

TOULOUS

WRAPS

All dishes below come with salad & crisps

Vegetarian V **12.95**
Selection of roasted vegetables,
feta & salad

Tricolore V **12.95**
Mozzarella, cherry tomatoes,
cos lettuce, avocado & pesto

Falafel VE **12.95**
Homemade falafel, hummus,
& Israeli salad

Fish Finger **12.95**
Breaded cod, cos lettuce & tartar sauce

Chicken Schnitzel **12.95**
Chicken schnitzel, hummus
& Israeli salad

Chicken & Pesto **12.95**
Grilled chicken, olives, pesto,
parmesan & salad

Aromatic Duck **12.95**
Aromatic pulled duck, cos lettuce,
cucumber, spring onions & hoisin sauce

BAGELS

**Smoked Salmon
& Cream Cheese** **12.95**
On an open toasted bagel

Aubergine, Egg & Hummus V **11.95**
Aubergine, sun-blush tomatoes,
sliced egg & hummus on an
open toasted bagel

SANDWICHES

Chicken Club **13.95**
Grilled chicken, mayo, avocado,
smoked crispy bacon & cos lettuce

Smoked Salmon Club **13.95**
Smoked salmon, mayo, avocado,
sliced egg & cos lettuce

Chicken, Bacon & Gruyere **11.95**
Chicken, smoked crispy bacon, gruyere
& mayo on toasted sourdough

Salt Beef **12.95**
With mustard mayo on rye bread
with pickled cucumber & coleslaw

Ruebens **13.95**
Salt beef, cheddar & sauerkraut
melt on rye with pickled cucumber

MELTS

Tuna mayo & cheese **9.95**

Cheese & tomato **9.95**

Cheese & smoked crispy bacon **9.95**

Cheese & caramelised onion **9.95**

Cheese & mushroom **9.95**

Fully Loaded **10.95**

Cheese, mushroom, smoked
crispy bacon & caramelised onion

On toasted white or brown sourdough

SALADS

House **15.95**
Grilled chicken, smoked crispy bacon, avocado,
hard boiled egg, cherry tomatoes, cucumber,
roasted red onion & parmesan
with house dressing

Tricolore V **14.95**
Soft mozzarella, avocado, sun-blush
& cherry tomatoes & pesto with
balsamic glaze

Bosco V **14.95**
Warm mushrooms, soft mozzarella,
roasted vegetables, sun-blush tomatoes
& avocado with balsamic glaze

Roots V **14.95**
Butternut squash, sweet potato,
roasted vegetables, halloumi, quinoa &
toasted pumpkin seeds with house dressing

Superfood V **14.95**
Feta, avocado, broccoli, cucumber,
French beans, edamame & quinoa
with house dressing

Add chicken **3.95**

Roasted Cauliflower VE **14.95**
Baked cauliflower in a tahini dressing with
avocado, cucumber, chilli, crispy onions, seeds
& pomegranate with balsamic glaze

Asian **16.95**
Teriyaki grilled salmon, cos lettuce,
avocado, cucumber, edamame, broccoli
& sesame seeds with teriyaki dressing

Aromatic Duck **15.95**
Aromatic pulled duck, cos lettuce,
spring onion, avocado, edamame, cucumber
& pomegranate with hoisin dressing

Nicoise **14.95**
Tuna, olives, hard boiled egg, French beans,
cucumber, cherry tomatoes & new potatoes
with olive oil & balsamic vinegar

Chicken Caesar **14.95**
Grilled chicken, cos lettuce,
parmesan, hard boiled egg & roasted
croutons with caesar dressing

Salmon Caesar **16.95**
Grilled salmon, cos lettuce,
parmesan, hard boiled egg & roasted
croutons with caesar dressing

JACKETS

Cheese **10.95**

Beans **10.95**

Tuna mayo **12.95**

Cheese & beans **12.95**

Smoked crispy bacon & cheese **12.95**

With salad

PLATES

Schnitzel **15.95**
Chicken schnitzel, avocado, hummus, tahini,
olives, pickled cucumber, Israeli salad & pita

New York **18.95**
Salt beef, homemade rosti, sauerkraut,
pickled cucumber, coleslaw, salad & rye bread

Israeli **14.95**
Smoked salmon, halloumi, avocado,
hummus, olives, Israeli salad & pita

Vegetarian V **13.95**
Homemade falafel, halloumi, avocado,
hummus, olives, Israeli salad & pita

Sharing Mediterranean (2 ppl) **22.95**
Homemade falafel, hummus, taramasalata,
tzatziki, halloumi, olives, tabuleh,
Israeli salad & pita

BURGERS

Full Stack **15.95**
8oz beef on a toasted brioche bun, smoked crispy
bacon, cheese, caramelised onion, cos lettuce,
tomato, relish & mayo with coleslaw & salad

Classic **13.95**
8oz Beef on a toasted brioche bun,
tomato, cos lettuce, relish & mayo
with coleslaw & salad

Chicken Filet **13.95**
Grilled chicken on a toasted brioche
bun, cos lettuce, tomato, sweetcorn
relish & mayo with coleslaw & salad

Fish Finger **13.95**
Breaded cod on toasted brioche bun,
tartar sauce, cos lettuce & gherkins
with coleslaw & salad

Halloumi & Mushroom V **13.95**
Grilled halloumi & mushroom on toasted
brioche bun, cos lettuce, tomato, mayo &
mushroom ketchup with coleslaw & salad

SIDES

Skinny fries **4.95**

Sweet potato fries **4.95**

Coleslaw **3.95**

Mixed salad **5.95**

Marinated olives **3.95**

KIDS

With kids apple & pear juice & a scoop of
ice cream (vanilla, strawberry or chocolate)

Fish goujons, fries & cucumber **9.95**

Chicken goujons, fries & cucumber **8.95**

Vienna's, fries & cucumber **8.95**

Penne with napoli sauce & cheese **8.95**

TOULOUS

COFFEE

Americano	3.85
Espresso	3.45
Cappuccino	3.95
Latte	3.95
Flat White	3.95
Cortado	3.95
Mocha	3.95
Hot Chocolate	3.95
Chai Latte	3.95
Dirty Chai Latte	4.25
Matcha Latte	3.95

Alternative Milk	0.50
Oat, almond, soya	

Syrup	0.50
Vanilla, hazelnut, caramel	

TEA

All loose leaf with free refills

English Breakfast	3.95
Fresh Mint	3.50
Lemon Tea	3.95
Green	3.95
Camomile	3.95
Earl Grey	3.95
Rooibos	3.95

SOFT DRINKS

Fentimens Lemonade	3.95
Fentimens Pink Lemonade	3.95
Fentimens Elderflower	3.95
Coca Cola	3.25
Coca Cola Zero	3.25
Diet Coke	3.25
Fanta Orange	2.95
Still Water	2.25
Sparkling Water	2.25

Kids Apple & Pear Juice	1.95
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FRESH JUICE

Orange	3.95
Carrot	3.95
Apple	3.95
Two mixed	4.95
All three	5.50

MILKSHAKES

Chocolate	4.95
Strawberry	4.95
Banana	4.95

Oreo	5.95
Crunchy	5.95
Aero Mint	5.95
Malteser	5.95
Kitkat	5.95

SMOOTHIES

Berry	5.95
Mixed berries, banana	
Exotic	5.95
Strawberries, mango, banana	
Tropical	5.95
Passion fruit, mango, papaya, pineapple	
Detox	5.95
Apple, pear, melon, avocado, spinach, mint	

Frappe Iced Coffee	5.95
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Iced Latte	4.45
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Iced Matcha	4.45
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ALCOHOL

Corona	5.95
Rosé	6.95

SWEET

Gâteau	5.95
Loaf cake	4.95

Teacake	5.95
Crumpets (2)	5.95

With butter & strawberry jam

Loaded Pancakes	12.95
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Four buttermilk pancakes, sliced banana, strawberries, chocolate & caramel sauces & vanilla ice cream

Waffles	8.95
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Two hot waffles, caramel sauce, sliced banana & vanilla ice cream

Ice Cream (per scoop)	1.95
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Vanilla, chocolate, strawberry

All our dishes are prepared where nuts and other allergens are commonly used so unfortunately we cannot guarantee dishes will be free of traces.

Allergen information available on request.

Olives may contain stones.

Fish and meat may contain bones.

All dishes may contain items not mentioned.

All prices include VAT.

Kids meals served to children under 11 only.

We reserve the right to serve meals only.

We may reclaim any table at our discretion.

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toulous.co.uk / @wearetoulous  wearetoulous