

## BRUNCH (10 - 11.30)

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### SMASHED AVO ON TOAST £6.00

Smashed avocado on sourdough toast with chilli and sea salt

### WHOLESOME BOWL £9.00

quinoa, avocado, spinach, broccoli, mushrooms, cherry tomatoes, sweet potato hash, poached eggs or scrambled tofu, seeds and balsamic dressing

### DEVILLED EGGS £8.50

fried free range eggs on sourdough with grilled halloumi, avocado and spicy siracha sauce

### BREAKFAST BAP £5.00

fried free range eggs / grilled halloumi / avocado / bacon / sausage

### SMOKED SALMON BRUSCHETTA £9.00

sourdough topped with smoked salmon, cream cheese, rocket, red onion and black pepper

### MINI PASTRIES X 3 £2.50

a mixture of 3 fresh mini pastries

## SMOOTHIES

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### BOOST £4.50

Strawberries, raspberries, blueberries, banana and almond mylk

### TONE £4.50

Mango, pineapple, banana and coconut mylk

### WORKOUT £4.50

Almond butter, banana, dates and almond mylk

### GLOW £4.50

avocado, grapes, pineapple, spinach and apple

### POWER £4.50

acai, banana and apple

## JUICES

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### NUDE £4.20

Apple, orange and carrot

### REPLENISH £4.20

Beetroot, carrot, apple, spinach, carrot

### DETOX £4.20

Apple, pear, kale, cucumber, lime

### IMMUNE BOOST £4.20

Apple, carrot, ginger, turmeric, and lemon

### REVITALISE £4.20

Carrot, orange, ginger

## SMOOTHIE BOWLS

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### ACAI BOWL £7.50

Acai especial, banana, granola, honey or maple

### BERRY BOWL £7.50

Strawberries, raspberries, blueberries, banana, granola, goji berries honey or maple

### TROPICAL BOWL £7.50

Mango, pineapple, banana, granola, coconut flakes, goji berries, honey or maple

## COFFES & TEAS

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ESPRESSO £2.20

LONG BLACK £2.30

AMERICANO £2.30

FLAT WHITE £2.50

CAPPUCINO £2.80

LATTE £2.80

MOCHA £2.90

ICED LATTE £2.90

## TEAS

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BREAKFAST TEA £1.50

GREEN/MINT/LEMON & GINGER TEA £1.90

## LATTES

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CHAI £2.90

MATCHA £2.90

TURMERIC £2.90

HOT CHOCOLATE £2.50

### ALT MYLKS £0.50

SOYA/OAT/ALMOND/COCONUT