

LATTES £4.50

TURMERIC LATTE

Turmeric, milk, cinnamon, agave

PINK LATTE

Beetroot powder, vanilla, milk, topped with crushed raspberry

MATCHA LATTE

Ceremonial matcha, milk, agave

CHAI LATTE

Organic vegan chai, milk, cinnamon, agave

LIONS MANE LATTE

Lions mane, ceylon cinnamon, lucuma, milk, turmeric, ashwagandha

ACTIVATED CHARCOAL LATTE

Activated charcoal, milk, agave syrup

SMOOTHIE 16OZ £7

MAKE IT A PROTEIN SMOOTHIE FOR £2 EXTRA

BREAKFAST (VG+) (GF+)

Organic coffee, banana, oats, dates, cacao nibs. Choice of milk

AÇAÍ CLASSIC (VG)(GF)

Highest grade organic açai blend base, raspberries, blueberries, blackberries mangoes and banana

CEREMONIAL ORGANIC MATCHA (VG)(GF)

Spinach, kiwi, banana, apples, cucumber, fresh lime, matcha and agave syrup

VERY BERRY BABY (VG)(GF)

Strawberries, raspberries, blackberries apples.

PINK PITAYA (VG)(GF)

Highest grade dragonfruit base blend, strawberries, raspberries, blueberries and apples

COCO LOCO (VG)(GF)

Mango, coconut milk, bananas, pineapple, turmeric

PROTEIN BALLS £3

DRAGONFRUIT PROTEIN

Oat flour, Dragonfruit, coconut shavings, vegan protein powder, sunflower seeds, chia seeds, cinnamon, dates and agave syrup.

EXTRAS £1 PREMIUM £2 EXTRAS

RAW ORGANIC

BEE POLLEN

ASHWAGANDHA

BLACK SEED OIL

SPIRULINA

MACA POWDER

COCONUT FLAKES

GOJI BERRIES

CHIA SEEDS

WHEAT GRASS

AGAVE

RAW CACAO NIBS

ORGANIC SEAMOSS

VEGAN PROTEIN

MCT OIL

CREATINE

ORGANIC 7

MUSHROOM

BLEND

CAMU CAMU

CHLORELLA

COLLAGEN PROTEIN

YOU CAN ADD OUR EXTRAS TO ANYTHING YOU ORDER, EITHER SPRINKLED ON TOP OR BLENDED INTO A DRINK. YOU WILL FIND ALL THE INFORMATION FOR ALL OF OUR HEALTH BENEFIT EXTRAS BY CLICKING THE QR CODE BELOW

COFFEES

AMERICANO 3.10

ESPRESSO 2.50

LATTE 3.50

ICED LATTE 3.50

FLAT WHITE 3.50

MOCHA 4.00

CAPPUCCINO 3.50

HOT

CHOCOLATE 3.50

TEAS £2.50

ENGLISH
BREAKFAST

EARL GREY

CHAI

YUNNAN GREEN

APPLE & BLACKERRY

LEMON & GINGER

MOROCCAN MINT

CO2
DECAFFEINATED

LIONS MANE

SCAN THE QR CODE
TO READ MORE ABOUT
THE HEALTH BENEFIT
EXTRAS WE HAVE ON
OFFER



JUICES 16 OZ £7

ZINGER

Apple, carrot, ginger, lemon, lime and agave

GREEN GODDESS

Spinach, broccoli, cucumber, apple, pineapple

BEET IT

Beetroot, apple, carrots and fresh ginger

SUNSHINE

Orange, carrot, pineapple, ginger and fresh lime

TROPICAL TWIST

Orange, pineapple, lemon, apple and agave

100% JUICE OF YOUR CHOICE

Orange/carrot/celery

HEALTH SHOTS £3

IMMUNITY BOOST

Ginger, black pepper, lemon, orange, turmeric

DRINKS FROM THE FRIDGE

Still water - glass bottle £2.00

Sparkling water - glass bottle £2.00

Alkaline water £2.50

Coconut water £2.50

Tripp Magnesium £2.50

Healthy Energy £2.50

Jaga Adoptogenic soda £2.50

San Pelligrino £2.50

BREAKFAST

RAINBOW BOWL (GF) (VG)* £8

Mixture of fresh fruit with natural yoghurt

AVOCADO BAGEL £7

Avocado with bagel seasoning, crumbled feta, baby radish and cracked black pepper

CREAM CHEESE & HERBS BAGEL £6

Low fat cream cheese bagel with cucumber ribbons

SCRAMBLED EGG BAGEL £7

Scrambled egg, homemade pesto, fresh rocket leaves

CHIA SEED PUDDING £7

Made with coconut milk, agave syrup & topped with strawberries

PORRIDGE (VG*) (GF*) £4.50

Organic porridge oats with a choice of milk

TOAST (VG*) (GF*) £3.50

Toasted bread with butter and jam

SUPERFOOD SANDWICHES

TAKEAWAY £7

SIT IN (WITH CRISPS & SALAD) £9

SUPERFOOD (V) (GF*)

Sliced avocado, light mozzarella, homemade tomato salsa with spinach and balsamic glaze

SPICY TUNA (GF*)

Fresh tomatoes and spicy tuna with crunchy lettuce leaf, cucumber and chipotle aioli

CHICKEN CAESAR

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

THE VEGAN ONE (VG)(GF*)

Fresh tomatoes, red onions, sliced avocados, spinach and vegan pesto on toasted cornbread

SIDE SALAD POT TO TAKEAWAY £1.50

BOWLS

TAKEAWAY £7

EAT IN (LARGER PORTION) £9

BUTTERNUT SQUASH SALAD (VG) (GF*)

Oven roasted butternut squash, with mixed leaf, giant couscous, quinoa, pomegranate and a tahini dressing

SPICY TUNA SALAD (GF*)

Crunchy romaine lettuce leaf, spicy tuna, edamame beans, spring onion with spinach, rocket leaf and a chipotle dressing

CHICKEN CAESAR SALAD (GF*)

Grilled chicken breast with crunchy romaine lettuce, a healthy caesar dressing and a pot of hemp croutons

BUDDHA BOWL (GF*) (VG)

Broccoli, beetroot hummus, edamame beans, falafel, butternut squash, quinoa with tahini

*UPON REQUEST

SOUP £6

SOUP OF THE DAY - PLEASE ASK A MEMBER OF STAFF ABOUT OUR DELICIOUS SOUP OF THE DAY. SERVED WITH FRESH BREAD.

SMOOTHIE BOWLS

TAKEAWAY BOWL 12OZ £9 16OZ £11
SIT IN XL COCONUT BOWL 20OZ £12

ADD CASHEW BUTTER, BISCOFF OR NUTELLA

TRUE BLUE BABY (VG*)(GF*)

Blue Spirulina blend base. Granola, fresh banana, strawberries, blueberries, pineapple. Drizzled in agave syrup, sprinkled with coconut shavings and chia seeds.

COCONUTS ABOUT YOU (VG*)(GF*)

Coconut blend base. Granola, fresh strawberries, banana, pineapple and blueberries. Drizzled in chocolate coconut syrup, sprinkled with coconut shavings and chia seeds.

PINK PITAYA (VG*)(GF*)

Dragonfruit blend base. Granola, fresh dragonfruit, kiwi and pineapple. Drizzled in agave syrup, sprinkled with coconut shavings and chia seeds

CLASSIC AÇAÍ (VG*)(GF*)

Highest grade organic açai blend base. Granola. Fresh strawberries, blueberries, pineapple and kiwi. Drizzled in agave syrup and sprinkled with coconut shavings and chia seeds.

ICED DRINKS (16OZ) £4.50

ICED STRAWBERRY MILK MATCHA
DRAGONFRUIT & MANGO COOLER WITH FRESH FRUIT

ICED BLUE MATCHA

STRAWBERRY & CUCUMBER COOLER WITH FRESH FRUIT

ICED ROSE LATTE

POMEGRANATE & KIWI COOLER WITH FRESH FRUIT

ICED LAVANDER MATCHA

ICED ACTIVATED CHARCOAL LATTE

ICED BLUE & GREEN MATCHA

*UPON REQUEST

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.



DELIVERY AND CLICK & COLLECT
NOW AVAILABLE!!!

NEW MENU ITEMS BEING INTRODUCED WEEKLY!



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