

Smoothies & Juices

- Here at Danny's we are committed to helping you achieve your 5 a day
- All our Smoothies contain 3 or more portions towards your 5 a day
- All our Juice is freshly made on the premises
- For our exciting menu visit our Smoothie bar

Pick up your loyalty card & get your

10th Smoothie FREE.

Post Workout

Protein shakes (Vanilla or Chocolate)	£3.00
Pre workout carbohydrate energy drink	£2.50
Post workout recovery drink	£2.50
Promax protein smoothie with oats, banana & yogurt	£3.00
Add a shot of Creatine to any juice or smoothie	50P
The Workout Wrap and Protein Buster (see wraps menu)	

Hot Drinks

All our teas are made with the award winning premium Tea Pigs Range you won't taste better! We only use the finest Italian Illy coffee expertly made with love.

Tea By Tea Pigs	£1.40
Green tea By Tea Pigs	£1.50
Herbal & fruit teas By Tea Pigs	£1.50
Chai latte	£2.00
Americano	£1.70
Single Espresso	£1.20
Double Espresso	£1.60
Latte	£2.00
Cappuccino	£2.00
Single Macchiato	£1.50
Double Macchiato	£2.00
Café mocha	£2.20
Hot chocolate by Monbana French chocolateers	£2.00



All our hot drinks are available with Soya Milk or Rice Milk

Biscuits Cakes & Muffins

We stock a full range of tasty

cakes, biscuits & muffins including healthy

options as well as delicious wheat, gluten, dairy & yeast free items..

Breakfast deal

For just on extra £1.80

All our breakfast items come with

Both

1. A freshly squeezed juice
2. Any hot drink

Porridge & Muesli is low in GI a great source of energy, helps lower cholesterol and keeps you full for longer.

Porridge & Muesli

Fresh wholesome porridge (Wheat & Dairy free) £1.70

Porridge is served with any 3 toppings: honey, maple syrup, peanut butter, cinnamon, banana, stewed apple mixed nuts, mixed seeds,

Our famous muesli £1.70

Our muesli is wheat free & can be served dairy free, has no added sugar. Just very very tasty!

Breakfast Wraps (12" Wrap)

The English: sausage, bacon, egg, mushroom & tomato £4.00

The New York: smoked salmon & cream cheese £4.00

The Veggie: Free range egg, mushroom, tomato & cheese £4.00

FREE

Croissant or choice of fruit with every Regular Tea or Coffee before 11.30am

Other Breakfast

Grilled Bacon sandwich £2.70

Grilled Cumberland sausage sandwich £2.70

Free range egg, mushroom & tomato sandwich £2.70

Free range scrambled egg on toast £3.00

Free range egg white on toast £4.00

Thick sliced toast with butter (2 slices) £1.60

Toasted bagel with butter £1.20

Plain croissant 80p

Danny's

Home of the Gourmet Wrap

Danny's

Home of the Gourmet Wrap

LAUNCHING

www.dannysgourmetwraps.com

GET A

FREE GOURMET SOUP



OR

FREE SMOOTHIE



when you place your first ONLINE order of £4.50 or more

31 Lambs Conduit Street WC1
Just a few doors down from LA Fitness Gym

Tel: 020 7404 5128

Salad in a Box

Design your own salad from our delicious range Includes: • Portion of healthy protein, a mixture of salads a mouth watering dressing & 1 of our exiting toppings	Small	Reg.
	£3.90	£4.50

Gourmet Hot foods

Gourmet hand made soup- no bread	£2.50
Gourmet hand made soup- with 2 slices of thick cut bread	£3.50
Served with brown basmati rice & a side salad	
Meat balls in a rich tomato & herb sauce	£4.50
Vegetable Italiano with lentils, sweet potatoes & vegetables	£4.50
Spicy Chilli Con carne with prime extra lean mince	£4.50
Spicy Vegetarian Chilli with mixed beans & vegetables	£4.50
Served with any 2 fillings from our range & side salad	
Extra healthy baked sweet potato	£4.25
Jacket Potato	£4.25

Sandwiches (Served on a Premium thick cut Bloomer)

Cheese & Dairy

Free range egg mayonnaise*	£2.70
Grated mixed cheese & tomato	£2.70
Mixed cheese with spring onion & mayonnaise	£2.70
Mozzarella with tomato & basil	£3.00

Seafood

Dolphin friendly tuna mayonnaise & sweetcorn*	£2.70
Prawn mayonnaise with mixed leaves*	£3.00
Smoked salmon & cream cheese	£3.00

Poultry

Breast of herb chicken with salad and mayonnaise*	£3.00
Plain chicken kebab with humus and salad	£3.00
Chicken tikka with salad & mint yogurt mayonnaise	£3.00
Mexican chicken with salad	£3.00
Breast of herb chicken with mixed leaves & coleslaw	£3.00
Aromatic duck with spring onion, cucumber, hoi sin & plum sauce	£3.00

Meats

Honey roast ham, tomato & mustard mayonnaise*	£3.00
Sweet cured crispy bacon with mixed leaves & tomato	£3.00
Crispy bacon, mixed cheese & avocado	£3.00
Roast beef with salad & horseradish mayonnaise*	£3.00
Lamb with a creamy mint dressing and salad	£3.00

*For A Healthier Option Swap to our low fat Mayonnaise

Extra Healthy Options

Grilled herb chicken, tzatziki & salad	£3.00
Humus, grated carrot, californian raisins & salad	£2.70
Mediterranean roasted vegetables & humus	£2.70

Gourmet Wraps

Made with a 12" Mediterranean Khobez Bread Which Is 98% Fat Free.
Available in White or for an extra energy boost Low GI Wholemeal
or a Gluten free corn tortilla

Vegetarian

- The Athenian** - Greek salad with feta cheese mixed peppers, avocado, olives, mixed leaf, tomato, cucumber & tzatziki dressing.....£4.00
- The Marrakech** - Humus, cous cous, roasted mediterranean vegetables, grated carrot, californian raisins, mixed leaf & tomato.....£4.00
- The Arabian** - Falafel, humus, tomato, red onion, cucumber& mixed leaf.....£4.00
- The Italian** - Mozzarella, green pesto, roasted mediterranean vegetables, sun dried tomato mixed leaf & basil.....£4.00
- The Holborn** - Free range egg mayo, spring onions, green pesto, sundried tomatoes & mixed leaf.....£4.00
- The Londoner** - Red leicester & cheddar cheese, spring onion, mayonnaise, mixed leaf, tomato & cucumber.....£4.00
- The Protein Buster** - High Protein, Spicy mixed beans and peppers, a free range sliced egg, mixed seeds, low calorie mayonnaise, mixed leaf & tomato.....£4.00

Extra Healthy Options

- The Health** - Grilled breast of herb chicken with extra light low fat mayonnaise, avocado, mixed leaf tomato & cucumber.....£4.00
- The Low** - Dolphin friendly tuna chunks with low fat mayonnaise, sweet corn mixed leaf, tomato & cucumber.....£4.00
- The LA** - Humus, grated carrot, californian raisins, assorted seeds, mixed leaf, tomato & cucumber.....£4.00
- The Vitality** - Prawn, low fat mayonnaise, mixed seeds, avocado, grated carrot, mixed leaf & tomatoes.....£4.00

Non Vegetarian

- The Russell Square** - Honey roast ham, mixed cheese, grain mustard mayonnaise, coleslaw, mixed leaf & red onion.....£4.00
- The Bloomsbury** - Roast beef horseradish mayonnaise,mixed leaf, tomato & red onion.....£4.00
- The Greek** - Lamb & greek salad with feta cheese,mixed leaf and tzatziki (Yogurt mint, garlic & cucumber dressing).....£4.30
- The Turkish** - Chicken Kebab, Humus, choice of hot or sweet chilli sauce, roasted mediterranean vegetables, mixed leaf, tomato & red onion.....£4.00
- The Sicilian** - Breast of chicken, mozzarella, green pesto, avocado, roasted mediterranean vegetables & mixed leaves.....£4.00
- The Mexican** - Spicy mexican chicken, guacamole, mixed leaf, red onion, mixed beans & pepper salad.....£4.00
- The Mogul** - Prime breast of chicken tikka, yogurt and mint mayonnaise, mixed leaf & red onion.....£4.00
- The Peking** - Aromatic duck, hoi sin & plum sauce, cucumber, spring onion & mixed leaf..... £4.00
- The Workout** - High protein, a large breast of chicken, a free range sliced egg, mixed seeds low calorie mayonnaise, mixed leaf & tomato.....£4.30
- The Clerkenwell** - Crispy bacon, egg mayonnaise, avocado, sun dried tomato, mixed leaf & cucumber.....£4.00
- The New Yorker** - Smoked salmon, choice of full or low fat cream cheese, mixed leaf, tomato & cucumber.....£4.00
- * The Great Ormond St** - Salt beef ,pickled cucumber, coleslaw, mixed leaf & red onion.....£4.00

*(50p of each sale donated to Great Ormond street hospital)
GOSHCC - Registered charity No. 235825