

# Cold drinks.

## SMOOTHIES

**Berry Bliss** £4.30

Strawberry, raspberry, blackberry

**Blueberry Thrill** £4.30

Raspberry, blueberry, banana & flax seed

**Mango Freeze** £4.30

Passion fruit, pineapple, mango

**Green Machine** £4.30

Kale, spinach, mango

**Super Smoothie** £4.30

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** £1.80

## 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** £4.50

Strawberry, Chocolate

## PROTEIN

**PB Bomb** £4.60

Peanut butter protein, peanut butter & oat milk

**Gym Monkey** £4.60

Banana vanilla protein & almond milk

**Blue Banana** £5.50

Dates, peanut butter, blue spirulina, banana, vanilla protein & almond milk

**El Nino** £5.50

Blueberries, raspberries, banana, flaxseed, peanut butter, vanilla protein & oat milk

## ALCOHOL

**Bailey's Coffee** £5.60

**Bailey's Hot Chocolate** £5.60

**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 BOWLS

**The Original One** £7.50  
Blueberries, raspberries, banana, flaxseed & oat milk. Topped with granola, coconut, berries & peanut butter

**The Blue One** £8.50  
Banana, blue spirulina, mango, passionfruit, pineapple, coconut milk. Topped with granola, coconut & berries

**The Acai One** £8.50  
Acai, strawberries, raspberries, blackberries, honey & coconut milk. Topped with granola, coconut & berries

**Granola Bowl** £6.50  
Greek yoghurt, granola, berries & honey, berry compote

## SANDWICHES

**Bacon Roll** £5.50  
Classic bacon sandwich on a toasted ciabatta roll

**Breakfast Wrap** £7.50  
Bacon, sausage, hash brown, baked beans & cheddar in a tortilla wrap

**Bacon & Brie** £7.00  
Bacon, brie & sweet chilli jam on a toasted ciabatta roll

**Chicken** £7.00  
Chicken, cheddar & pesto on a toasted ciabatta roll

**Ham & Cheese** £6.50  
Ham, cheddar & tomato chutney on a toasted ciabatta roll

**Cheese & Chutney** £6.50  
Cheddar, tomato chutney on a toasted ciabatta roll

\*VE OPTION AVAILABLE

pink  
door.

# Coffee.

## Black

Espresso £3.00  
Americano, Long black £3.20

**White** £3.30  
Flat White, Cappuccino, Macchiato, Cortado

**Latte** £3.40

**Pour over** £4.00  
V60

**Milk alternative** £0.40  
Oat, Almond, Soya, Coconut

DECAF AVAILABLE

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**Other** £3.60  
Hot chocolate, Chai latte, White chocolate

Mocha, Dirty chai, Beetroot latte, £3.90  
Turmeric latte, Matcha latte, Iced coffee

**Tea** £2.90  
English breakfast, Earl grey, Green, Peppermint, Camomile, Hibiscus, Rooibos, Lemongrass

If you have any food allergies, please notify a member of the team.