



FRESH • HEALTHY • MEDITERRANEAN

ALLERGY CHART

D - Milk	SO - Soya
MO - Molluscs	N - Nuts
C - Celery	SD - Sulphur dioxide
CR - Crustaceans	M - Mustard
E - Eggs	GW - Wheat gluten
S - Sesame seeds	F - Fish
P - Peanuts	L - Lupin

SOYO.CO.UK

FOLLOW US ON  

LIGHTER BITES

○ Soups - served with bread

MUSHROOM SOUP - C,D £5.00

TOMATO AND RICE SOUP - C £5.00

SOUP OF THE DAY - C £5.00
Please ask your waiter

○ Quiches - served with salad

MUSHROOM AND CREAM - D,E,GW £10.00

**SAUTÉED SPINACH
AND CARAMELISED ONION - D,E,GW** £10.00

SWEET POTATO AND FETA CHEESE - D,E,GW £10.00

○ Savoury crêpes - served with salad

NEW YORK - D,E,F,GW £9.00
Cream cheese and smoked salmon

FRENCH REVOLUTION - D,E,GW £9.00
Creamy mushroom sauce

FIorentina - D,E,GW £9.00
Cream, spinach and parmesan

PHILADELPHIA - D,E,F,GW £9.00
Scrambled egg, salmon and cheese

SOYO - D,E,GW £9.00
Fried egg, tomato, spinach, mushroom and cheese

OMEGA 3 - D,E,F,GW £9.00
Tuna, corn and cheese

○ Sandwiches - served with salad

SMOKED SALMON GUACAMOLE - F,GW £9.00
Smoked salmon, guacamole, spring onion, lettuce, garlic & herb dressing

TUNA SANDWICH - E,F,GW £8.50
Tuna, red onion, pickles, egg and rocket leaves

FETA ANTIPASTI - D,GW £8.50
Grilled aubergine, peppers and courgette with feta cheese and avocado

VEGAN SANDWICH - GW,SO £8.50
Fried tofu and mushrooms in an Asian dressing with lettuce and tomatoes

AVOCADO GUACAMOLE - E,GW £8.50
Guacamole, egg and lettuce

VEGAN OMELETTE SANDWICH - GW,S £8.50
Chickpea omelette, paprika & cumin tahini, tomato and lettuce

HALLOUMI SANDWICH - D,GW £9.00
Olive tapenade, grilled halloumi, cream cheese, tomato and pickles

MOZZARELLA SANDWICH - D,GW,N £8.50
Mozzarella, basil chimichurri, avocado and tomato

SABICH SANDWICH - E,GW,S £8.00
Grilled aubergine and peppers, egg, pickles and paprika & tahini amba dressing

OMELETTE SANDWICH - D,E,GW £8.00
Cream cheese, cucumber and tomato

CHEESE AND TOMATO TOASTIE - D,GW £8.00

TUNA MELT - D,F,GW £8.50

MAINS

○ Pasta

PENNE

With tomato - **E,GW** / Rose sauce - **E,D,GW** £9.50

Funghi - creamy mushroom sauce **D,E,GW** £11.00

Creamy pesto and broccoli - **D,E,GW,N** £11.00

TUNA BOLOGNESE SPAGHETTI - E,GW £12.50

With onions, carrots, peas and herbs

ROASTED VEGETABLE LASAGNE - D,E,GW £11.00

Served with side slaw salad

LASAGNE - D,E,GW £12.00

Sweet potato, onion, roasted peppers and cream

TOMATO LINGUINI - D,E,F,GW,N £13.50

With salmon, fresh tomatoes with cream, basil, and lemon zest

GNOCCHI - GW £12.50

With tomatoes, red onion and kalamata olives in white wine sauce

CREAMY LINGUINI - E,F,GW £12.50

With salmon and zucchini in creamy sauce and rocket leaves

SPAGHETTI - E,GW £11.00

With garden peas, broccoli, pea and zucchini

CHEESE RAVIOLI - D,E,GW £12.50

With cream and tomato sauce

PENNE - D,E,GW £11.00

With roasted vegetables and rose sauce

RICE NOODLES STIR FRIED - E,GW,S,SO £12.00

With vegetables, served with spring rolls

GREEN STIR FRY NOODLES - E,F,S,SO,GW £12.00

With vegetables, served with spring rolls

○ Fish

GRILLED SALMON - D,F,N £15.50

With basil mash and pak choi – served with salad

GRILLED SALMON ON POLENTA - D,F,GW £16.00

With mushroom and French beans

FATTOUSH SEA BASS - D,F,GW,N £15.00

With yoghurt, chopped salad, zaatar, croutons, sumac and feta cheese

SALMON PAPPILOTE - D,F £16.00

With roasted potatoes and Caesar dressing

SEARED TUNA - E,F,N,S,SO £18.00

Served on gnocchi, pak choi, broccoli, kale, pea, toasted almonds and white wine

GRILLED SEA BASS - D,F £19.00

With roasted baby potatoes, cherry tomatoes, French beans, mushroom and chimichurri salsa

SUPER SALMON BURGER - D,E,F,GW £13.00

With garlic and herb mayo, red onion, tomato, pickles

SALMON - D,E,F,GW,N £19.00

With nuts crust and butter gnocchi

TUNA STEAK - F £19.50

With French beans, broccoli, pak choi and peas

PAN FRIED SALMON - F,N,S,SO £17.50

With teriaky, stir fry green vegetables, pak choi and toasted sesame seeds

SALMON STEW - D,F £16.00

With tomato sauce and creamy mashed potatoes



SALADS

○ Salads

NICOISE - D,E,F,M

Lettuce, tomatoes, cucumber, roasted peppers green beans, pickles, tuna, red onion, roasted potatoes and egg. Served with French vinaigrette

£10.50

MOROCCAN SALAD - D,N

Couscous, sweet potatoes, mint, coriander, parsley, pomegranate, chickpeas, feta cheese and toasted almonds. Served with lemon and honey dressing

£10.50

TABOULE - N

Lentils, finely chopped mint leaves, parsley, tomato, cucumber, spring onion, beetroot, cranberries, spinach, sunflower seeds, pumpkin seeds, pomegranate and roasted almonds

£10.50

QUINOA SALAD - N

Sweet potato, spinach, red onion, green beans, beetroot, cherry tomatoes and sunflower seeds with lemon and honey dressing

£10.50

FETA ANTIPASTI - D,N

Lettuce, roasted vegetables, cucumber, tomatoes, olives and feta cheese served with basil vinaigrette

£11.00

SALMON CAESAR - D,F,GW

Grilled salmon served on mixed leaves, croutons, avocado and parmesan cheese. Served with Caesar dressing

£13.50

ASIAN SALAD - N,SO

Cabbage, bean sprouts, rocket leaves, dried cranberries, toasted sesame seeds and coriander with Asian vinaigrette

£12.00

add tuna steak - F,SO

£7.50

AVOCADO SALAD - E,M

Mixed leaves, avocado, cucumber, tomatoes, egg and roasted vegetables. Served with French vinaigrette

£11.50

SUPERFOOD SALAD - M,N

Quinoa, kale, broccoli, sweet potato, seeds, chia, pea, slaw with olive oil and lemon

£11.50

ARTICHOKE AND GOAT CHEESE - D,N

Spinach, rocket, carrots, cherry tomatoes, red onion, dried cranberries, toasted cashews, melon, artichoke and grilled goat cheese. Served with French vinaigrette

£12.50

HALLOUMI SALAD - D,N,SO

Grilled halloumi cheese, mixed leaves, cherry tomatoes, red onion, spring onion, walnuts, roasted peppers and mushrooms. Served warm with sesame dressing

£12.50

SABIH SALAD - E,S

Tahini, amba, tomatoes, parsley, new potatoes, pickles, aubergine, grated egg

£11.00

FREAKEH AND LENTILS SALAD - D,GW

With beets, sweet potatoes, pomegranate, mint and feta cheese

£11.00

RAISINS AND FREAKEH SALAD - N

With quinoa, French beans, sweet potatoes, pak choi, pomegranate, herbs and nuts

£11.50



CREATE YOUR OWN SALAD

○ Base - E,GW

Cos&mixed leaves / Quinoa / Couscous / Lentils / Freakah

£4.75

○ Ingredients

Olives, carrots, red onion, sweetcorn, grapes, cherry tomato, cucumber, fresh peppers, mushroom, new potato, croutons **(GW)**, apple, bean sprouts, tomato, celery **(C)**, green beans, pear, spring onion, chickpeas, parsley, coriander, peach, pickles, sesame seeds **(S)**

£0.70

Boiled egg **(E)**, pomegranate, beetroot, garden pea, spinach, kale, broccoli, sunflower seeds **(N)**, pumpkin seeds **(N)**, chia seeds, medjool dates, cashew nuts **(N)**, strawberry, dried cranberries, mango, walnuts **(N)**, almonds **(N)**

£1.40

Roasted peppers, Pak choi, roasted zucchini, roasted aubergine, avocado, sweet potato, asparagus, artichok

£1.70

Tuna **(F)**, smoked salmon **(F)**, tofu **(SO)**, feta cheese **(D)**

£2.80

Mozarella **(D)**, halloumi cheese **(D)**, goats cheese **(D)**

£3.80

Grilled salmon **(F)**

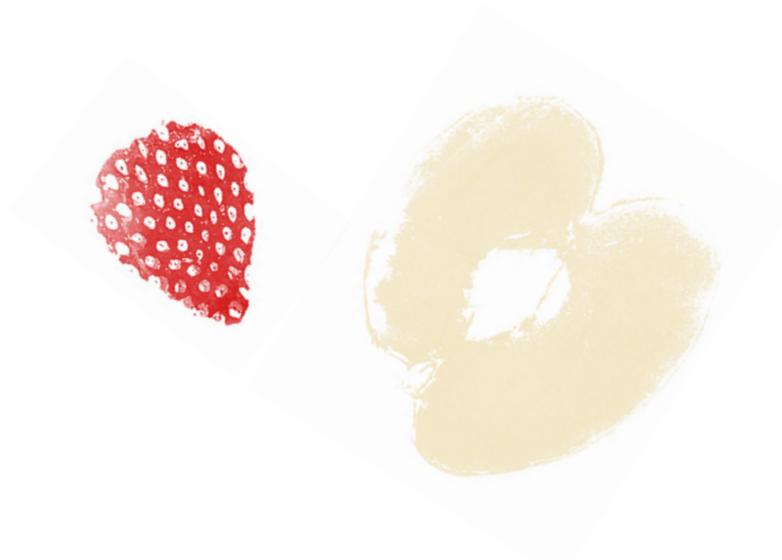
£7.50

Seared tuna **(F)**

£8.50

○ Dressing

Balsamic vinaigrette **(M)** / yogurt and dill dressing **(D)** / Soy and sesame **(GW,S,SO)**
French vinaigrette **(M)** / olive oil & lemon / pesto chimichurri dressing **(M,N)**



DESSERTS

○ Desserts

SOYO SOUFFLÉ - D,E,GW £5.50

Rich warm chocolate fondant filled with white and milk chocolate served with frozen yogurt

APPLE TART - D,E,GW £5.50

YOGURT BERRY CHEESECAKE - D,E,GW £5.50

○ Sweet crêpes

GOLDEN LEMON - D,E,GW £6.00

Butter, sugar and lemon

NUTELLA - D,E,GW,N £6.50

BANANA SPLIT - D,E,GW,N £7.00

Belgian chocolate, banana, walnuts and cream

STRAWBERRY ADVENTURE - D,E,GW £7.00

Strawberry, white chocolate and cream

BANOFFEE - D,E,GW £7.00

Banana, toffee and cream

CREPE SUZETTE - D,E,GW £7.00

Fresh oranges with orange liquor and brown sugar

OREO COOKIES - D,E,GW,N £7.00

White and dark chocolate with oreo cookies

○ Froyo

CHOOSE YOUR FROYO BASE - D £4.50

Original yogurt / seasonal yogurt

CHOOSE YOUR TOPPINGS AND SAUCE - D £0.70

Fruit toppings

Strawberry, blueberry, cranberry, mango, pineapple, kiwi, banana, pomegranate, melon, apple, lychee, pear

Dry toppings

Almonds (N), walnut (N), chia seeds, coconut shavings, granola (GW,N), raisin, medjool dates, goji berries, crunchy nut (GW,N)

Naughty toppings

Oreo cookies (GW), salted caramel (N,GW), chocolate brownies (N,GW), marshmallows, white chocolate, dark chocolate, rainbow buttons, gummy bear, jelly beans, chocolate and vanilla halva

Sauce

Dulce de leche (D), passion fruit, raspberry, peanut butter (P), honey, chocolate syrup, maple syrup





DRINKS



○ Juices

FRESHLY SQUEEZED ORANGE JUICE	£3.75
ORANGE AND CARROT JUICE	£4.00
CARROT, GINGER AND CELERY JUICE - C	£4.25
CARROT, BEETROOT AND CELERY JUICE - C	£4.25

○ Soft drinks

COKE / DIET COKE / COKE ZERO	£2.50
STILL / SPARKLING WATER 330ML	£2.50
STILL / SPARKLING WATER 500ML	£3.50
FANTA	£2.50
SPRITE	£2.50

○ Hot Drinks

OREO HOT CHOCOLATE - D,GW	£5.00
Belgian chocolate, oreo cookies, vanilla, marshmallow and whipped cream	
MESSY HOT CHOCOLATE - D,GW	£5.00
Hot chocolate, whipped cream, salted caramel, rainbow buttons and chocolate topping	
SINGLE ESPRESSO / MACHIATTO (D)	£2.00
DOUBLE ESPRESSO / MACHIATTO (D)	£2.50

○ Hot Drinks

CAPPUCCINO - D	£2.50 / £3.00
LATTE - D	£2.50 / £3.00
AMERICANO	£2.50
HAZELNUT (N)/ CINNAMON / TOFFEE / CARAMEL IRISH CREAM / FRENCH VANILLA LATTE - D	£3.50
HOT CHOCOLATE - D	£2.50
ENGLISH TEA - D	£2.00
MINT TEA	£2.00
ORGANIC HERBAL TEA	£2.80
Lemongrass & Ginger / Blackcurrant & Hibiscus / Pink Rosebuds / Peppermint / Chamomile / Green tea	
MOCHACCHINO - D	£3.50
CHOCOCCINO - D	£3.00
MOCHA - D	£3.00
IRISH COFFEE (alcoholic) - D	£4.00
SAHLAV - D,N	£4.00
APPLE CIDER	£3.50
INDIAN CHAI - D	£2.50
BABYCCINO - D	£1.50



DRINKS

○ Smoothies

(Half of your five a day)

CHOOSE YOUR BASE

Apple, orange, soya **(SO)**, water, yogurt **(D)** (add £1)

CHOOSE YOUR FLAVOUR

Tropical Fresh

£5

Coconut, mango, banana and lychee

Pineapple twister

£5

Mango, peach, papaya and pineapple

Mango passion

£5

Mango, pear and passion fruit

Power granate

£5

Pomegranate, strawberry, blackcurrant and apple

Amazon acai

£5

Blueberry, strawberry, acai and mango

Strawberry fantasy

£5

Banana, dates, melon and strawberries

Berry forest

£5

Blueberry, raspberry and mango

Strawberry delight

£5

Strawberry, papaya and peach

Soyo detox - D

£5

Melon, cucumber and apple with a touch of lime

SUPER SMOOTHIES

£5

Kale, banana, mango and lemongrass

Avocado, spinach, spirulina, basil, apple and lime

Carrot, goji berry, papaya and pineapple

Peach, papaya, passion fruit, pineapple, guava and aloe vera

○ Ice Drinks

COLD CHOCOLATE - D

£2.50

COLD CAFÉ - D

£2.50

ICE CHOCOLATE - D

£3.00

ICE COFFEE - D

£4.50

ICE LEMONADA

£4.00

MESSY YOGURT SHAKE - D,GW

£5.00

Topped with oreo, chocolate brownies, rainbow buttons and whipped cream

STRAWBERRIES AND CREAM - D

£5.00

Strawberries, white chocolate and cream

BANANA AND DULCE DE LECHE - D,GW

£5.00

With butter short bread and white chocolate

MANGO AND WHITE CHOCOLATE - D

£5.00

Mango, white chocolate and whipped cream

○ Beer & Wine

CORONA

£3.95

RED WINE GLASS / BOTTLE

£4.50 / £18.50

WHITE WINE GLASS / BOTTLE

£4.50 / £18.50