

Cut and Run: Quick Snacks

Wheat Free Organic Carrot Cake £1.85

Organic Chocolate Cake £1.85

Seasonal Muffins £1.45
(change monthly, due to seasonal ingredients used)

Diet Freedom – Low GI Brownie £1.35

Diet Freedom – Low GI Flapjack £1.35

Burts No Salt Crisps £0.60
(plain / cheese / honey / ketchup)

Whole Earth SOcrispY £0.80
(cheese and chive / herb / smokey paprika)

Green & Blacks Chocolate Bars £0.95
(milk / white / dark 70% / maya gold, 35g bars)

What's GI? (Just So You Know)

The glycemic index or GI ranks carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs – the ones that produce only small fluctuations in our blood glucose and insulin levels – is the secret to long-term health, reducing your risk of heart disease and diabetes, and is the key to sustainable weight loss.

At The Lounge Soho Fresh Food Available to Order

In partnership with Flavour, The Lounge Soho will be delighted to bring you a delicious low GI breakfast or lunch – or just a quick snack to help keep you going.

Simply place your order at reception, and pay on delivery.

Best Thing Since Sliced Bread: Sandwich & Wraps

Chicken & Avocado Sandwich **£3.15**
Organic chicken, chopped fresh avocado, wild rocket and a spoonful of crème fraiche, mixed with fresh tarragon and lemon juice *(low GI)*

Tuna & Lime Crème Fraiche Sandwich **£2.35**
Spring leaves tuna flakes, fresh chives, rocket leaves and sweet corn in light crème fraiche, with a dash of lime juice *(meat free, low GI)*

Sandwiches on Organic Rye Bread:
Crayfish & Rocket **£3.45**
Crayfish tails, plenty of wild rocket leaf salad, a little low-fat mayo and a sprinkling of fresh chives *(dairy free, meat free, low GI)*

Wheat Free Sandwiches on Organic Rye Bread:
Poached Salmon **£2.75**
Egg & Watercress **£2.75**
(wheat free, dairy free, meat free, low GI)

Club Sandwich **£3.80**
Organic chicken and organic roast ham with emmenthal cheese, sweet plum tomato, egg, mixed leaf salad and a little low fat mayo *(low GI)*

Honey Roast Ham Sandwich **£2.85**
Generous slices of organic roast ham and beef tomato with mixed leave *(low GI)*

Roast Pepper Sandwich **£2.45**
Roast red and yellow sweet peppers layered with roast aubergine, ground black pepper *(meat free, low GI)*

Hummus Sun Dried Tomato Wrap **£2.95**
Sun dried tomatoes and chopped roasted aubergines with creamy chickpea hummus, on a bed of fresh rocket and basil leaves in a tortilla wrap *(meat free, dairy free)*

Eat Your Greens: Tasty Salads

Glow Salad **£4.75**
Organic salmon fillet with watercress, almonds, lemon juice and crème fraiche

Classic Club Salad **£4.95**
Organic chicken breast, thick slice of emmenthal cheese and organic Kessler ham, eggs cherry tomatoes, mixed leaves, a little low fat may, a sprinkling of fresh chives and ground pepper *(low GI)*

Tuna Nicoise Salad **£4.85**
Fresh tuna with baby new potatoes, fine green beans, cherry tomatoes, Mediterranean olives, cannellini beans, mixed salad leaves and French dressing *(wheat free, dairy free, meat free, low GI)*

Super Citrus Salad **£4.45**
Fresh grapefruit, sweet orange and mango, chunks of melon, crunchy mange tout carrot, celery and mild onion with mixed leaves and French dressing *(wheat free, dairy free, meat free, low GI)*

Red Pepper Nicoise salad **£3.95**
Roast peppers with baby new potatoes, fine green beans, eggs, cherry tomatoes Mediterranean olives, cannellini beans, mixed leaves and French dressing *(wheat free, dairy free, meat free, low GI)*

Super Chicken Salad **£4.45**
Organic chicken breast crunchy mange tout, carrot, celery, cucumber, broccoli spears and onion mixed with leaves, a sprinkling of sunflower and sesame seeds and pomegranate dressing *(wheat free, dairy free, low GI)*

Fresh & Fruity: Delicious Fruit Combos

Antioxidant Fruit Salad **£3.00**
Blueberries, grapes, mango, strawberries and pomegranate

Tropical Fruit Salad **£2.65**
Papaya, mango, pineapple and a twist of lime

Don't forget: Complimentaries

The Lounge Soho also offer a selection of drinks, **FREE!**

flavour
food that loves you