

CATERING MENU

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CRUS2H
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)
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

Paleo granola breakfast pot 2.50 (V GF WF)
ALLERGENS: NUTS, MILK

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

Summer porridge from 1.95
(V WF) ALLERGENS: MILK

Breakfast berry muesli pot 2.25 (V WF)
ALLERGENS: NUTS, GLUTEN, MILK

HEALTHPOTS

Beets & greens 2.85
(V GF WF)
ALLERGENS: MILK, SULPHITES

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

Smoky black quinoa & sweet potato 2.85
(V GF WF)
ALLERGENS: MILK

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

Tuna lean bean 2.85
(GF WF DF HP)
ALLERGENS: FISH, SULPHITES

Chicken protein mezze 2.90
(GF WF DF HP) ALLERGENS: SESAME

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

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

Spiced chickpea fit bowl 5.50
(V VE GF WF DF)
ALLERGENS: SULPHITES, MUSTARD

Mediterranean chicken 5.45
(GF WF) ALLERGENS: MILK

Protein boost 6.99
(GF WF DF HP) ALLERGENS: EGG, FISH

Vitality mezze 5.35
(V VE DF) ALLERGENS: SESAME, GLUTEN

WRAPS, BAGELS & SANDWICHES

Falafel & houmous wrap 3.20 (V VE DF)
ALLERGENS: SESAME, GLUTEN

Chicken Caesar wrap 3.99
ALLERGENS: GLUTEN, MILK, EGG

Bacon & refined sugar free tomato ketchup bagel 2.65
ALLERGENS: GLUTEN

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

Hot smoked salmon, pea & beetroot wrap 3.99
ALLERGENS: GLUTEN, MILK, EGG, MUSTARD, FISH

Chicken fajita hot wrap 4.85
ALLERGENS: GLUTEN, MILK, EGG

Falafel, Greek-style cheese & red pepper hot wrap 4.85
ALLERGENS: GLUTEN, MILK

Avocado, red pepper & cashew nut tapenade wrap 3.75 (V VE DF)
ALLERGENS: NUTS, GLUTEN

Chipotle chicken wrap 3.99 (DF HP)
ALLERGENS: GLUTEN, EGG

5 veggie sandwich 3.35
(V, VE, DF)
ALLERGENS: GLUTEN, SESAME, SOYA

5 veggie wheat-free sandwich 3.35 (V VE WF DF)
ALLERGENS: GLUTEN, SESAME

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

Tuna melt 4.50
ALLERGENS: GLUTEN, MILK, EGG, FISH, MUSTARD

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 & bulletproof™ XCT power balls 2.95
(V VE GF DF WF)
ALLERGENS: NUTS

Snack bags - Antioxidant treat/ Spicy boost/ Protein nut mix/ Omega 3 treat 1.65
ALLERGENS: NUTS, SOYA, SULPHITES, SESAME, SOYA, MILK

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

Crisps 1.20

Veganaires shortbread bites 2.95
(V VE GF WF DF)
ALLERGENS: NUTS, SOYA

Lemon polenta cake 2.25
(V GF WF)
ALLERGENS: NUTS, MILK, EGG

Choc avo mousse pot 2.75
(V VE GF WF DF)

Popcorn 1.30

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V VEGETARIAN
VE VEGAN
DF DAIRY FREE
GF GLUTEN FREE
SP SPICY
HP HIGH PROTEIN
LF LOW FAT
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**
- TRIPLE TURBO** ORANGE, CARROT, LIME **4.60**
- BEAUTIFUL BEETS** BEETROOT, CARROT, APPLE, LEMON **4.60**
- TURMERIC TONIC** APPLE, PEAR, GINGER, TURMERIC **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
- CELERY JUICE** CELERY **5.00**
ALLERGENS: CELERY
- GREEN VIRGIN MARY** TOMATO, KALE, CELERY, CUCUMBER, LEMON **5.00**
ALLERGENS: CELERY

COLD DRINKS

- Still bottled water **1.10**
- Canned still/ sparkling water **1.50**
- Diet Coke **1.00**
- Barebells protein shakes **2.95** ALLERGENS: MILK
- Virtue sparkling energy drinks **1.80**
- Whole earth organic sparkling drinks **1.70**
- Booster shots - Immunity/ Apple cider vinegar **2.25**
- Remedy Kombucha **2.25**
- Chocolate/ salted caramel Biome coconut gut shot **1.80**
- Cold press juice - Turmeric zing/ Oh my greens/
Brilliant beets/ Black lemonade **3.85**

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

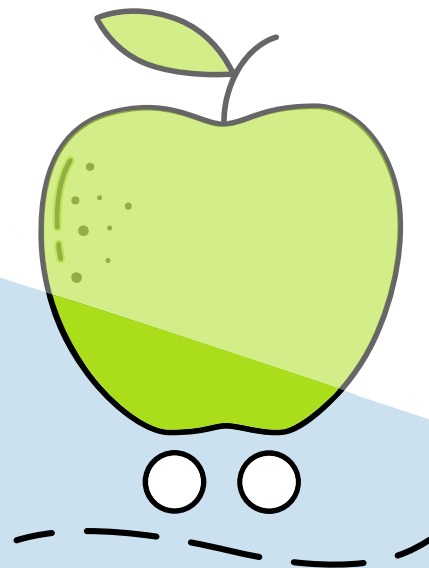
- STRAWBERRY COOL** YOGHURT, ORANGE JUICE, STRAWBERRIES, BANANA **4.60**
ALLERGENS: MILK
- MANGO MADNESS** YOGHURT, ORANGE JUICE, MANGO, BANANA **4.60**
ALLERGENS: MILK
- BANANARAMA** YOGHURT, BANANA, SKIMMED MILK, ICE, HONEY **4.60**
ALLERGENS: MILK
- CRUSHBERRY BLAST** YOGHURT, APPLE JUICE, BLUEBERRIES, RASPBERRIES, BANANA **4.60**
ALLERGENS: MILK
- PINEAPPLE PLEASURE** YOGHURT, PINEAPPLE JUICE, PINEAPPLE, BANANA **4.60**
ALLERGENS: MILK
- 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

PROTEIN SHAKES 20G+ OF PROTEIN, UNDER 300 CALS, PLANT-BASED

- CHOCO NUTTER** ALMOND MILK, CHOCOLATE PROTEIN, BANANA, ALMOND BUTTER **5.25**
ALLERGENS: NUTS
- THE INCREDIBLE BULK** COCONUT MILK, VANILLA PROTEIN, PINEAPPLE, SPINACH, BANANA, LIME **5.25**
ALLERGENS: SOYA
- BERRY SUPER WARRIOR** ALMOND MILK, VANILLA PROTEIN, BLUEBERRIES, STRAWBERRIES, BANANA, FLAX SEEDS **5.50**
ALLERGENS: NUTS
- PURE PROTEIN** ALMOND MILK, CHOCOLATE OR VANILLA PROTEIN **4.50**
ALLERGENS: NUTS

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+ FREE DELIVERY

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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 WF)
ALLERGENS: MILK, GLUTEN, NUTS

A selection of our best breakfast pots including protein cacao & banana overnight oats, Greek-style yoghurt with blackcurrant compote & granola, coconut & chia overnight oats and grain-free granola with banana & natural yoghurt.



BREAKFAST BAGELS

£28.00 18 PIECES (SERVES 9) (DF)
ALLERGENS: GLUTEN, EGG, MUSTARD, SULPHITES

A selection of bagels including bacon & egg mayo, avocado & goji berry relish, banana & coconut cacao spread.



FRESH & FRUITY

£20.00 SERVES 6-8 (V VE DF GF WF)

A selection of 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 & bacon 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.



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.



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.



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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