

Squirrel

NUTS ABOUT HEALTH

TREEHOUSE MENU

Available in-store

11 Harrington Road,
South Kensington,
London SW7 3ES

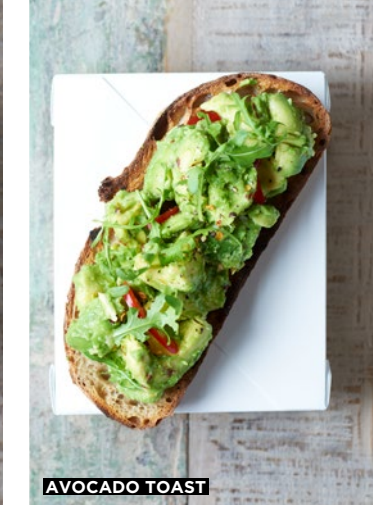
Also available on



deliveroo



FETA EGG BOWL



AVOCADO TOAST



BERRY & BANANA POT



PRAWN STAR



GUAC 'N' ROLL

Breakfast

Breakfast served until 11 am weekdays & midday weekends

POACHED EGGS

The Classic

- poached egg • smoked salmon • avocado
- rocket • tomato • olive oil

The Mexican

- poached egg • homemade tomato sauce
- feta • rocket • black beans • chilli flakes

The Royale

- poached egg • smoked salmon • pesto dressing • rocket

All available as a bowl, wrap or on toast
GF bread | GF wrap | Extra egg

SQUIRREL BOWLS

Pecan Pot

- pecans • dates • granola • almond butter • honey

Stewed Fruit Pot

- seasonal fruit compote • granola

Berry Pot

- seasonal berries • banana • walnuts • honey

All available with yoghurt or porridge

SQUIRREL FAVOURITES

Granola Bowl

- granola • berries • banana • milk

Toast / Waffles / Acai Bowl

- Please see our All Day Snacks menu

All Day Snacks

Feta & Tomato Toast

- chopped cherry tomatoes • feta
- fresh basil • basil oil

Avocado Toast

- avocado • chilli flakes • lime • rocket

Salmon Toast

- smoked salmon • greek yoghurt
- lemon juice • chives

Salmon & Avocado Toast

- avocado • salmon
- lemon wedge • rocket

Almond Butter

- toast or waffle • almond butter • greek yoghurt
- cinnamon • sesame seeds • coconut nectar

Fruit Compote Waffle

- greek yoghurt • granola
- seasonal fruit compote

Cacao & Hazelnut Spread

- toast or waffle • homemade cacao
- & hazelnut spread • banana • cacao nibs

Acai Bowl

- acai • banana • pineapple • mixed berries
- granola • toasted coconut chips • chia seeds

Treehouse Favourites

SALADS

Thai Me Up GF DF

- chicken • red cabbage • white cabbage • red pepper
- spring onion • edamame • carrot • mint • toasted cashews • *thai dressing*

Oh My Cobb DF

- chicken • egg • kale • quinoa • pickled red onion
- avocado • sweetcorn • croutons
- *spicy cashew dressing*

Kale Yeah GF DF

- salmon • kale • fennel • cucumber • sweet potato
- radish • almonds • *citrus sumac dressing*

Absolutely Radishing GF DF V V+

- hummus • quinoa • rocket • cauliflower • carrot
- shredded red cabbage • radish • mint • za'atar
- *herby tahini dressing*

SEASONAL SPECIALS

During each of the four seasons we introduce two 'specials' using the finest seasonal ingredients.

Check our website for our current seasonal specials
WeAreSquirrel.com/menu

WRAPS

All of our Treehouse Favourites are available in tortilla wraps or get creative and make your own!
Gluten free wraps also available.

WARM GRAIN BOWLS

Carrotty Kid GF DF V V+

- avocado • baby spinach • brown rice • edamame
- carrot • spring onion • roast mushrooms • kimchi
- sesame seeds • coriander • *lime & tamari dressing*

Miami Rice GF DF

- chipotle beef • brown rice • lentils • spinach • broccoli
- shredded red cabbage • carrot • *lime wedge*

Ginger Spice GF DF V V+

- tofu • quinoa • spinach • beetroot • sweet potato
- shredded red cabbage • mixed seeds • avocado
- *carrot, ginger & miso dressing*

Guac 'n' Roll DF

- chicken • brown rice • spinach • cherry tomatoes
- sweetcorn • black beans • tortilla chips • avocado
- pickled red onion • *lime jalapeño vinaigrette*

HOT FOOD

Jacket Potatos

White potato and sweet potatoes available.

Soup & Stew

market price

- served with sourdough bread
- swap for gluten-free bread

Check in store for details.

GF Gluten Free DF Dairy Free V Vegetarian V+ Vegan

Drinks

COLD-PRESSED JUICE

- Charcolade
activated coconut charcoal, lemon, lime, agave, H₂O
- Beet Box
beetroot, apple, lemon, ginger
- Strawberry Fields
strawberry, basil, lemon, apple
- Turm Me On
turmeric, carrot, apple, lemon, ginger
- OJ
orange juice
- Professor Green
organic coconut water, romaine, spinach, kale, cucumber, lemon, mint
- Bright Eyed
apple, lemon, mint, kale, cucumber
- Bushy Tailed
romaine, spinach, kale, cucumber, lemon, mint

NUT MILK

- Coffee Date
almond milk, vanilla bean, coffee, himalayan salt
- Vanilla Ice
almond milk, vanilla bean, himalayan salt
- Coco Pop
almond milk, raw cacao, himalayan salt

KOMBUCHA

- Original Kombucha
- Wild Berry Kombucha
- Ginger Kombucha

SMOOTHIES

- Sporty Squirrel *banana, vanilla, almond butter, cacao, cinnamon, almond milk, coconut nectar*
- Glowing Squirrel *avocado, lemon, ginger, apple juice*
- Super Squirrel *blueberry, acai, banana, beetroot, oats, chia, apple juice*
- Happy Squirrel *banana, vanilla, spinach, matcha, cinnamon, almond milk, coconut nectar*
- Sunny Squirrel *banana, pineapple, turmeric, chia seeds, ginger, coconut milk*
- Cheeky Squirrel *banana, strawberries, hemp seeds, vanilla, almond milk*

BOOST YOUR SMOOTHIE!

- Add NEAT Vegan Protein Booster
18g of protein per shot



COLD-PRESSED JUICE

COFFEE

- Flat white
- Cappuccino
- Latte
- Espresso
- Americano
- Squirrel Shot *espresso, coconut oil*

ALTERNATIVES TO MILK

- soya • oat • almond • coconut milk
- unsweetened almond

HOT SPECIALS

- Matcha Latte *matcha, almond milk*
- Turmeric & Ginger Latte
- Hot Chocolate
- Bone Broth,
- Dr. Pepper *lemon, cayenne, ginger*
- Ging & Tonic *ginger, turmeric, honey, lime*

PUKKA TEAS

- Love rose, *chamomile, lavender*
- Revitalise *cinnamon, cardamom, ginger*
- Three Mint *spearmint, field mint, peppermint*
- Supreme Matcha Green *green tea matcha*
- Vanilla Chai *vanilla, cardamom, cinnamon*
- Earl Grey
- English Breakfast

DRINKING WELL

Choose from a selection of naturally infused filtered waters. Purchase a cup from our counter and refill it as many times as you like.



Squirrel is an all-day fast, casual, healthy food and drink concept located just an 'acorn's throw' away from South Kensington tube station. Step inside to see our beautiful naturally-fallen oak tree, and our very own treehouse upstairs, where even a squirrel would feel at home! Our first Squirrel hangout is now open seven days a week, and we hope many more will follow soon.

At Squirrel, our mission is to make healthy eating fun. We believe staying healthy doesn't need to be at the expense of delicious tasting food and drink. That's why we've worked hard to create a truly unique offering and experience for you. Our menu is available both in store and for delivery.

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@WeAreSquirrel
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