REFRESHMENTS

Still or Sparkling spring water 330ml / 750ml	£1.9 / £3.8
Coconut water	£2.2
Square root – Cola, Lemonade or Flavor of the month	£2.9

COFFEE		TEA	
Espresso (double)	£2.2	Breakfast Tea	£1.5
Long black	£2.3	Green/Mint/Lemon & Ginger/Berry/Redbush	£1.9
Americano (black)	£2.3		
Macchiato/Piccolo	£2.3	HOT DRINKS / LATTES	
Flat White	£2.5	Chai Latte	£2.9
Cappuccino	£2.8	Matcha Latte	£2.9
Latte	£2.8	Turmeric Latte	£2.9
Mocha	£2.9	Hot Chocolate	£2.2
Iced Café Latte	£2.9		

Choose from a range of alternative barista mylks; Soya, Oat, Almond and Coconut for an extra £0.5

BRUNCHTAILS

Bloody Mary – vodka, tomato juice, tabasco sauce and worcestershire sauce	£8.5
Bucks Fizz – prosecco, freshly squeezed orange	£8.5
Espresso Martini – vodka, kahlua, double espresso shot and agave syrup	£8.5

BREAKFAST AND BRUNCH (09.00 – 11.30)

Nude Breakfast - nitrate free bacon, grilled field mushroom, organic sausage, chorizo beans, cherry tomatoes, poached eggs and organic sourdough toast	£9.5	
Breakfast Bowl - avocado, spinach, broccoli, mushrooms, cherry tomatoes, sweet potato hash, breakfast beans in a tomato stew, poached eggs or scrambled tofu, organic sourdough toast, seeds and balsamic dressing	£9.0	$\bigcirc \bigcirc$
Rainbow Bruschetta – organic sourdough bruschetta with; smoked salmon and cream cheese free range poached eggs and avocado beetroot hummus and feta sautéed mushrooms, spinach and cherry tomatoes	£9.0	
The Mushroom - grilled field mushroom, cherry tomatoes, spinach and poached eggs or scrambled tofu on toasted organic sourdough	£7.5	$\bigcirc \bigcirc$
Beans on Toast - mixed bean and chorizo stew, poached eggs and parsley on toasted organic sourdough	£7.5	
Breakfast Bagel - cured ham, spinach and free-range egg baked in a whole wheat seeded bagel with hollandaise sauce	£7.5	
Baked Avocado – with free range poached egg in a baked avocado half with smoked salmon and organic sourdough soldiers	£8.5	
Devilled Eggs - fried free-range eggs on organic sourdough, grilled halloumi, avocado and spicy siracha sauce	£7.5	⊗
Pancakes – organic oats, banana and blueberry pancakes with mixed berries, yogurt or koyo and honey, maple syrup or agave	£7.5	



Smashed Avocado Toast – smashed avocado, lime juice, sea salt and chill on organic sourdough toast	£5.5	\bigcirc
Breakfast Bap – brioche bun with any three of the protein additions	£6.5	
Porridge – organic oats, organic oat milk, fruits seeds, nuts and maple	£5.5	0
Fruit, Granola, Yoghurt – yogurt or koyo, berries and homemade granola	£5.0	$\otimes \Diamond$

ADDITIONS

Organic Sourdough Toast £1.5 | Gluten Free Toast £1.5 | Field Mushroom £2.0 | Avocado £2.5 | Scrambled Tofu £2.5 | Poached Eggs £2.0 | Fried Eggs £2.0 | Grilled Halloumi £3.0 | Smoked Salmon £4.0 | Bacon £3.0 | Sausage £3.0

SMOOTHIE BOWLS

Acai Bowl - acai, granola, banana, coconut flakes, goji berries, cacoa nibs and honey or maple	£7.5	$\Theta \mathbb{Q} \oplus$
Blue Bowl – blue spirulina, mango, pineapple, banana, granola, cacoa nibs, goji berries and agave	£7.5	
Tropical Bowl – mango, pineapple, banana, granola, goji, coconut flakes and bee pollen and maple syrup	£7.5	
Berry Bowl – strawberries, raspberries, blueberries, banana, granola, coconut flakes, goji berries, cacoa nibs and honey or maple	£7.5	

SMOOTHIES ♥ ♦

Boost - strawberries, raspberries, blueberries, banana and almond mylk	£4.5
Tone - mango, pineapple, banana and coconut mylk	£4.5
Workout - almond butter, banana, dates, and almond mylk	£4.5
Glow - avocado, grapes, pineapple, spinach and apple	£4.5
Power – acai, banana and apple	£4.5

JUICES ♥ ♦

Nude – carrot, orange, apple	£4.2
Replenish - beetroot, carrot, apple, spinach, cucumber	£4.2
Detox - apple, pear, kale, cucumber, lime	£4.2
Immune Boost - apple, carrot, ginger, turmeric and lemon	£4.2
Revitalise - carrot, orange, ginger	£4.2
Purely Apple – Freshly juiced apples	£4.2
Purely Orange – Freshly juiced oranges	£4.9

