

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 6.95

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