

BREAKFAST

GRANOLA TOPPED WITH BERRIES & CHIA COMPOTE	7
<div><div>M</div><div>O</div><div>V</div><div>TN</div><div>SE</div></div>	
PROTEIN PORRIDGE	6
+ berries or peanut butter 2	
<div><div>V</div><div>P</div><div>SY</div></div>	
OVERNIGHT OATS	6
topped with berries & chia compote + honey (oat milk + cottage cheese)	
<div><div>V</div><div>M</div></div>	
NUTTY DATE CHIA PUDDING	7
with date caramel, peanut butter, maple syrup & oat milk	
<div><div>V</div><div>P</div></div>	
GF PROTEIN PANCAKES (optional: add cottage cheese)	8
+ berries & chia compote or banana & peanut butter	
<div><div>M</div><div>E</div><div>V</div><div>SY</div></div>	
CHICKEN SAUSAGE BAP	8
<div><div>S</div><div>G</div><div>C</div></div>	
SCRAMBLED EGGS & SALMON ON TOAST (optional: add cottage cheese)	14
<div><div>E</div><div>W</div><div>F</div></div>	
POACHED EGGS & AVO ON TOAST	12
<div><div>S</div><div>W</div><div>E</div></div>	
3 EGGS OMELETTE (optional: add cottage cheese)	8
<div><div>E</div><div>V</div></div>	
AVO OR EGGS ON TOAST	7
on toasted sourdough & mixed seeds	
<div><div>W</div><div>E</div><div>S</div></div>	
EGG POT	4
boiled eggs & spinach	
<div><div>E</div><div>V</div></div>	

EXTRAS

+ SALMON	7	+ AVOCADO	4	+ EGG	2
+ CHICKEN	7	+ SPINACH	3	+ OLIVES	2
+ SAUSAGE	3	+ FETA	3	+ TOAST	1.5

PASTA & SALADS

SUNDRIED TOMATO PESTO PASTA	11
roasted peppers, feta, sunblush tomato, smoked almonds & basil	
<div><div>TN</div><div>M</div><div>W</div><div>V</div></div>	
VEGAN GREEN PESTO PASTA	10
green beans, cherry tomatoes, basil, smoked almonds, garlic & olive oil	
<div><div>VG</div><div>TN</div><div>W</div></div>	
CHOPPED CHICKEN SALAD	13
chicken, feta, lettuce, cherry tomatoes, avo, olives, croutons & house dressing	
<div><div>W</div><div>M</div><div>S</div><div>M</div></div>	
MEDITERRANEAN SALAD	11
spinach, black & white quinoa, broccoli, cauliflower, green pesto, smoked almonds, feta, pumpkin & sunflower seeds	
<div><div>V</div><div>TN</div><div>M</div></div>	
WINTER CRUNCH SALAD	11
pickled cabbage, quinoa, roasted peppers, feta, olives, green beans, cucumber, lettuce & house dressing	
<div><div>M</div><div>V</div><div>M</div></div>	

WRAPS & BAGELS

CHICKEN WRAP	13
chicken, spinach, avo, sunblush tomato, feta	
<div><div>W</div><div>O</div><div>B</div><div>M</div></div>	
TUNA WRAP	11
tuna, yoghurt, mustard, spinach & sunblush tomato	
<div><div>F</div><div>M</div><div>M</div><div>W</div><div>O</div><div>B</div></div>	
SMOKED SALMON BAGEL	12
spinach, smoked salmon, cream cheese & seeded bagel	
<div><div>M</div><div>E</div><div>W</div><div>F</div></div>	

DESSERT

CHOCOLATE TOFU PUDDING	6.5
silken tofu, 72% dark choc, peanut butter, vanilla, hazelnut and maple syrup	
<div><div>SY</div><div>P</div><div>TN</div></div>	

ALTHOUGH CERTAIN DISHES DO NOT CONTAIN ALLERGENS, CROSS CONTAMINATION CANNOT BE GUARANTEED, PLEASE CONSULT A MEMBER OF STAFF FOR SPECIAL REQUIREMENTS, SOME FOOD MAY CONTAIN SULPHITES

SMOOTHIES

NUTTY ANA 415 KCALS	8.5
almond milk, banana, ice, peanut butter, chocolate plant protein	
TN P SY	
LOVE MACHINE 296 KCALS	8.5
coconut milk, banana, strawberries, vegan protein, dates, maca	
SY	
GREEN IRON 322 KCALS	8.5
spinach, spirulina, banana, pineapple, coconut milk, lemon juice, vegan protein, salt	
SY S	
BERRY BLAST 135 KCALS	8.5
cranberries, blackberries with vanilla vegan protein, choice of milk & ice	
TN SY	
SUPERHERO 428 KCALS	8.5
banana, almond milk, peanut butter, gluten-free rolled oats, chocolate plant protein, cacao powder	
TN P SY	

BEET IT 290 KCALS	8.5
beetroot, blueberries, almond milk, vegan protein, bananas, dates, chilli	
TN SY	
CACAO POW 196 KCALS	6.5
banana with chocolate vegan protein, choice of milk, water & ice	
TN SY	
PROTEIN SHAKE	6
chocolate or vanilla with choice of milk (almond, oat, soy, coconut, whole, skimmed)	
SY	

EXTRAS 2

+ FRUIT	+ CREATINE
+ PROTEIN	+ DATES
+ SPIRULINA	+ SPINACH
+ MACA	+ OATS
+ COLLAGEN	+ CACAO
+ PEANUT BUTTER	+ CHIA SEEDS

JUICES

C-BOOST 136 KCALS	6
apple, carrot, orange, ginger, guarana	
GREEN GLOW 195 KCALS	6
kiwi, cucumber, coconut water, lime, salt, honey	
ORANGE 95 KCALS	6
250 ml	
APPLE 84 KCALS	6
250 ml	
CARROT 65 KCALS	6
250 ml	

JUICE SHOTS

LEXY SHOT 20 KCALS	3.5
ginger, lemon & cayenne pepper	
GINGER SHOT 25 KCALS	3.5
LEMON SHOT 15 KCALS	3.5
BEETROOT SHOT 25 KCALS	3.5