

# JUICES

**OUT / IN**

**SMALL**

£3.95 / £4.25

**LARGE**

£5.25 / £5.65

## **GREEN MACHINE**

Broccoli, celery, spinach, cucumber, courgette, ginger and lemon

## **FABULOUSLY FOCUSED**

Carrot, apple and ginger

## **BRIGHT & BEAUTIFUL**

Beetroot, apple, lemon, celery and carrot

## **THE CURE**

Apple, pineapple, celery, ginger and lemon

## **PURE GOODNESS**

Apple, celery, cucumber, mint, spinach and lemon

## **JUST CELERY**

Celery

**Reduce your footprint & bring your own cup. We'll reward you with a 25p discount!**

Eat in prices include VAT and service charge.

# HOT DRINKS

	OUT / IN
<b>ESPRESSO</b>	£2.20 / £2.35
<b>AMERICANO</b>	£2.20 / £2.35
<b>CAPPUCCINO</b>	£2.60 / £2.80
<b>FLAT WHITE</b>	£2.60 / £2.80
<b>LATTE</b>	£2.60 / £2.80
<b>HOT CHOCOLATE</b>	£3.00 / £3.20
<b>MATCHA LATTE</b>	£3.20 / £3.45
<b>CHAI LATTE</b>	£3.20 / £3.45
<b>TEA</b> English Breakfast, Earl Grey, Ginseng, Chai, Mint	£2.30 / £2.45
<b>FRESH MINT TEA</b>	£2.30 / £2.45
<b>GINGER &amp; LEMON</b>	£2.30 / £2.45
<b>MATCHA TEA</b>	£2.30 / £2.45
<b>CHAI TEA</b>	£2.30 / £2.45

## **MILKS AVAILABLE:**

Oat, Almond, Cashew, Coconut, Rice or Dairy

Reduce your footprint & bring your own cup. We'll reward you with a 25p discount!

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# SMOOTHIES

	OUT / IN
<b>SMALL</b>	£4.95 / £5.30
<b>LARGE</b>	£6.25 / £6.70

**EXTRA BOOST** +75p (Protein Powder / Rolled Oats / Chia Seeds)

## **AVO PINA BANANA**

Avocado, pineapple, banana, spinach, a drop of maple syrup and oat milk

## **BERRY GOOD**

Mixed berries, apple, banana and coconut milk

## **BANANA NUT**

Banana, almond butter, dates, cinnamon and almond milk

## **CHOCOCADO**

Cacao, avocado, dates, banana, almond butter, a pinch of salt and almond milk

	OUT / IN
<b>SMOOTHIE BOWLS</b>	£6.25 / £6.70

## **ACAI SMOOTHIE BOWL**

Acai, banana, mixed berries and almond milk with seasonal toppings

## **BERRY SMOOTHIE BOWL**

Mixed berries, banana, oats, cinnamon and coconut milk with seasonal toppings

**Reduce your footprint & bring your own cup. We'll reward you with a 25p discount!**

Eat in prices include VAT and service charge.

# SALAD BAR

Build your own with our seasonal salads and delicious mains.

	<b>OUT / IN</b>
<b>TWO SALADS</b>	£6.30 / £6.75
<b>TWO SALADS + MAIN</b> + Salmon 90p	£8.30 / £8.75
<b>THREE SALADS</b>	£7.30 / £7.85
<b>THREE SALADS + MAIN</b> + Salmon 90p	£9.30 / £9.85

## TOP TIPS

- Request a free side of our delicious white bean mash.
- You can also mix and match salads with hot dishes for the same price.

Reduce your footprint & bring your own tupperware.  
We'll reward you with a 75p discount!

Eat in prices include VAT and service charge.

# BUILD-YOUR-OWN-BREAKFAST

OUT / IN

## OAT BOWLS

£2.80 / £3.60

## PORRIDGE

Served with your choice of milk

## BIRCHER MUESLI

Oats, apple and cinnamon

## GRANOLA

Our signature recipe made with pecans, goji berries and almonds

## MUESLI

Coconut, hazelnut and sultanas

## BUCKWHEAT MUESLI

A delicious blend of buckwheat, almonds and golden raisins

## EXTRAS

+ Toppings / 50p

+ Coconut yoghurt / £1.00

All served with your choice of milk.

Eat in prices include VAT and service charge.

# HOT FOOD

**OUT / IN**

## **COCONUT DAL**

£4.95 / £5.35

Coconut dal with peppers, tomato and chickpeas

## **WEEKLY SPECIALS**

See counter for weekly specials

## **SOUP**

£3.75 / £4.05

## **VEG STEW**

£4.95 / £5.35

## **PROTEIN STEW**

£5.45 / £5.85

+ a slice of sourdough bread 40p

All served with your choice of brown rice or quinoa.

**Reduce your footprint & bring your own tupperware.  
We'll reward you with a 45p discount!**

Eat in prices include VAT and service charge.

# BREAKFAST PLATES

## **POACHED EGGS** £7.75

Organic, free-range poached eggs on sourdough with dukkah and red pepper ketchup

+ Avocado / £1.00

+ Organic smoked salmon / £2.00

## **BAKED EGGS** £8.40

Organic, free-range baked eggs with tomato and basil, served with sourdough toast

## **AVOCADO TOAST** £7.75

Smashed avocado on sourdough toast with a dukkah crumb

## **BANANA PANCAKES** £8.40

Banana pancakes with coconut yogurt and homemade berry compote

Eat in prices include VAT and service charge.

**AVAILABLE**  
Weekends until 14.30

# BREAKFAST BOWLS

**SMOOTHIE BOWLS**      **OUT / IN**  
£6.25 / £6.70

## **ACAI SMOOTHIE BOWL**

Acai, banana, mixed berries and almond milk with seasonal toppings

## **BERRY SMOOTHIE BOWL**

Mixed berries, banana, oats, cinnamon and coconut milk with seasonal toppings

**OAT BOWLS**      **OUT / IN**  
£4.80 / £5.20

## **SIGNATURE PORRIDGE**

Oat milk porridge, spiced date syrup, flaxseed, banana, coyo and almonds

## **SIGNATURE BIRCHER**

Apple, cinnamon and lime bircher muesli with nuts, berry compote and almond butter

Eat in prices include VAT and service charge.

**AVAILABLE**  
Weekends until 14.30