

BREAKFAST BAGEL



All served with mixed greens, quinoa & seeds

STEAK CHEESE

£8.95

Freshly grilled steak in carne asada marinate, scramble egg, grilled onion, provolone
Hot Sauce

B.E.C

£6.95

Bacon, scrambled egg,
American cheese

SMASHED AVO

£6.95

Scrambled egg, spinach, feta,
smashed avocado, lime
Southwest Chipotle

ALL-NIGHTER

£7.50

Scrambled egg, bacon, hashbrown,
American cheese
Hot Sauce

CHORIZO SUNRISE

£6.95

Chorizo, scrambled egg, salsa,
jalapeño, cheddar
Hot Sauce

TEX MEX BURRITO

£8.95

Scrambled egg, bacon, onions, peppers,
jalapeno, salsa, hash brown & cheddar
Hot Sauce

BREAKFAST BOWLS

SMASHED AVOCADO TOAST

£7.95

CREAM CHEESE OR PB & J BAGEL

£3.95

COUNTRY BOWL

£8.95

Scrambled egg, bacon, roasted sweet potatoes, mushrooms, red onions, tomatoes, cheddar
Southwest Chipotle

BREAKFAST VEGGIE BOWL

£7.95

Scrambled egg, roasted sweet potato, tomato, avocado, cheddar
Southwest Chipotle

BREAKFAST POWER BOWL

£8.95

Scrambled egg, chicken breast, spinach, tomato, cheddar, avocado
Southwest Chipotle





 Gluten Free  Vegan  Vegetarian

Double steak £3.95 Double Chicken £2.95 Avocado £1.75 Hummus £1.25 Cheese £1

BAGEL PITA BOWL

All served with choice of greens, grains, veggie toppings & dressing

| | BAGEL/PITA | BOWL |
|---|------------|---|
|  MEAN GREEN Falafel, hummus & feta | £8.95 | £10.95 |
| STEAK Freshly grilled steak in carne asada marinate | £9.50 | £11.50 |
|  SPICY GARLIC CHICKEN Freshly grilled chicken breast in garlic peri peri marinate | £8.95 | £10.95 |
|  VEGGIE Freshly grilled fajita veg, roasted sweet potato & guacamole | £7.95 | £9.95 |
| CHICKEN CALIFORNIA Lightly blackened chicken breast & bacon | £8.95 | £10.95 |
|  PAD THAI ZOODLE Zucchini noodles, carrot, red cabbage, bell peppers, jalapeño, cilantro, lime, cashew pieces Peanut butter pad Thai dressing | £9.95 |  HAWAIIAN SUMMER BOWL Grilled sweet balsamic pineapple, fresh strawberries, pecan, avocado with choice of grains & veggies Mango chilli dressing |



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ALL FRUIT SMOOTHIES



16OZ / £5.95
20OZ / £6.95

All fruit nothing but the fruit

 **BANANA BERRY**
 Strawberry, banana, , freshly pressed apple juice



 **MANGO TANGO**
 Mango, banana, freshly pressed orange juice



 **BLUE LAGOON**
 Blueberry, raspberry, banana, freshly pressed apple juice

RAW JUICES

Heal from inside out

 **GREEN MACHINE**
 Spinach, cucumber, lemon, apple

 **HEARTBEAT**
 Beetroot, carrot, lemon, apple

 **PINA COLADA**
 Pineapple, lime, cucumber, apple, coconut H2O

 **FLU SHOT**
 Ginger, lemon, carrot, jalapeno & orange strawberry

 **PINK LEMONADE**
 Strawberry, lemon, apple

 **PINEAPPLE LOVELY**
 Pineapple, banana, freshly pressed apple juice



 **PINK FILAMINGO**
 Pitaya, strawberry, banana, freshly pressed apple juice



16OZ / £5.95
20OZ / £6.95

 **ENERGISER**
 Celery, broccoli, cucumber, lemon, apple

 **LEMON**
 **GINGER ZINGER**
Carrot, ginger, lemon, apple

 **HYDRATE**
 Watermelon, strawberry, pineapple, mint

 **DARK GREEN**
 **PINK LEMONADE**
Kale, spinach, parsley, celery, cucumber, lemon, apple



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MAKE IT A SMOOTHIE/JUICE COMBO +£4.50



Extra Powder £1



WELLNESS SHOTS



ALL
WELLNESS SHOTS
£2.95

Instant energy

 **GINGER SHOT**
 Ginger, lemon, apple

 **B-SHOT**
 Beetroot, lemon, apple

 **CELERY SHOT**
 Celery, lemon

 **TUR-ME-RIC SHOT**
 Turmeric, apple, cayenne pepper



POWER SMOOTHIES

16OZ / £6.95
20OZ / £7.95

 **POWER SHAKE**
 Banana, cacao, dark chocolate, agave, vanilla protein, dash of cinnamon, almond milk

 **LIFT ME UP** **FAN FAVE**
 Peanut butter, banana, vanilla protein, agave, almond milk

 **G SHAKE**
 Blueberry, raspberry, banana, granola, agave, vanilla protein, almond milk

 **MOCHA NANA**
 Cold brew, cacao, dark chocolate, banana, agave, vanilla protein, almond milk

 **RASPBERRY WHITE CHOCOLATE**
 Raspberry, banana, white chocolate, vanilla protein, almond milk



SUPERFOOD SMOOTHIES

16OZ / £6.95
20OZ / £7.95



 **NUTTY ALMOND**
 Spinach, almond butter, chia seeds, cinnamon, agave, almond milk

 **MATCHA MANGO GREEN TEA**
Mango, spinach, matcha green tea, chia seeds, agave, coconut milk

 **SUPER DATE**
 Dates, banana, peanut butter, chia seeds, all spice, almond milk

 **GREEN MONSTER**
 Spinach, mango, chia seeds, freshly pressed apple juice

 **GREEN MAJIK**
 Pineapple, mango, spinach, spirulina, agave, coconut H2O

 **FAT BURNER**
 Kale, spinach, blueberry, spirulina, freshly pressed apple juice



 Gluten Free  Vegan  Vegetarian

MAKE A COMBO SMOOTHIE +£4.95

Extra Powder £1


ACAI BOWLS

ALL
ACAI BOWLS
£9.50

ACAI BERRY BOWL

 Acai berry, strawberry, blueberry, banana, almond milk topped with granola, fresh strawberries, blueberries, banana, coconut shred, goji berries, agave

PEANUT BUTTER BOWL

 Acai berry, strawberry, blueberry, banana, almond milk topped with granola, peanut butter, fresh strawberries, blueberries, banana, coconut shred, goji berries, agave



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