
YOU ARE WHAT YOU EAT



HEALTH IS WEALTH

SMOOTHIE BOWLS

ADD CASHEW BUTTER, BISCOFF OR NUTELLA FOR £1

12OZ £8 16OZ £10

TRUE BLUE BABY

Blue Spirulina blend base. Granola, fresh banana, strawberries, blueberries, pineapple. Drizzled in agave syrup, sprinkled with coconut shavings, goji berries and chia seeds. (vg)(gf)

COCONUTS ABOUT YOU

Coconut blend base. Granola, fresh strawberries, banana, pineapple and blueberries. Drizzled in chocolate coconut syrup, sprinkled with coconut shavings, chia seeds and cacao nibs. (vg)(gf)

PINK PATAYA

Dragonfruit blend base. Granola, fresh dragonfruit, kiwi, pineapple and blackberries. Drizzled in agave syrup, sprinkled with coconut shavings, goji berries and chia seeds (vg)(gf)

CLASSIC AÇAÍ

Highest grade organic açai base. Granola. Fresh strawberries, blueberries, pineapple and kiwi. Drizzled in agave syrup and sprinkled with coconut shavings, chia seeds and cacao nibs. (vg)(gf)

SMOOTHIE

MAKE IT A PROTEIN SMOOTHIE FOR £2 EXTRA

16OZ £6

BREAKFAST

Organic coffee, banana, oats, dates, cacao nibs. Choice of milk (vg*) (gf*)

AÇAÍ CLASSIC

Highest grade organic açai, raspberries, blueberries, blackberries mangoes and banana (vg)(gf)

CEREMONIAL ORGANIC MATCHA

Spinach, kiwi, banana, apples, cucumber, fresh lime, matcha and agave syrup (vg)(gf)

VERY BERRY BABY

Strawberries, blueberries, raspberries, blackberries apples. (vg)(gf)

PINK PATAYA

Highest grade dragonfruit base, fresh berries, mangoes and apples (vg)(gf)

JUICES

16 OZ £6

ZINGER

Apple, carrot, ginger, lemon, lime and agave

FEELING BLUE

Spirulina, lemon, lime, agave

GREEN GODDESS

Spinach, broccoli, cucumber, apple, pineapple

PURE CELERY

100% Celery

BEE IT

Beetroot, apple, carrots and fresh ginger

PURE ORANGE

100% Orange

SUNSHINE

Orange, carrot, pineapple, ginger and fresh lime

IMMUNITY SHOT

GINGER, BLACK PEPPER, LEMON, ORANGE AND TURMERIC

£3

ADD SOME OF OUR HEALTH BOOSTING EXTRAS TO YOUR SHAKE, SMOOTHIE BOWL OR JUICE

SUPERFOOD SANDWICHES £6

CHOICE OF THREE BREADS; OUR THIN PANINI, OUR HEALTHY LIGHT CORN BREAD OR GLUTEN FREE ALTERNATIVE

SUPERFOOD

Sliced avocado, light mozzarella, homemade tomato salsa with spinach and balsamic glaze (v)(gf*)

SPICY TUNA

Fresh tomatoes and spicy tuna with crunchy lettuce leaf, cucumber and chipotle aioli (gf*)

CHICKEN CAESAR

Grilled chicken breast with baby gem lettuce, healthy Caesar dressing and a hemp crouton pot (gf*)

THE VEGAN ONE

Fresh tomatoes, red onions, sliced avocados, spinach and vegan pesto (vg)(gf*)

SOUP

£5

Soup of the day – Please ask a member of staff about our delicious soup of the day. Served with fresh bread

Please be aware that all of our food is prepared in an open kitchen that handles allergens and therefore we cannot guarantee they are allergen free. Please talk to a member of staff for more information.

EXTRAS £1

RAW ORGANIC BEE POLLEN

ASHWAGANDHA

BLACK SEED OIL

SPIRULINHA

MACA POWDER

COCONUT FLAKES

GOJI BERRIES

CHIA SEEDS

WHEAT GRASS

PREMIUM EXTRAS £2

ORGANIC SEAMOSS

VEGAN PROTEIN

MCT OIL

ORGANIC RAW SEA BUCKTHORN POWDER

HYALURONIC ACID

ORGANIC 7 MUSHROOM BLEND

CAMU CAMU

CHLORELLA

COLLAGEN PROTEIN

YOU CAN ADD OUR EXTRAS TO ANYTHING YOUR ORDER, EITHER SPRINKLED ON TOP OR BLENDED INTO A DRINK. YOU WILL FIND ALL THE HEALTH BENEFITS OF EACH OF OUR EXTRAS ON OUR INFORMATION SHEETS AT THE BAR

COFFEES

AMERICANO	3.10
ESPRESSO	2.50
LATTE	3.50
ICED LATTE	3.50
CAPPUCCINO	3.00
FLAT WHITE	3.50
MOCHA	4.00
HOT CHOCOLATE	3.50

LATTES £4.50

TURMERIC LATTE

Turmeric, Vegan Milk, Cinnamon, Agave

PINK LATTE

Beetroot Powder, Vanilla, Vegan Milk, Topped with Crushed Raspberry

MATCHA LATTE

Ceremonial Matcha, Vegan Milk, Agave

CHAI LATTE

Organic Vegan Chai, Vegan Milk, Cinnamon, Agave

LIONS MANE LATTE

Lions Mane, ceylon cinnamon, lucuma, turmeric, ashwagandha

TEAS

£2.50

ENGLISH BREAKFAST
EARL GREY
CHAI
YUNNAN GREEN
APPLE & BLACKERRY
LEMON & GINGER
MOROCCAN MINT
CO2 DECFEINATED
LIONS MANE
GINGER HEMP

SYRUPS

70P

CARAMEL
VANILLA
HAZLENU

HEALTH BENEFITS

BEE POLLEN

Bee pollen is a natural substance that contains many health-boosting nutrients and properties. Some of the benefits of eating bee pollen can include reducing inflammation and swelling, protecting against oxidative stress and free radical damage, fighting infections and enhancing immunity, supporting liver health and detoxification as well as assisting in preventing or treating various diseases like cancer, anemia, heart disease, and tooth decay.

ASHWAGANDHA

The ashwagandha plant is a small shrub with yellow flowers that's native to India and Southeast Asia. People use extracts or powder from the plant's root or leaves to treat a variety of conditions, including anxiety and fertility issues. Ashwagandha is used as an adaptogen. Its main function is to reduce stress, maintain calm, lowers blood pressure and helps in physical resistant.

BLACK SEED OIL

Derived from the plant *Nigella sativa*, has been used in traditional medicine for over 2,000 years due to its therapeutic benefits. Black seed oil is rich in antioxidants, which protect cells from damage caused by free radicals. These compounds may reduce inflammation and help prevent conditions like heart disease and Alzheimers. It may also help treat asthma and has been linked to anti cancer effects, reduction of joint inflammation in rheumatoid arthritis as well as potential benefits for male infertility and antifungal properties.

SPIRULINHA

A type of blue-green algae that grows in both salt and fresh water. It is highly nutritious and a great source of protein, copper, and B vitamins. Phycocyanin is the main active compound in spirulina. It has powerful antioxidant and anti-inflammatory properties. Studies indicate that spirulina can lower triglycerides and improve cholesterol levels, which may support heart health. It also may have anti-cancer properties, it may increase production of nitric oxide and reduce blood pressure levels – which are both a major risk factor for many chronic conditions.

MACA POWDER

Maca powder is a superfood made from the root of a Peruvian plant that grows in the Andes mountains. It is a rich source of vitamins, minerals, enzymes, amino acids (20 different kinds!), and antioxidants. Maca is well known for its ability to naturally support energy providing you with an alternative to coffee or energy drinks – without the jitters! Maca powder also has a high iron content, which contributes to healthy cognitive functions like memory or the ability to focus. Overall, Maca contains nutrients that allow it to help support everything from our energy levels, to our muscles, brain and bones!

COCONUT FLAKES

A good source of healthy fats, primarily in the form of medium-chain triglycerides (MCTs). These fats are easily digested and can provide a quick source of energy. Unsweetened coconut flakes also contain dietary fibre, which can aid digestion, promote a feeling of fullness, and support a healthy gut. They are a source of essential nutrients such as manganese, copper, and phosphorus. These minerals play various roles in the body, including bone health and enzyme function. And one really good factor; they're naturally gluten-free and generally well-tolerated by people with common food allergies.

GOJI BERRIES

Goji berries are small red fruits that contain healthy antioxidants. Purported health benefits of goji berries range from anti-aging effects to glucose regulation and immune function support. Goji berries are also known as *Lycium barbarum*. Native to Asia, people there have been using them for more than 2,000 years as a medicinal herb and food supplement. Goji berries contain healthy antioxidant known for their immune-boosting qualities and their ability to fight harmful free radicals and inflammation; full of vitamins A and C which are vital for building immunity and preventing illnesses, ranging from the common cold to cancer.

CHIA SEEDS

Small but mighty, chia seeds are one of the healthiest foods around. They're packed with fibre, protein essential fatty acids, antioxidants, and there's plenty of different ways to use them. It is estimated that chia seeds have been used by humans for food, folk medicines and canvases for around 5500 years, starting with the Aztec and Mayan people. They come from the *Salvia hispanica* plant, which is part of the mint family and can be found in Central and South America. In the Mayan language, 'chia' means 'strength', so it comes as no surprise that they were a fan of these little seeds. It's believed that they made up one of the basic four food groups of Central American civilisations. Fast-forward to now, and they've obtained 'superfood' status and a lot of love in nutrition worldwide – for good reason!

WHEAT GRASS

Wheatgrass contains beneficial nutrients, including vitamins and minerals, which may have various health benefits. These can include reducing cholesterol, cancer risk, and inflammation. Wheatgrass is prepared from the freshly sprouted leaves of the common wheat plant, *Triticum aestivum*. Some claim it can do everything from detoxifying the liver to improving immune function. Wheatgrass is high in chlorophyll and many vitamins, minerals and amino acids. Studies have also found that its antioxidant content may prevent oxidative stress and cell damage.

AGAVE

From its commendable low glycemic index and beneficial effects on gut health to its potential for promoting bone and skin health, agave's attributes extend well beyond its sweetness. Its compounds, such as inulin and saponins, seem to play crucial roles in various health-promoting mechanisms. A natural sweetener derived from the blue agave plant, it also contains Vitamin B6, Folate and Vitamin K linked to a lower risk of depression. It is high in fructose so while this makes it a better option for blood sugar control, excessive consumption can still lead to health issues like obesity and type 2 diabetes. Use it sparingly to avoid excessive calorie intake. It has more calories than common table sugar (60 calories per 3-teaspoon serving).

RAW CACAO NIBS

Derived from the seeds of the *Theobroma cacao* tree, offers several health benefits due to its rich content of antioxidants, flavonoids, and essential minerals. It contains compounds that enhance cognitive function and mental health. Cacao is a potent source of polyphenols, which act as antioxidants. These compounds help reduce inflammation, enhance blood flow, regulate blood pressure, and improve cholesterol levels. Regular consumption of cacao may help maintain cardiovascular health.

PREMIUM EXTRAS £2

ORGANIC SEAMOSS

A type of red algae known scientifically as *Chondrus crispus*, this plant is often referred to as Irish moss and is highly valued for its nutritional profile. Harvested for its carrageenan, sea moss has many health benefits; primarily linked to its impressive array of vitamins, minerals, and antioxidants. It is a vegan and gluten-free source of nutrients such as vitamin B2, calcium, magnesium, and zinc. Incorporating sea moss into your diet can potentially yield various positive effects on your overall health, including improved immune system function and protection against diseases like Parkinson's.

VEGAN PROTEIN

This is ideal if you're following a plant-based diet and looking to increase your protein intake as part of a healthy, balanced lifestyle. The ratios of this exclusive multi-protein blend (soya protein, pea protein, pumpkin seed, quinoa flour and flaxseed powder) have been refined for a smoother soya protein isolate shake. With added DigeZyme®, to help break down the protein, this winning plant-based formula is low in sugar and low in fat with impressive amino acids – and can be taken morning, noon or night. 27g of protein per serving.

MCT OIL

MCT is short for Medium Chain Triglycerides. As the name suggests, MCTs are medium-length triglycerides, which are a type of fat. What makes MCTs unique is that they are shorter than longer-chain fatty acids which are found in lots of foods like fish, meat, eggs, milk and some plants like microalgae. This oil is often highly recommended for those following diets such as ketogenic and low carb, as it provides the energy necessary for the body to carry out its vital functions, without the need for a high intake of carbohydrates. Some of the most popular MCT oil uses include weight management, energy for exercise, satisfying hunger and helping with food absorption issues.

ORGANIC RAW SEA BUCKTHORN

Also known as sea berry, is a remarkable sea plant with a rich history of use as a natural remedy. Rich in Nutrients, sea buckthorn is native to various parts of the world, including Asia, Europe, and North America. Packed with vitamin C, which supports a healthy immune system and helps reduce tiredness and fatigue. Contains omega-7s, contributing to overall well-being. Boasts antioxidants like vitamin E and anthocyanins. It is celebrated for its numerous health benefits but due to its skin-nourishing properties, sea buckthorn is also often used in cosmetics.

HYALURONIC ACID

A substance that has many benefits for the face and body. It helps things move smoothly by lubricating the joints and preventing pain and injury. It helps keep things hydrated by retaining water in the skin and other tissues. It makes your skin flexible by reducing wrinkles and lines and smoothing the texture. It helps heal wounds by promoting tissue regeneration and moisture retention. It has anti-aging effects by improving skin elasticity and hydration. Hyaluronic Acid is a naturally occurring compound in our bodies but as we age, our natural hyaluronic acid levels decrease, leading to dry skin and wrinkles – so this is a great addition as we get older.

ORGANIC 7 MUSHROOM BLEND

Organic 7 mushrooms blend is a proprietary blend of 7 potent medicinal mushrooms known for immune system support & anti-aging properties. The blend includes Organic Turkey Tail, Organic Chaga, Organic Shiitake, Organic Maitake, Organic Cordyceps, Organic Lion's Mane, and Organic Reishi. The mushrooms are fermented for maximum nutrition & bioavailability. The blend is filler-free and made only from 100% fruiting bodies. The blend supports strong immunity and promotes digestive functions for maximum wellness.

CAMU CAMU

Full of essential vitamins, minerals, and other nutrients, especially vitamin C, potassium, and calcium. It is mainly known for being rich in vitamin C. In fact, camu camu has more vitamin C than many other fruits, including oranges! It is a berry native to the Amazon rainforest that has many possible health benefits including being high in antioxidants, supporting your immune system and protecting against cancers, effective anti-inflammatory, reducing inflammation and pain, protects against infection and post-viral fatigue, improves blood sugar levels and may help in weight loss.

CHLORELLA

Chlorella is a nutrient-dense algae that has shown promise in improving cholesterol levels and ridding the body of toxins. Chlorella's impressive nutritional profile has led some to call it a "super food." While its exact nutrient content depends on growing conditions, the species used and how supplements are processed, it's clear it packs several beneficial nutrients; lots of protein, vitamin B12, iron, vitamin C, Omega-3s and fibre.

COLLAGEN PROTEIN

Collagen is a vital protein that makes up about 30% of your body's protein. As we age, collagen production naturally declines, leading to a loss of structure and elasticity. This 100% pure collagen protein, with its low molecular weight, is easily digested and absorbed, ensuring maximum benefits. This contains both Type I and Type III collagen, renowned for their role in promoting youthful, radiant skin. It is also a non-GMO, Gluten Free product that meets Halal certification requirements, catering to diverse dietary needs.

PLEASE NOTE THAT WHILE WE OFFER MANY EXTRAS, PROMOTE THE HEALTH BENEFITS OF EACH ITEM, AND GIVE ADVICE, PLEASE REMEMBER IT IS JUST THAT. ADVICE ONLY. WE ARE NOT MEDICAL PROFESSIONALS. WE ARE NUTRITIONISTS AND IT IS IMPORTANT TO REMEMBER THAT NOT EVERYTHING IS SUITABLE FOR EVERYONE. SOME INDIVIDUALS NEED TO BE MORE CAREFUL THAN OTHERS. THIS INCLUDES PREGNANT OR BREAST FEEDING WOMEN AND INDIVIDUALS WHO ARE EITHER DIABETIC, HAVE HIGH OR LOW BLOOD PRESSURE, STRUGGLE WITH AN AUTOIMMUNE CONDITION OR ANY OTHER MEDICAL CONDITIONS. PLEASE DO YOUR OWN RESEARCH INTO WHETHER OUR ITEM MENUS ARE SUITABLE FOR YOU.



/pomegranateliverpool



pomegranateliverpool



pomegranatelite