

Breakfast Time

⚡ All food that is eaten in will incur an additional 20% VAT charge.



OATS



BANANA PORRIDGE £2.75



BERRY PORRIDGE £2.60



BIRCHER MUESLI £2.60

BANANA BREAD



BANANA BREAD,
COMPOTE
& COYO

1 Slice / 2 Slices

£2 / £3.75

OPEN SANDWICHES



AVOCADO
& BABY GEM

1 Slice / 2 Slices

£3 / £5.50



EGG MAYO

£3 / £5.50



HUMMUS
& TOMATO

£3 / £5.50



SALMON
& CUCUMBER

£3 / £5.50



ALMOND BUTTER
& BLUEBERRIES

£3 / £5.50

Salads and Protein

Hot Food



£5.95

+



£7.95

*90p extra for salmon fillet



£6.95

+



£8.95

*90p extra for salmon fillet



Warm the soul with a steaming
pot of goodness



VEG STEW £4.95

PROTEIN STEW £5.45

SOUP £3.75



Egg Wraps



A delicious egg-based wrap filled with hummus and avocado



SALMON WRAP £5.75

CHICKEN WRAP £5.75

AVOCADO WRAP £4.95



Drinks



COLD

JUICES £3.95

GREEN MACHINE

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

FABULOUSLY FOCUSED

Carrot, apple & ginger

BRIGHT & BEAUTIFUL

Beetroot, apple, celery & carrot

SMOOTHIE £4.95

AVO PIÑA BANANA

Avocado, banana, pineapple, spinach & rice milk

HOT

COFFEE

Espresso	2.2
Piccolo	2.4
Cortado	2.4
Americano	1.9
Cappuccino	2.6
Flat White	2.6
Caffe Latte	2.6

Hot Chocolate	3
Matcha Latte	4
Chai Latte	3.2

TEA

English Breakfast	2.3
Earl Grey	2.3
Green	2.3
Detox	2.3
Matcha	2.3
Chai	2.3

FRESH

Mint	2.3
Ginger & Lemon	2.3

