

# HOT DRINKS

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## COFFEE

<b>ESPRESSO</b>	<b>£2</b>
<b>AMERICANO</b>	<b>£2.20</b>
<b>CAPPUCCINO</b>	<b>£2.60</b>
<b>FLAT WHITE</b>	<b>£2.60</b>
<b>CAFFE LATTE</b>	<b>£2.60</b>
<b>MOCHA</b>	<b>£3</b>

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<b>HOT CHOCOLATE</b>	<b>£3</b>
<b>MATCHA LATTE</b>	<b>£3.20</b>
<b>CHAI LATTE</b>	<b>£3.20</b>

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## TEA

<b>TEA</b>	<b>£2.30</b>
<b>FRESH MINT</b>	<b>£2.30</b>
<b>GINGER &amp; LEMON</b>	<b>£2.30</b>

MILKS AVAILABLE: Oat, Almond, Cashew, Coconut, Brown Rice or Dairy

# JUICES & SMOOTHIES

## JUICES

### GREEN MACHINE

Broccoli, celery, cucumber, spinach, courgette, ginger & lemon

### FABULOUSLY FOCUSSED

Carrot, apple & ginger

### BRIGHT AND BEAUTIFUL

Beetroot, apple, lemon, celery & carrot

### THE CURE

Apple, pineapple, celery, ginger & lemon

### PURE GOODNESS

Apple, celery, cucumber, mint, spinach & lemon

£3.95 / 5.25

## SMOOTHIES

### AVO PINA BANANA

Avocado, banana, pineapple, spinach & rice milk

### BANANA NUT

Banana, almond butter, dates, cinnamon, soy yogurt & almond milk

### BERRY GOOD

Apple, banana, blackberry & almond milk

### CHOCOCADO

Avocado, dates, banana, cacao & almond milk

£4.95 / 5.95

+

ADD TO ANY JUICE FOR FREE: Honey / Cinnamon / Ginger

SPECIALITY BOOSTERS: Spirulina / Hemp / Maca

+95p

BOOSTER: Protein Powder / Rolled Oats / Chia Seeds.

+75p

# SMOOTHIE BOWLS

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## SMOOTHIE BOWLS

### **AVOCADO SPIRULINA**

Avocado, pineapple, spinach, oats, banana, almond milk, spirulina, maple granola & coconut crisps

### **ACAI BERRY**

Acai, banana, almond milk, maple syrup, chia seeds, coconut chips & blueberries

### **COCONUT DRAGON**

Dragon fruit, banana, pineapple, almond milk, chia seeds & coconut chips

### **RASPBERRY OAT**

Raspberries, oats, banana, almond milk, goji berries, chia seeds, pumpkin seeds & coconut chips

£6.25

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# BREAKFAST

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**GOJI GRANOLA**

**COCONUT MUESLI**

**APPLE BIRCHER**

**GLUTEN FREE MUESLI**

**PORRIDGE**

made to order

**£2.30**

ADD A CHOICE OF TOPPINGS TO ANY OF THE ABOVE  
50P PER TOPPING  
£1 FOR COYO  
MILK IS FREE

**BANANA BREAD**

with COYO & berry compote (per slice)

**AVOCADO ON SOUR DOUGH**

.....**WITH A BOILED EGG**

**£2.40**

**£3**

**£3.25**

# SALAD BAR

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**TWO SALADS** £6.30

**TWO SALADS + PROTEIN** £8.30

**THREE SALADS** £7.30

**THREE SALADS + PROTEIN** £9.30

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## **MIX & MATCH**

YOU CAN ALSO MIX & MATCH SALADS & HOT DISHES

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# HOT FOOD

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**COCONUT DAL WITH QUINOA** £4.95

**SOUP** £3.75

**VEG STEW** £4.95

**PROTEIN STEW** £5.45

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## **WEEKLY SPECIALS**

SEE COUNTER FOR WEEKLY SPECIALS

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