

Cold drinks.

SMOOTHIES

Berry Bliss £3.90

Strawberry, raspberry, blackberry

Blueberry Thrill £3.90

Raspberry, blueberry, banana & flax seed

Mango Freeze £3.90

Passion fruit, pineapple, mango

Green Machine £3.90

Kale, spinach, mango

Super Smoothie £3.90

Mango, avo, spinach, broccoli, kale, coconut, ginger & lime

Other drinks £2.60

San Pellegrino, Apple juice, Orange juice, Cranberry juice, Coke, Diet Coke

Still/sparkling water £1.50

SUPER SHOTS

All £2.90

Mighty Ginger

Turmeric, chilli & baobab

ACV Defence

Spirulina, ginger & baobab

Baobab Boost

Lemon & passion fruit

Punchy Turmeric

Turmeric & ginger

CBD

Cucumber, mint & baobab

MILKSHAKES

All £4.20

Strawberry, Chocolate

PROTEIN

PB Bomb £4.20

Peanut butter protein, peanut butter and oat milk

Gym Monkey £4.20

Banana vanilla protein and almond milk

ALCOHOL

Bailey's Coffee £5.50

Bailey's Hot Chocolate £5.50

Glass Prosecco £7.50

Bottle Beer £4.00

Boozy Smoothie £8.50

Boozy Berry

Strawberries, raspberries, blackberries & Bacardi

Tropical Breeze

Mango, pineapple, passion fruit & Malibu

Food.

Smoothie Bowl £6.50

Topped with granola, coconut, blueberries & peanut butter (VE, GF)

Breakfast Wrap £6.50

Salsa, cheddar, bacon, sausage, scrambled eggs & hash brown in a tortilla wrap

Bacon Roll £5.00

Classic bacon sandwich on a toasted ciabatta roll

Salad of the Day £5.50

See our specials board for more info

Fresh Sandwiches £5.50

See our specials board for more info

TOASTIES

All £5.50

Ham & cheddar

Chicken, cheddar & pesto

Smoked cheddar, pastrami, pickled red onions & American mustard

Cheddar & pickled red onions
(VE option)

Sun-dried tomatoes, pesto & mozzarella
(VE option)

Coffee.

Black £3.00

Espresso, Short black, Americano

White £3.20

Flat white, Cappuccino, Macchiato, Cortado

Latte £3.30

Pour over £3.90

V60

Milk alt £0.30

Oat, Almond, Soya, Coconut

Other £3.50

Hot chocolate, Chai latte, White chocolate

Mocha, Dirty chai, Beetroot latte, £3.80
Turmeric latte, Matcha latte, Iced coffee

Tea £2.90

English breakfast, Earl grey, Green, Peppermint, Camomile, Hibiscus, Rooibos, Lemongrass

DECAF AVAILABLE