Freshly Pressed Juice

 Carrot
 £4.95

 Orange
 £4.95

 Celery
 £4.95

 Mixed
 £5.25

ce Coffee (500ml / 700ml)

Ice blended beverages

Iced Matcha

Don't hesitate to ask for an espresso shot!

 Ice Coffee
 £5.00 / £6.00

 Sugar-free Ice Coffee
 £5.50 / £6.00

 Caramel Ice Coffee
 £5.50 / £6.50

 Caramel nibs
 £6.00 / £7.00

Crushed pecans

Add Whipped Cream +£0.50

Portoccinos (500ml / 700ml)

All served with whipped cream and treats!

 Pistachio
 £6.00 / £7.00

 Cookies & Cream
 £6.00 / £7.00

 Lotus
 £6.00 / £7.00

lced Drinks	(500ml)
Served on the rocks!	
Iced Latte	£5.00
1	05.00

£5.00
Add: Caramel / Vanilla / Hazelnut +£0.50





Choose your base:

Oat / Coconut / Soya / Almond / Fresh Milk / Water / Orange Juice / Apple Juice

Rise & Shine Oats, dates, banana	£6.00
Acai Bliss Acai, mango, bluebernies, dates	£6.50
Mango Delight Mango, pineapple, dates	£6.50
Tootie Frootie Strawberry, banana, dates	£6.50
Pineapple Express Pineapple, spinach, mint	£7.00
Hulk Up Post-workout Protein powder, pecans, banana & maple syrup	£7.00

Bubble Tea

(500ml / 700ml)

Includes one boba topping

- 1 Low Sugar / Regular Sugar / More Sugar
- 2 Regular / Add Ice
- 3 Choose your Base:

Fruit Tea

Lychee / Peach / Strawberry / Mango / Passion Fruit / Honey Green Jasmine Tea

Milk Te

£5.25 / £5.75

£4.95 / £5.45

Matcha / Brown Sugar Milk / Caramel Frappe

Slush

£4.75 / £5.25

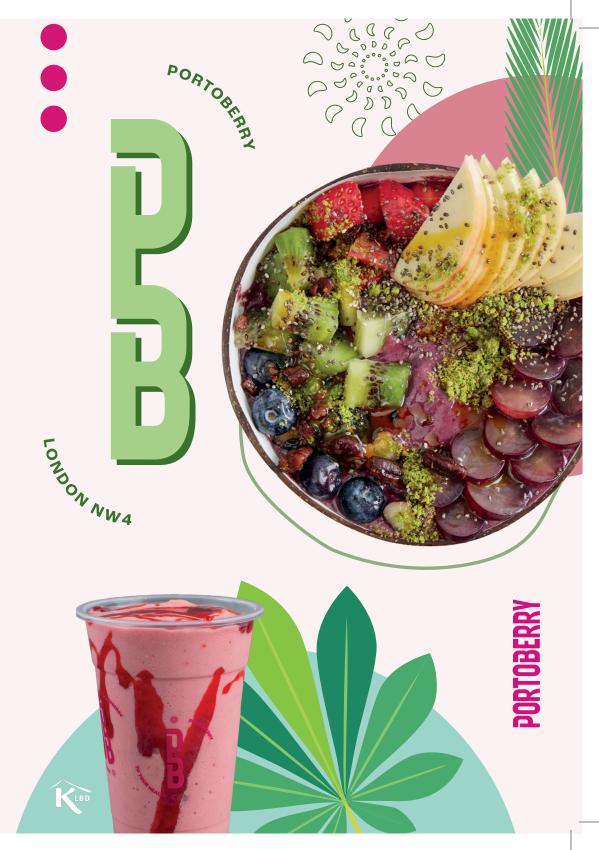
Watermelon / Limonana / Passion Fruit / Mango / Raspberry / Peach

4 Choose your Boba in:

(choose 1)

Lychee / Mango / Pineapple / Strawberry / Passion Fruit / Peach / Blueberry / Coconut / Tapioca Pearls / Brown Sugar Tapioca

Extra Boba +£0.75



Brunch

Sourdough Toast

All sourdough topped with Olive oil and Sumac, served with Rocket leaves and a slice of lemon.

Poached Foos **Smoked Salmon** £12.95 Sourdough toast, 2 poached eggs served with smoked salmon

£12.95 Soundough toast, crushed avocado served with 2 poached eggs

£13.95 Soundough toast, crushed avocado, 2 poached eggs and smoked salmon

Smoked salmon +£3 / Feta +£2 / Poached egg +£2 / Omega seeds +£0.50

Greek Yoghurt

Served with Granola, fresh berries and honey

Wraps, Sandwiches & Melts

Wraps & Sandwiches

Swap for classic sourdough +£1.00

The Veganista Avocado, mixed lettuce, spinach, tomato confit. garlic confit, grapes, pine nuts, lime zest

Little Tuscany

Mozzarella, pesto, mixed lettuce, tomato, pine nuts, balsamic vinegar -

Mediterranean £9.50 Feta, olive tapenade, pesto, mixed lettuce, roasted pepper, grilled aubergine

£10.50

Camembert, mixed lettuce, sundried tomato. caramelised pecans, granola, honey

£10.50

Tuna salad, boiled egg, mixed lettuce, mixed peppers, cucumber, tomato, red onion

Cheese Melts

Swap for classic sourdough +£1.00

Tomato Melt £6.50 Fresh tomato sauce, fresh tomatoes with cheddar

Tuna Melt £7.50 Tuna salad, olive tapenade with cheddan

3 Cheese Melt £7.50 Cheddan, camembert and feta with fresh pesto

Poké / BYO Salad

Choose uour Base:

Mixed Lettuce / Quinoa / Rice £10.50

Choose your protein:

£1.50 Boiled egg Tuna Salad / Mozzarella / Feta / Grilled Salmon £2.00 £2.00 Fresh Tuna £3.00 **Grilled Tuna** £3.00

Choose your toppings (x5)

Caramelised Beetroot · Grilled Aubergine · Dried Tomato Salsa · Sweet Potato · Mixed Peppers · Tomato Confit · Tomato · Cucumber · Black Olives · Green Olives · Red Onion · Spring Onion · Pomegranate · Mango · Pineapple · Kiwi · Avocado · Strawberry · Caramelised Pecans · Roasted Cashews · Mixed Sesame · Chia Seeds · Pine Nuts · Crispy Onion · Croutons · Chickpeas

Choose your dressing

Teriyaki · Ponzu · Balsamic Olive Oil · Spicy Mayo · Lime Vinaigrette · French Dressing

Choose between:

Mixed / Mixed with Dressing / Stacked

Every day we serve a different soup. Ask the chef for the soup of the day:

Tomato / Lentil / Mushroom / French Onion

Soup of the Day Served with croutons Add cheddar cheese +£1

House Salads

£10.50

Mixed Lettuce, tomato, red onion, pine nuts, spinach, sun dried tomatoes, mozzarella, pesto, balsamic vinaigrette, olive oil

The Greenie £10.50

Avocado, caramelised beetroot, chia seeds, mixed lettuce, quinoa, pomegranate, caramelised pecans, mango, French dressing

£10.50 Greek Feta

£12.95

Mixed lettuce, tomato, mixed peppers, red onion, black olives, feta, spinach, grilled aubergine, olive oil

Quinoa Avocado

Quinoa, cherry tomatoes, cucumber, red onion, avocado, coriander, lime vinaigrette

612.95 Mediterranean Quinoa

Quinoa, rocket, chickpeas, roasted red peppers, olives, feta, boiled egg, balsamic vinaignette

£13.95

Lettuce, kale, croutons, grated parmesan cheese with grilled salmon in a Caesar dressing

Grilled Salmon Fillet +£7 / Feta +£2 / Avocado +£2 / Boiled Egg + £1.50

Froyo

Smoothie Bowls

Served with 2 toppings and a sauce of your choice

Choose your base:

Oat · Coconut · Sova · Almond · Fresh Milk · Water · Orange Juice · Apple Juice

Choose your fruit base:

Mango · Banana · Pineapple

Blue Spirulina Choose milk base / choose fruit base

'An algae plant packed with protein, vitamins, minerals and promotes pain relief'

£8.50

Mango Supreme

Choose milk base

'A delicious bowl the makes your skin glow, provides a strong injection of immunity, improves digestion and keeps your vision sharp'

Choose milk base / choose fruit base

'A Brazilian superfood which acts as an anti-oxidant power house. Plenty of beneficial nutrients and boosts energy and performance'

Froyo

£6.00 Our healthy froyo blended with your topping of choice: Mango / Strawberry / Blueberry / Pineapple / Banana / Acai

£0.85

Blueberry · Banana · Pomegranate · Pineapple Strawberry · Lychee · Kiwi · Mango · Coconut Flakes · Almond Flakes · Ground Pistachio · Chia seeds · Granola · Crushed Oreo · Dark chocolate · White Chocolate · Chocolate Cornflakes · Crispy Choco Crunch \cdot Caramelised Pecans

£0.75 Chocolate · Strawberry · Honey · Silan ·

Maple · Passion Fruit

Naughty £1.00

Caramel · Halva · Oreo · Peanut Butter





