



SMALL PLATES

Today's soup, toasted house bread **4.50** 183 kcal

Korean fried chicken wings, brown sugar, pickled cucumber, treacle kim chi, hot sauce **6.95**
544 kcal

Jack fruit spring rolls, bean sprouts, cabbage, mint, shredded carrot, sticky plum glaze **6.95**
533 kcal

Haloumi fries, pickled chilli relish **5.25** 672 kcal

Crispy coconut chicken, toasted peanut dip **5.95**
527 kcal

Sweet potato fries, spring onions, melted swiss cheese **5.95** 641 kcal

French fries, curried mayo **2.95** 487 kcal

Bamboo sharing box; jack fruit spring rolls, Korean fried chicken wings, coconut chicken, pickles, fries, peanut dip, plum sauce **13.95**
548 kcal each based on 2 people sharing

SALADS

Vegan power salad; spinach, butternut squash, turtle beans, grilled pear, dried cranberries, cumin roasted chick peas, lemon tahini dressing **9.95**
563 kcal
*add grilled chicken breast or halloumi 4

Shredded chicken and rice noodle salad, mint leaves, lime, ginger, red chilli, toasted tiger nuts **12.95** 593 kcal

Crispy beef, mango, lime, spring onion, red chilli, tiger nuts, honey, baby gem, Tonkatsu dressing **12.95** 776 kcal

created using gluten free ingredients vegetarian
 vegan treacle x synergy

BURGERS

Char-grilled beef burger, aged Scottish cheddar, carrot and radish slaw, brioche bun, salad, fries **12.95** burger 541 kcal

Crispy coconut chicken breast burger, Treacle kim chi, brioche bun, salad, fries **12.95** burger 778 kcal

Goan spiced turkey and brown rice burger, poppy seed bun, mango chutney, salad, fries **12.95**
burger 456 kcal

Falafel burger, sesame, coriander leaf, poppy seed bun, tomato, vegan hot sauce **12.95**
burger 337 kcal
*change up to sweet potato fries **1.25**

SANDWICHES

**All sandwiches are served with fries.
Gluten free bread available.
Not available after 5pm...sorry!**

Chicken and bacon club, avocado, egg, tomato, lettuce, curried mayo **8.95** sandwich 610 kcal

Roast butternut squash, jack fruit, spinach, sourdough, toasted peanuts, BBQ sauce **8.95**
sandwich 141 kcal

Crispy pork belly, Treacle kim chi, Tonkatsu sauce, baby gem, sourdough **9.95** sandwich 299 kcal

Seared flat iron steak, melted swiss cheese, daikon, green apple, Dijon mustard, watercress **9.95** sandwich 166 kcal

Add a mug of today's soup **2.50**

Change up to sweet potato fries **1.25**

Treacle is proud to support only local Scotland based suppliers. Please make us aware of any allergies. Treacle cannot guarantee the absence of nuts in our dishes. We apply a 10% service to any parties of 5 or more.

Approximate Kcal based on standard recipes. Please allow for small variations.

LARGE PLATES

Red chicken laksa; pan fried chicken breast, rice noodles, coconut milk, pak choi, lime, red chilli, lemongrass **13.95** 680 kcal
*contains shellfish

Garden rice bowl; brown rice, toasted farro, spinach, avocado, roast butternut squash, turmeric, cashew cream **9.95** 630 kcal
*add grilled chicken breast or halloumi 4

Fish and chips; battered sustainable fish, fries, curry sauce **13.95** 766 kcal

Crispy katsu chicken, toasted peanuts, pad thai rice noodles **13.95** 996 kcal

Treacle ramen; miso, shitake, spinach, red chilli, kaffir lime, rice noodles, shaved daikon **9.95**
589 kcal
*add grilled chicken breast or crispy pork belly 4

SWEET PLATES

Flourless chocolate marshmallow brownie, vanilla ice cream, salted caramel **5.95** 735 kcal

Vegan banoffee pie; coconut cream, ginger snaps, banana, miso caramel, salted maple **6.95**
572 kcal

Home-made waffles, chocolate rice crispy clusters, vanilla pod ice cream, whipped cream, chocolate espresso sauce **7.95** 665 kcal

Award winning ice creams and dairy free sorbets **£2 scoop**
*ask for today's flavours



X



Synergy "social fitness at its best"

Treacle has collaborated with our dear friends at Synergy to create some body forward dishes that we know you will love.

*awarded Scotland's best gym *awarded best functional UK gym
*20% discount on your total food and drinks bill for all synergy members with current Synergy Plus card

www.synergygroupfitness.co.uk

