

Wine

Los Espinos Chardonnay – fruity Chardonnay from Chile. Very impressive considering the price!

175 ml Glass

£4.35

Bottle

£15.95

Sauvignon Blanc – crisp, dry with overtones of Gooseberry and Tropical fruit, Chile

175ml Glass

£4.35

Bottle

£15.95

La Centello Rosada – cool, fresh and fruity. Just the thing to remind you of long hot summer days!

175ml Glass

£4.35

Bottle

£15.95

Los Equinos Cabernet Sauvignon – a flavourful Red wine from Chile. Easy drinking and not too heavy!

175ml Glass

£4.35

Bottle

£15.95

Champagne

Royer Cuvée de Réserve – a crisp, well-balanced Champagne with fresh, fruity character.

125ml Glass

£7.75

37.5cl Bottle

£14.95

Special Deals

Buy a half bottle of Champagne and receive a complimentary bowl of marinated Olives to nibble

or

Why not try one of our new platters to share and receive £1 off a half bottle Champagne or £2 off a bottle of Wine



Menu

Energy Kitchen Trafford Centre Manchester

www.energy-kitchen.co.uk

Hot Drinks

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|---|-------|
| Americano – Espresso topped with hot water | £2.15 |
| Latte – Smooth Espresso with a velvety topping of hot milk | £2.15 |
| Cappuccino – Espresso with foamed hot milk | £2.15 |
| Espresso – rich, dark and aromatic short coffee | £2.15 |
| Traditional English – Strong traditional blend | £1.95 |
| Earl Grey – Served with lemon or milk | £1.95 |
| Peppermint – Pure and refreshing | £1.95 |
| Hot Chocolate – Finished with chunks of Belgian Chocolate | £2.25 |

Cold Drinks

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| Sicilian Lemonade – Made with Sicilian lemons, refreshing | £2.65 |
| Sparkling Mineral Water – San Pellegrino 500ml | £1.95 |
| Still Mineral Water – Panna 500ml | £1.95 |

Breakfast & Sweets

We are open every morning from 10am (except Sunday from 11:30am), so why not try a delicious but healthy start to the day with our new Fruit Parfait!

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| Fruit Parfait – five layers of freshly cut Fruits and all natural Honey Almond Granola topped with a big swirl of Frozen Yoghurt! | £3.95 |
| Baked Sweet Pretzels – choose from either Cinnamon Sugar Or Belgian Chocolate, served with a garnish of fresh Fruits | £3.95 |



Fresh Juice

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|---|-------|
| Freshly Squeezed Orange | £2.65 |
| Cloudy Apple | £2.65 |
| Mango | £2.65 |
| Mango & Kiwi - blended with fresh Kiwi fruit | £2.65 |
| Strawberry, Raspberry & Cranberry | £2.65 |

Smoothies*

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|---|-------|
| Mango Mania – Mango chunks & Mango juice | £3.55 |
| Cool Down – Juicy Strawberries and fresh Mango juice | £3.55 |
| Vita Boost – Strawberries, Raspberries & Cranberries | £3.55 |
| Blueberry Blast – Packed with Blueberries | £3.55 |
| Energy Lift – Raspberries, Strawberries & Orange juice | £3.55 |

*All Smoothies are made with fresh Banana and are dairy-free

Juice Cocktails

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|---|-------|
| Energizer – Carrot, Apple, Melon, Pineapple & Ginger | £3.55 |
| Detox – Apple, Orange, Blueberry, Mango & Ginger | £3.55 |
| Green Magic – Apple, Pineapple, Mango & Spinach | £3.55 |

Frozen Yoghurt

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| Fat free, deliciously creamy Frozen Yoghurt served in a tall Glass with a selection of great Toppings. Choose up to three from any of the following: | £3.75 |
|--|-------|

Strawberries, Raspberries, Kiwi, Blackberries, Blueberries, Pineapple, Melon, Banana, Coconut, White Chocolate, Oreo Cookies, Honey Granola, Chopped Nuts, Almonds, Café Curls, Belgian Milk Chocolate, Chocolate Brownies

A quick Coffee, an energizing Juice or a full Meal...

Panini

Grilled to order!

All Panini are made and cooked to order, served with a dressed Side Salad of mixed Leaves, Cherry Tomato, Cucumber, Onion, and chopped Parsley.

Cheese, Onion & Tomato (v) – Cheddar & Cherry Tomatoes with slices of red Onion £5.95

Chicken Provencal – With sun blush Tomatoes, Italian Olives & Caesar Dressing £6.95

Ham & Tomato – Roast Ham slices with Cherry tomatoes & Cheddar Cheese £6.95

Tuna Fish – Sustainable caught Skipjack Tuna, red Onion Slices & Cheddar Cheese £6.95

Panini of the Month (v)– Red Pepper Hummus, roasted Pepper, Tomatoes and Baby Spinach, no Cheese £6.95

Sandwiches

We bake our own delicious bread each morning. All our Sandwiches are served with a healthy Side Salad.

Red Pepper Hummus – served on multiseed Bread over a Bed of Baby Spinach & mixed Leaves with roasted red Pepper and sun blush Tomatoes £5.45

Chicken Caesar – herbed breast of Chicken with black and green Olives on a bed of mixed Leaves with a Parmesan Dressing & a side of crispy seasoned Croutons £5.45

Tuna Mayo – Sustainable caught Skipjack Tuna, combined with our 50/50 dressing, red Onions, roasted Peppers over Mixed Leaves on multiseed Bread £5.45

Ham & Emmenthal – French Emmenthal with roasted Ham, a dressing of Mustard Mayonnaise and mixed Leaves £5.45

Pretzels

It's what we are famous for!

Our Pretzels are made for us in Germany, to an authentic recipe. We bake them off on the counter adding a variety of delicious Toppings. Served garnished with a Side Salad.

Salted (v) £2.45

Pumpkin or Sesame Seed (v) £2.95

Cheddar Cheese (v) £3.95

Cheese & Onion (v) £3.95

Italian Olive (v) £3.95

Mixed Chilli (v) £3.95

Mushroom & Basil Pesto (v) £3.95

Tomato, Pesto & Feta Cheese (v) £3.95

Roast Ham £3.95

Pineapple (v) £3.95

Pretzel of the Month – Roasted Peppers & Onion £3.95

Soups

We serve a delicious range of organic and non-organic Soups. Ask your server for today's selection which will include at least 2 delicious varieties, one of which will be vegetarian.

Regular bowl of soup £3.95

Add freshly baked Bread to your order £1.00

Add a warm salted or seeded Pretzel £1.00



Fresh Salad

Eat large, stay thin!

Our Salads are made fresh to order and all Dressings are served separately on the side. Add fresh bread or a warm Salted Pretzel for £1.00

Greek (v) – Marinated Greek Feta Cheese, herbed green & black Olives, mixed Leaves and Cherry Tomatoes, red Onions & Cucumber with Balsamic Vinaigrette Dressing £8.25

Roast Ham – Sliced roast Ham with slices of Emmenthal, Accompanied by roasted red Peppers, sun blush Tomatoes with Mustard Dressing and mixed Leaves £9.95

Chicken Caesar – Slices of herbed Chicken, shavings of Grana Padano Cheese, crispy seasoned Croutons and a Classic Caesar Dressing with mixed Leaves £9.95

Seafood Salad – Loch Fyne smoked Salmon, North Atlantic Prawns & Skipjack Tuna with a fresh Lemon Mayonnaise accompanied with Cherry Tomatoes & mixed leaves £11.25

Salad of the Month (v) – A colourful selection of red Pepper Hummus, Greek Feta Cheese, Roasted Red Peppers, Baby Spinach Leaves and Cherry Tomato with fresh Parsley £8.25



Allergen Information

Some of our products contain nut and other allergens. There is a small risk that small traces might be in other Products we sell. If in doubt, please speak to the manager.

To Share

Tapas Energy Kitchen Style!

Our mixed Platters make a great Snack to share with friends Over a Glass of Wine or perhaps something more healthy!

Price shown is per platter! £7.95

Savoury Platter – Marinated Olives, Greek Feta Cheese, Red Pepper Hummus, Tuna Mayo and sun blush Tomatoes with Salted and Seeded Pretzels for you to dunk, dip or just nibble!

Sweet Platter – Fresh Raspberries, cut Strawberries, fresh Pineapple, Belgian White Chocolate Drops served with a pot Of creamy Frozen Yoghurt with Baked Cinnamon and Chocolate Pretzels.

Special Deals

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Visit Us

Selfridges Food Garden Café, Oxford Street, London
Selfridges Food Hall, Trafford Centre, Manchester
Loeb Department Store, Bern, Switzerland
www.energy-kitchen.co.uk