

## BREAKFAST

**SCRAMBLED EGG** S D G NS E VG 9.00  
**440KCAL**  
 guacamole on seeded bread\*

**PORRIDGE** **266KCAL** D NS 6.00  
 banana with sugar free chocolate  
 & hazelnut sauce

**PORRIDGE** **266KCAL** D 6.00  
 mixed berries

**SMOKED SALMON** F D G NS E 7.95  
**BAGEL** **569KCAL**  
 rocket & soft cheese on a bagel

**SMOKED SALMON** F D G NS 8.45  
**519KCAL**  
 guacamole & feta on seeded bread\*

\*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.

S Soy M Mustard C Celery VG Vegetarian V Vegan  
NS Nuts & Seeds D Dairy G Gluten E Eggs F Fish

## SMOOTHIES

**NUTTY-ANA** **415KCAL** NS 4.45  
 almond milk, banana, ice, peanut butter  
 Add protein for £2

**SUPERHERO** **566KCAL** NS V 6.50  
 banana, rice milk, peanut butter,  
 gluten free rolled oats, chocolate plant  
 protein, flax seed, cacao powder

**CHERRY BOMB** **430KCAL** NS V 6.50  
 cherries, almond milk, peanut butter,  
 hazelnuts, vanilla plant protein, agave  
 nectar, quinoa

**GREEN IRON** **322KCAL** NS V 6.50  
 kale, spirulina, chlorella, banana,  
 pineapple, coconut milk, lemon juice,  
 sunflower seeds, plant protein, salt

**ANTIOX ACAI** **350KCAL** NS V 6.50  
 almond milk, bananas, acai, ice,  
 vanilla plant protein, glutamine, quinoa

## PROTEIN HIITS

**CACAO POW** **196KCAL** NS 4.75  
 banana with chocolate vegan protein  
 choice of milk, water & ice

**BERRY BLAST** **135KCAL** NS 4.75  
 cranberries, blackberries with vanilla  
 vegan protein choice of milk, water & ice

**CHOCOLATE OR VANILLA** 4.00  
**PROTEIN SHAKE**  
 choice of milk, water & ice

## JUICES

**PURE COCONUT WATER** **183KCAL** V 5.95  
 with coconut meat

**POMEGRANATE** **51KCAL** V VG 5.95

**C BOOST** **330KCAL** V 5.95  
 apple, carrots, orange, ginger, guarana

**SIRT JUICE** **60KCAL** C 5.95  
 celery, kale, rocket, lemon juice, ginger,  
 parsley & matcha

**GREEN DAY** **114KCAL** 5.95  
 apple, broccoli, asparagus, mint, lemon &  
 progreen powder