF DF SP)

Spicy chicken boost 5.45

(GF WF DF HP SP)
ALLERGENS: SESAME, SOYA, EGG, FISH

Chicken tikka fit bowl 5.95

(GF WF)
ALLERGENS: SULPHITES, MILK, MUSTARD

WRAPS, BAGELS & SANDWICHES

Falafel & houmous wrap 3.20

(V VE DF)
ALLERGENS: SESAME, GLUTEN

Avocado, red pepper & cashew nut tapenade wrap 3.75

(V VE DF)
ALLERGENS: NUTS, GLUTEN

Curried chickpea masala wrap 3.65

(V VE DF)
ALLERGENS: GLUTEN, SOYA, MUSTARD

Hot smoked salmon, pea & beetroot wrap 3.99

ALLERGENS: GLUTEN, MILK, EGG, MUSTARD, FISH

5 veggie wheat-free sandwich 3.35

(V VE WF DF)
ALLERGENS: GLUTEN, SESAME

Butternut, harissa, & vegan 'feta' wrap 3.99

(V VE DF)
ALLERGENS: GLUTEN, SOYA

Chicken Caesar wrap 3.99

ALLERGENS: GLUTEN, MILK, EGG

Chipotle chicken wrap 3.99

(DF HP)
ALLERGENS: GLUTEN, EGG

Free range egg mayo & mustard cress sandwich 1.99

(V, DF, HP) ALLERGENS: GLUTEN, EGG, SOYA, MUSTARD

Classic chicken club sandwich 3.50

(DF HP)
ALLERGENS: GLUTEN, EGG, SOYA, MUSTARD, SULPHITES

Banana & coconut cacao spread bagel 2.50

(V VE LF)
ALLERGENS: GLUTEN

Avocado & goji berry chutney bagel 2.50

(V VE)
ALLERGENS: SULPHITES, GLUTEN

Bacon & refined sugar free tomato ketchup bagel 2.65

ALLERGENS: GLUTEN

SPELT SOURDOUGH TOASTIES

Jalapeno & spinach melt 3.95

(V)
ALLERGENS: GLUTEN, MILK

Mozzarella, fresh basil & sun-dried tomato 3.95

(V)
ALLERGENS: GLUTEN, MILK

Vegan 'cheese' & red pepper 4.50

(V VE)
ALLERGENS: GLUTEN

Pesto chicken & cheddar 4.60

ALLERGENS: GLUTEN, MILK

Brie & sweet chilli jam 4.40

(V)
ALLERGENS: GLUTEN, MILK

Ham & cheddar 4.25

ALLERGENS: GLUTEN, MILK

SNACKS & DESSERTS

Raw fruity/ Raw nutty flapjack 1.95

(V VE GF WF DF)
ALLERGENS: NUTS

Gluten free brownie 2.35

(V GF WF)
ALLERGENS: MILK, EGG, SOYA

Almond butter & bullet-proof™ XCT power balls 2.95

(V VE GF DF WF)
ALLERGENS: NUTS

Lemon tart pot 2.75

(V VE GF WF DF) ALLERGENS: SOYA

Mocha protein power balls 2.95

(V GF WF HP)
ALLERGENS: SOYA, MILK, NUTS

Carrot cake/ Cacao & hazelnut energy balls 2.25

(V VE GF WF DF)
ALLERGENS: NUTS

Chocolate & vanilla marble cake 2.25

(V GF WF)
ALLERGENS: NUTS, MILK, EGG, SOYA

Key lime pie/ Banoffee pot 2.75

(V VE GF WF DF)
ALLERGENS: NUTS

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

ALLERGENS: NUTS, SOYA, SULPHITES, SESAME, SOYA, MILK

Lemon polenta cake 2.25

(V GF WF)
ALLERGENS: NUTS, MILK, EGG

Choc avo mousse pot 2.75

(V VE GF WF DF)

Crisps/ Popcorn 1.20

FOR NUTRITIONAL INFO & FULL PRODUCT RANGE VISIT [CRUSSH.COM](https://www.crussh.com)

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



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RAW JUICE FRESHLY PRESSED TO ORDER

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

PURIFIER APPLE, CARROT, CELERY, STRAWBERRY, RASPBERRY, GINGER **4.60**
ALLERGENS: CELERY

ENERGISER APPLE, CARROT, GINGER **4.60**

BEAUTIFUL BEETS BEETROOT, CARROT, APPLE, LEMON **4.60**

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

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

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

SMOOTHIES MADE WITH LOW FAT YOGHURT (OR NON-DAIRY SORBET, SOYA, ALMOND MILK ON REQUEST)

STRAWBERRY COOL YOGHURT, ORANGE JUICE, STRAWBERRIES, BANANA **4.60**

ALLERGENS: MILK

MANGO MADNESS YOGHURT, ORANGE JUICE, MANGO, BANANA **4.60**

ALLERGENS: MILK

BANANARAMA YOGHURT, BANANA, SKIMMED MILK, ICE, HONEY **4.60**

ALLERGENS: MILK

CRUSSHBERRY BLAST YOGHURT, APPLE JUICE, BLUEBERRIES, RASPBERRIES, BANANA **4.60**

ALLERGENS: MILK

PINEAPPLE PLEASURE YOGHURT, PINEAPPLE JUICE, PINEAPPLE, BANANA **4.60**

ALLERGENS: MILK

PEACH PASSION YOGHURT, ORANGE JUICE, PEACH, BANANA, PASSIONFRUIT **4.60**

ALLERGENS: MILK

PROTEIN POWER YOGHURT, RASPBERRY, TOFU, SOYA MILK, BANANA, PLANT PROTEIN BOOSTER **5.00**

ALLERGENS: MILK, SOYA

THE BURNER YOGHURT, APPLE JUICE, BANANA, MIXED BERRIES, BURNER BOOSTER **5.00**

ALLERGENS: MILK

BREAKFAST SMOOTHIE YOGHURT, SKIMMED MILK, MUESLI, ICE, BANANA, FLAX SEEDS **5.00**

ALLERGENS: GLUTEN, MILK

ALMOND BUTTER PROTEIN YOGHURT, SKIMMED MILK, MUESLI, ICE, BANANA, ALMOND BUTTER, PLANT PROTEIN BOOSTER **5.00**

ALLERGENS: NUTS, GLUTEN, MILK

AVO SUPERGREENS YOGHURT, APPLE JUICE, AVOCADO, SPINACH, BANANA, LIME, SUPER GREENS BOOSTER **5.00**

ALLERGENS: MILK

ENERGY EXPLOSION YOGHURT, APPLE JUICE, CHERRIES, BANANA, ENERGY EXPLOSION BOOSTER **5.00**

ALLERGENS: MILK

COLD DRINKS

Still/ Sparkling water 1.10

Sunsoul 1.70

Whole earth organic sparkling drinks 1.70

Remedy Kombucha 2.25

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

Barebells protein shakes 2.95

Coconut water 2.15

Booster shots - Immunity/ Cherry Vit C 2.25

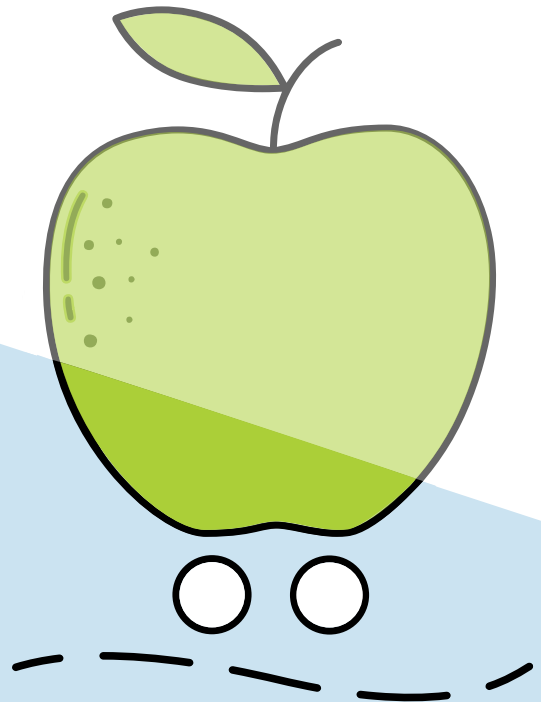
Chocolate/ salted caramel Biome! **NEW**
coconut gut shot 1.80

ALLERGENS: MILK

20% OFF
YOUR FIRST ORDER
+ FREE DELIVERY

ORDER AT CRUSSH.COM/DELIVERS & USE CODE 'FRESH20'

Ts & Cs: Offer valid on first delivery only. Minimum order £30. Free delivery on all orders over £30 when the delivery location is based inside our delivery zone. Orders placed outside our delivery zone may be subject to a delivery charge.



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CRUSSH BREAKFAST POTS
£22.00 – 12 POTS SERVES 12 (V GF WF)
ALLERGENS: MILK

A selection of our best breakfast pots including Greek-style yoghurt with honey, Greek-style yoghurt with blackcurrant compote, Coconut & chia 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
ALLERGENS: NUTS, SOYA, MILK, EGG

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)
ALLERGENS: SESAME, SOYA, EGG, FISH,

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



VITALITY MEZZE SALAD
£26.00 SERVES 6 (V VE DF)
ALLERGENS: SESAME, GLUTEN

Falafel on a quinoa, chickpea, pomegranate & mint salad, served with houmous & pumpkin seeds.



PESTO POWER PASTA SALAD
£26.00 SERVES 6 (V)
ALLERGENS: GLUTEN, MILK

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



CRUSSH CLASSICS
£28.00 – 32 PIECES SERVES 6-8
ALLERGENS: NUTS, SESAME, GLUTEN, EGG, FISH, MILK, MUSTARD, SOYA, SULPHITES

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 DF)
ALLERGENS: NUTS, SESAME, GLUTEN, EGG, MUSTARD, SOYA

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



VEGAN-LICIOUS
£28 – 32 PIECES (SERVES 6-8) (VE DF)
ALLERGENS: NUTS, SESAME, GLUTEN, MUSTARD, SOYA

A selection of vegan wraps & sandwiches including Avocado, red pepper & cashew, Falafel & houmous, Curried chickpea masala, Butternut, harrisa & vegan 'feta' and Veggie 5-a-day.



CRUSSH HEALTHPOTS
£20.00 – 12 POTS SERVES 12 (WF GF)
ALLERGENS: FISH, MILK, EGG, SULPHITES

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 ALLERGENS: CELERY/ Berry blast smoothie ALLERGENS: MILK/ Mango madness smoothie ALLERGENS: MILK.

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