

BOX

£8 LUNCH

MONDAY - FRIDAY 12-3PM

Our burgers are hand-formed, served with house fries and in a brioche bun.

SWITCH IT UP swap to Sweet Potato Wedges. **VE** (362 kcal) or Salt & Pepper Fries. **V** (401 kcal) +1.50

DELUXE BURGER

Beef burger, shredded iceberg, burger sauce. 1,400 kcal

ADD American cheese (42 kcal) +1.50

ADD Smoked pancetta (154 kcal) +1.50

BOX CLUB **GFO**

Chicken, smoked pancetta, cheddar cheese, sliced tomato, shredded iceberg, mayo, served in a wrap or sub. Wrap 1,395 kcal / GF Wrap 1,287 kcal / Sub 1,402 kcal

BURROW'S BURGER

Spicy crispy coated chicken, smoked pancetta, BBQ sauce, mayo, shredded iceberg. 1,567 kcal

GO VEGAN swap to Chick'n less breast and vegan bacon crumble **VE** 1,385 kcal

mnda
motor neurone disease
association

GYM BOX SALAD **VE GF**

Roast sweet potato, avocado, turmeric quinoa, pickled carrots and red cabbage, beetroot houmous, tenderstem broccoli, edamame beans, coriander, agave and lime vinaigrette. 755 kcal

ADD Chicken (105 kcal) or Halloumi **V** (238 kcal) +2.95

ADD Oumph! vegan protein **VE** (99 kcal) +2.95



BOX PIZZA

Our Neapolitan style pizzas are handmade with only the best ingredients. They are cooked in 90 seconds at 400 degrees in our imported state of the art oven to lock in the flavours.

MARGHERITA **V** **GFO**

Tomatoes, mozzarella. 1,029 kcal / GFO 945 kcal

GO FOR GOLD upgrade to our premium

Buffalo mozzarella. (1,001 kcal) +1.50

GO VEGAN Choose vegan cheese. **VE** **GFO** 1,057 kcal

PEPPERONI **GFO**

Tomatoes, mozzarella, pepperoni. 1,042 kcal / GFO 993 kcal

TATER TOTS

Crispy mini hash brown bites, loaded with mozzarella, Monterey Jack and cheddar cheese, topped with bacon bits, spring onion, hot sauce. 1,035 kcal

GO VEGGIE swap to vegan bacon crumble. **V**
1,030 kcal

ADULTS NEED AROUND 2000 KCAL A DAY. IF YOU HAVE A FOOD ALLERGY OR ARE SENSITIVE TO CERTAIN INGREDIENTS, PLEASE ASK A MANAGER FOR ASSISTANCE.

V VEGETARIAN **VE** VEGAN **N** CONTAINS NUTS

GF GLUTEN FREE **GFO** GLUTEN FREE OPTION AVAILABLE

We cannot guarantee our food has not come into contact with nuts or any other allergens. A full list of ingredients used in each dish is available for your peace of mind. An optional service charge of 10% will be added to your bill. All tips and service charge will be shared between the team. All offers are subject to availability and cannot be used in conjunction with any other offer.



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@THEBOXBARUK