

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

Eat in prices include VAT and service charge.

SMOOTHIES

	OUT / IN
SMALL	£4.95 / £5.30
LARGE	£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
SMOOTHIE BOWLS	£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.

	OUT / IN
TWO SALADS	£6.30 / £6.75
TWO SALADS + MAIN + Salmon 90p	£8.30 / £8.75
THREE SALADS	£7.30 / £7.85
THREE SALADS + MAIN + 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

AVOCADO TOAST £7.75

Smashed avocado on sourdough toast with a dukkah crumb

+ Soft-boiled egg / £1.00

+ Organic smoked salmon / £2.00

MUSHROOM & WALNUT BURGER £8.75

Served on sourdough toast with white bean mash, baby gem lettuce and avocado

BAKED EGGS £8.40

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

BERRY WAFFLES £8.40

With Coyo and homemade compote

BANANA WAFFLES £8.40

With nut butter and cacao nibs

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