



Any questions?
 happy to help :-)
 info@rawgsy.co.uk
 07911 718717

Simple solutions to your nutritional needs.

Email



Send us a list of drinks you would like to order; either a random selection or staff choices.

Online



We issue a discount code (any %) for staff to redeem on our website. Hassle free for the organiser!

Easy Peasy 

To keep things fresh, we change our menu daily, keeping the same format. We can you send the daily menu well in advance for staff to choose their options:

Chicken or Beef Curry (GF,DF)	£7.15 / £8.25
Vegan Curry (GF,DF)	£6.00 / £7.15
Chicken Noodle Soup (GF, DF)	£7.25
Salad base with:	
Chicken (GF, DF)	£7.25
Vegetarian (GF, DF, V)	£7.00
Vegan (GF, DF, Ve)	£7.00
Wholemeal wrap base with:	
Chicken (GF, DF)	£5.35
Vegetarian (GF, DF, V)	£5.25
Vegan (GF, DF, Ve)	£5.25

Juice



12oz - £4.35
 16oz - £5.45

Wake Up

carrot, apple, lemon ginger

Fresh Start

carrot, apple, mint

Bromelain Booster

pineapple, pear, carrot, spinach

Electrolytening

beetroot, apple, cucumber, celery, lemon, ginger

Green Fire

kale, cucumber, pear, ginger

Energise

pear, apple, celery, lime, ginger

Overhang

spinach, celery, cucumber, pear, apple, ginger

VitAmix

beetroot, apple, carrot, lime, ginger

Smoothie



12oz - £4.35
 16oz - £5.45

Blissful Berry

mixed berries, banana, honey, chia seed

Nuts About Cacao

peanut butter, banana, honey, cacao, pink salt

Supergreens

kale, apple, banana, lime, ginger, spirulina

Black Forest

berries, banana, cacao, honey, gf oats, chia

Cardiac Cashew

cashew butter, banana, gf oats, pink salt, vanilla, honey, flaxseed

Summer Strawberry

strawberries, coconut milk, banana, gf oats, honey

Tropical

pineapple, mango, banana, lime, honey, coconut milk, flaxseed

Our healthy whole food snacks are hand made in store.

They can be packaged individually or served in bitesize pieces on a platter.

Millionaires shortbread	£3.00
Snickers Slice	£3.00
Cacao Brownie	£3.00
Feel Fruity Flapjack	£3.00
Cacao Avocado Torte	£4.25
Peanut Powerballs (3)	£3.40