

Drinks

HOT DRINKS

Espresso	£3.50
Double Espresso	£3.75
Macchiato	£3.95
Cortado	£4.25
Flat White	£4.25
Cappuccino	£4.25
Americano	£4
Latte	£4.25
Matcha Latte	£4.95
Chai Latte	£4.95
Turmeric Latte	£4.95
Blueberry Matcha	£5.25
Strawberry Matcha	£5.25
Mocha	£4.50
Hot Chocolate	£4.50
Tea	£3.95
Immunity Brew <i>Ginger, Lemon, Apple, Hot Water</i>	£4



Mocha



Matcha Latte

Alternative Milks
Soy, Oat, Almond
Coconut, Vanilla Oat



Iced Americano



Iced Strawberry Matcha Latte

COLD DRINKS

Iced Americano	£4
Freddo Americano	£4
Iced Latte	£4.25
Freddo Latte	£4.25
Iced Matcha Latte	£4.95
Iced Chai Latte	£4.95
Iced Turmeric Latte	£4.95
Iced Strawberry Matcha	£5.25
Iced Blueberry Matcha	£5.25
Iced Mocha	£4.50
Iced Chocolate	£4.50

Smoothies



Berry Blast

£9

Mixed berries, avocado, agave, coconut water

Passion Power

£9

Mango, pineapple, avocado, coconut water, passion fruit whey protein



Green Goddess

£9

Spinach, pineapple, parsley, coriander, ginger, avocado, coconut water

Glow Getter

£8

Strawberries, raspberries, coconut water, vanilla collagen, vanilla whey protein



Snickers

£9

Banana, peanut butter, oat milk, coffee powder, chocolate whey protein

Kinder Bueno

£7.50

Peanut butter, vanilla collagen, chocolate whey protein, coconut water



+ Add Protein to £ 1.50

Vanilla Whey, Chocolate Whey, Vanilla Collagen, Vegan Protein



Berrylicious Smoothie Bowl **Ve GF**

£10.50

Mixed berries, banana, coconut yogurt, topped with homemade granola and fresh fruit

+ Add protein £1.50

Coco Loco Smoothie Bowl **Ve GF**

£10.50

Mango, pineapple, coconut yogurt, topped with homemade granola and fresh fruit

+ Add protein £1.50



All Day Breakfast

Eggs Your Way

£8.50

Poached/Scrambled/Fried eggs, served with a side of spinach and kale salad, avocado, and sourdough toast

+ Add bacon or turkey bacon £3



Omelette

£8.75

Fresh egg omelette served with a side of spinach and kale salad, avocado, and sourdough toast

+ Add Fresh Chilli £1 + Add Cheddar £2 + Add Tomato £1.50



Turkish Eggs on Toast

£9

Sourdough toast, poached eggs, Greek yogurt, roasted red peppers, harissa sauce, super seed mix

Tofu Scramble **Ve**

£9.25

Turmeric tofu served with a side of spinach and kale salad, avocado, and sourdough toast



Greek Avo Toast **v**

£9.75

Sourdough toast, avocado, onion jam, feta, and lime juice



Homemade Granola Bowl **v GF**

£7.50

Greek yogurt, berry compote, homemade granola (GF oats, almonds, raisins, pumpkin seeds, sunflower seeds)

+ Make it vegan with coconut yogurt £1

Breakfast Wrap

£9.25

Wholemeal wrap, fresh spinach, scrambled eggs, harissa sauce, avocado, bacon or turkey bacon

+ Gluten free wrap £1

Wraps

+ Gluten free wrap £1

Spiced Tofu Wrap **Ve**

£9.50

Wholemeal wrap, turmeric tofu, roasted red peppers, harissa sauce, fresh cucumber

Protein: 19g Fats: 13g Carbs: 36g Fibre: 7g



Halloumi Wrap **v**

£9.50

Wholemeal wrap, halloumi, roasted red peppers, harissa sauce, fresh cucumber

Protein: 17g Fats: 17g Carbs: 35g Fibre: 6g



Chipotle Chicken Wrap

£9.75

Wholemeal wrap, chipotle chicken, fresh lettuce, cheddar, mayo

Protein: 26g Fats: 40g Carbs: 37g Fibre: 4g



Balance Bowls

+ Add Protein
 Turmeric Tofu £3.25, Lentil Chilli £3.25, Halloumi £2,
 Gochu Tofu £3.25, Egg £2, Chipotle Chicken £4, Roasted
 Chicken £4, Miso Salmon Fillet £5



Kale Salad Bowl **Ve GF**

£12

Kale, spinach, roasted sweet potato, beluga lentils, cucumber, cherry tomatoes, pomegranate vinaigrette, super seed mix
 Protein: 15g Fats: 13g Carbs: 45g Fibre: 16g

Lentil Chilli Bowl **Ve GF**

£13

Whole grain rice, homemade lentil chilli, turmeric tofu, broccoli, fresh slaw, harissa sauce, fresh chilli
 Protein: 26g Fats: 15g Carbs: 54g Fibre: 13g



Chipotle Chicken Bowl **GF**

£15

Quinoa, kale and spinach salad with vinaigrette, chipotle chicken, avocado, broccoli, super seed mix
 Protein: 28g Fats: 23g Carbs: 35g Fibre: 10g

Sake Bowl **GF**

£15.25

Whole grain rice, miso salmon fillet, avocado, cucumber, edamame, pickled ginger and radish, wasabi mayo, furikake
 Protein: 32g Fats: 58g Carbs: 39g Fibre: 9g



Seoul Bowl **Ve GF**

£13

Rice, gochu tofu, pickled radish, cucumber, broccoli, spring onions, avocado, edamame, peanut sesame sauce, toasted sesame seeds
 Protein: 21g Fats: 20g Carbs: 53g Fibre: 9g

Mediterranean Chicken Bowl **GF**

£15

Quinoa, roasted chicken, homemade slaw, roasted red peppers, maple sweet potato, feta, green goddess sauce, super seed mix
 + Swap chicken for halloumi **V**
 Protein: 31g Fats: 26g Carbs: 53g Fibre: 9g



Make Your Own Bowl £13.25

Choose Your Base (Upto 2): Quinoa Whole Grain Rice Lettuce Kale and Spinach Salad

Choose your Protein:	Choose your Veggies (Upto 2):	Choose your Toppings:	Choose your Sauce:
Turmeric Tofu Ve Lentil Chilli Ve Two Eggs Your Way Gochu Tofu Ve Grilled Halloumi V Roasted Chicken + £2 Chipotle Chicken + £2 Miso Salmon Fillet + £2.50	Homemade Slaw Ve Maple Sweet Potato Broccoli Avocado Cherry Tomatoes Edamame Cucumber Roasted Red Peppers	Fresh Chilli Furikake Pickled Ginger Pickled Radish Super Seed Mix Onion Jam Feta Cheese	Harissa Sauce Ve Green Goddess Ve Wasabi Mayo Peanut Sesame Ve Pomegranate Vinaigrette Ve