

Drinks

Selection of organic still and sparkling fruit juices



- Pomegranate & elderflower
- Ginger beer
- Apple
- Orange & cranberry

Alternatively we provide an array of cold drinks available from the fridge – please ask us for further details.



Simply deliciously good food!

Lo-Gi was born from a need for good quality healthy choices

The founders of Lo-Gi, Gordon (a coeliac) and Shirley (a diabetic), and their two dairy-intolerant children were tired of compromising when looking for places to eat out.



So they decided to provide everyone with that no-compromise option themselves! By everyone, they wanted to include people who may be intolerant to dairy or gluten; may be diabetic; may want to eat good, tasty, healthy food and know what went into making it - or may simply want to treat themselves without feeling guilty.

In Lo-Gi, we hope you agree, they have achieved just that - and all served in relaxed and friendly surroundings.



We are happy to provide full nutritional details if required - just ask our staff or visit our web site.



Come and visit us in our premises in Royal Victoria Place - on the corner of Ely Court and Camden Road.

Lo-Gi

simply deliciously good food!

5 Ely Court, Royal Victoria Place
Tunbridge Wells, Kent TN1 2SP

Tel: 01892 544 677

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BUSINESS & OFFICE MENU

Continental breakfast

- A selection of croissants and pastries
- Salmon and cream cheese muffins (GF)
- Bacon and egg mayo muffins (GF)
- Fruit platter

From
£7.50
per person



If you have any questions about our ingredients, just ask! You can find full dietary details on our website - as well as information about our loyalty schemes.

Sandwiches & wraps

Platters available on granary, white farmhouse or gluten free bread, wraps or a mix of your choice:

From
£4.00
per person

- Free range egg mayonnaise & rocket
- Brie, cranberry and rocket
- Cheddar, chutney and fresh green salad
- Tuna mayonnaise and cucumber
- Wiltshire ham and fresh green salad
- Crispy bacon, fresh lettuce and tomato
- Pesto, tomato, mozzarella and spinach
- Falafel, fresh mint, cucumber, spinach, tomato and houmous
- Chicken, avocado and rocket
- Smoked salmon, cream cheese and cracked pepper
- Prawn mayonnaise and fresh green salad
- Brie, crispy bacon, cranberry and rocket

We are happy to provide sandwich platters with variations of any of the listed fillings to meet your budget - please ask for details.

Super Salads

From
£4.50
per person

All salads are freshly made to order, using local and seasonal ingredients

Moroccan Cous-cous (DF, V) £6.25

Mixed leaves, spiced cous-cous, chickpeas, mint, cucumber, tomato & red onion, with olive oil dressing

Lo-Gi Super Salad (GF, DF, V) £6.25

Spinach, cucumber, edamame beans, beetroot, orange & pine nuts, with French dressing

Italian Rugola (GF, V) £6.25

Rocket, sunblush tomato, olives, parmesan, pine nuts & avocado, with balsamic dressing

We are happy to provide salad platters with variations of any of the listed fillings to meet your budget - please ask us for further details.

Fresh fruit

From
£1.50
per person

Selected seasonal fresh fruit platters available for any number of people to meet your budget - please ask for details.

Cakes bites

A selection of gluten-free, dairy-free and sugar-free cakes available daily. All are home-made, using natural ingredients and fruit as a natural sweetener.

From
£1.50
per person

