

# 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 £8.90  
*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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COCONUT BIRCHER, TOASTED COCONUT, BLUEBERRIES, CITRUS SEASONING £8.50  
*fibre & vitamins, protein, may regulate cholesterol*

## sides

SWEET POTATO FRIES W COCONUT HERB DIP £4.90

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## fish

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

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SMOKED SALMON, HERB WAFFLE, CREAM CHEESE  
TIGER PRAWN, DRIED TOMATO £12.50  
*healthy immune, vitamins, fibre, omega 3, protein*

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## eggs

ROASTED BUTTERNUT SQUASH, COURGETTE, ORGANIC  
POACHED EGG, AVO MOUSSE, CHIA SEED TOAST £10.70  
*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, PISTACHIO ICE CREAM, PISTACHIO SPONGE £5.90  
*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, 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, celery bitters, lemon
9. GLOW [SKIN HEALTH]  
coconut, fresh chilli, pineapple, citrus
10. SKINNY GREEN [SWEET GREEN, CLEANSER]  
cucumber, apple, 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  
turmeric, black pepper, maple, almond milk

## Elixir shots

IMMUNITY BOOST - £2.00  
turmeric, coconut water, lime

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

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