

clean treats

plant based

HEIRLOOM TOMATO, BABY SPINACH, CHIA SEED TOAST, GREEN TEA LENTILS, AVO, ALMOND BUTTER £10.50
healthy skin, antioxidants, fibre & vitamins

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ICEBERG WRAP, ROASTED PEPPERS, GREEN TEA LENTILS, HUMMUS, AVO, BLACK BEAN MOLE £8.50
vitamin C, digestive health, may stabilise blood sugar, fatty acids, fibre

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LIGHTLY SPICED ROASTED CAULIFLOWER, PICKLED SHALLOTS, FLATBREAD, HUMMUS, ALMOND BUTTER £10.50
heart health, fibre, omega 3, vitamin C, glucosinolates (fights bad stuff)

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SALAD: QUINOA, EDAMAME, ROASTED PEPPER, SPRING ONION, PUMPKIN SEEDS, LEAVES £6.50/ £9.50
protein, minerals, amino acids, low gi, antioxidants

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COCONUT BIRCHER, TOASTED COCONUT, BLUEBERRIES, CITRUS SEASONING £6.90
fibre & vitamins, protein, may regulate cholesterol

sides

SWEET POTATO FRIES W COCONUT HERB DIP £3.90

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fish

POACHED SEA TROUT, ROASTED BEETROOT,
COURGETTE, POMEGRANATE DRESSING £12.50
brain health, omega 3, health nerve & muscle function

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TIGER PRAWN BAO, FRESH MANGO SALSA, RADISH,
SPICED RED PESTO £10.50
healthy immune, vitamins, fibre, omega 3, protein

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eggs

ROASTED BUTTERNUT SQUASH, COURGETTE, ORGANIC
POACHED EGG, AVO MOUSSE, CHIA SEED TOAST £10.50
*A & B vitamins (2,6,12), fibre, bone health &
may regulate blood pressure*

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ORGANIC EGGS ANY STYLE, ON SOURDOUGH £5.90

ADD AVOCADO - £2.50

ADD ROASTED MUSHROOMS - £2.20

ADD CURED SALMON - £3.00

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pudding

BAKED PINEAPPLE, VANILLA YOGHURT, PECAN NUTS £6.70
enzymes, fibre, may aid digestion, vitamins, lactobacillus

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CHOCOLATE: SET CHOCOLATE CUSTARD, CHOCOLATE SORBET, CUMIN TUILLE £6.20
because you earned it

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Juice Flights

.. 4 GLASSES [x 4.5oz]

CHOOSE ANY FOUR SIMPLE OR COLD CRAFT JUICES £7.90

SIMPLE JUICES [ONE LARGE SERVING £3.40]

1. ORANGE - freshly squashed orange juice
2. GREEN - cloudy apple
3. RED - beetroot, carrot
4. CLEAR - coconut water, mint

COLD CRAFT JUICES [ONE LARGE SERVING £4.20]

5. AFTER PARTY [HANGOVER CURE]
beetroot, carrot, lemon, apple, kale, celery, ginger
6. ALKALINE GANGSTER [DEEP GREEN, DETOX]
cucumber, spinach, celery, ginger, lemon, apple, cayenne
7. COLD N FLU [IMMUNITY/ENERGISER]
pineapple, fresh turmeric root, lemon, ginger, apple
8. FRESH START [ANTI-OX/SKIN HEALTH]
tomato, sriracha, soy, wasabi, miso, celery bitters, lemon
9. GLOW [SKIN HEALTH]
coconut, yuzu, chilli, pineapple, coriander
10. SKINNY GREEN [SWEET GREEN, CLEANSER]
cucumber, apple, winter greens, matcha, mint

Bubbles

.. 5.75 125 ml / 26.95 bt

THE SKINNY FIZZ, Pago de Tharsys, Barcelona, Spain
NO ADDED SUGAR/LOW CAL, JUST 57 CALORIES PER GLS.
abv 11.5%, vegan

Wellness Lattes

.. dairy free, vegan £3.40

ALMOND MACADAMIA CAPPUCCINO
double espresso, macadamia milk, almond milk

COCONUT FLAT WHITE
double espresso, coconut milk

IMMUNE ROCKET
lemon, fresh ginger, chilli agave, cayenne, hot water

COCONUT CARDAMOM CHAI
spiced chai, lucuma, cinnamon, coconut milk

GOLDEN SUNRISE

Elixir shots

IMMUNITY BOOST - £2.00
turmeric, mint, coconut water, lime

SPARK PLUG - £2.00
double shot ginger, apple, lemon

PREBIOTIC / GROW YOUR OWN - £2.00
apple cider vinegar, apple juice, bimumo