

BREAKFAST

SCRAMBLED EGG S D G NS E VG 8.00

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 9.00

519KCAL

guacamole & feta on seeded bread*

POACHED EGGS D E 9.45

422KCAL

avocado, feta & rocket 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

Our Smoothies come in 2 sizes, small (12oz) and regular (16oz)

NUTTY-ANA **311/415KCAL** NS S 5.00 R 6.50

almond milk, banana, ice, peanut butter, chocolate plant protein

SUPERHERO **321/428KCAL** NS V S 5.00 R 6.50

banana, rice milk, peanut butter, gluten free rolled oats, chocolate plant protein, flax seed, cacao powder

CHERRY BOMB **227/302KCAL** NS V S 5.00 R 6.50

cherries, almond milk, peanut butter, hazelnuts, vanilla plant protein, agave nectar, quinoa

GREEN IRON **241/322KCAL** NS V S 5.00 R 6.50

kale, spirulina, chlorella, banana, pineapple, coconut milk, lemon juice, sunflower seeds, plant protein, salt

ANTIOX ACAI **262/350KCAL** NS V S 5.00 R 6.50

almond milk, bananas, acai, ice, vanilla plant protein, glutamine, quinoa

PROTEIN HIITS

Our Protein HIITS come in 1 size, regular (16oz)

CACAO POW **196KCAL** NS 5.00

banana with chocolate vegan protein choice of milk, water & ice

BERRY BLAST **135KCAL** NS 5.00

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