

BREAKFAST BOWLS		SMOOTHIE BOWLS			BUDDHA BOWLS	
9am - 12pm	all £6.00	9am - 3pm	all £7.00		12pm - 3pm	
<p>CRUNCHY BUCKWHEAT GRANOLA</p> <p>buckwheat groats, seeds, dried fruits + agave , with coconut greek or coconut dairy free yoghurt, seasonal fruit + smashed berry compote</p> <p>vegan available</p>	<p>ORIGINAL HOUSE GRANOLA</p> <p>oat, nuts, seeds + maple , with coconut greek or coconut dairy free yoghurt, seasonal fruit + smashed berry compote</p> <p>vegan available</p>	<p>CLASSIC ACAI</p> <p>acai, mixed berries, banana, coconut water topped with berries, banana, coconut flakes + house granola acai - high in antioxidants, immune boosting</p> <p>vegan</p>	<p>CACAO ACAI</p> <p>acai, cacao powder, sea salt, almond milk topped with berries, banana, cacao nibs, coconut + house granola cacao - high in antioxidants + iron, mood boosting</p> <p>vegan</p>	<p>AHI TUNA POKE</p> <p>sashimi tuna in shoyu sauce, spring onions, edamame beans, broccoli, kimchi and pickled ginger on sticky brown rice + spinach with mayo + nori and sesame</p> <p>£9.50</p> <p>contains raw fish + sesame add avocado 1.50 add seaweed salad 1.50</p>	<p>SUPER GREEN FALAFEL</p> <p>baked falafel, carrot salad, sweet potato, corn salsa and pickled red onions on spinach + quinoa with tahini dressing + savoury seeds</p> <p>£8.50</p> <p>vegan contains sesame add avocado 1.50</p>	
<p>CARAMELIZED BANANA+CINNAMON PORRIDGE</p> <p>base of oats, cinnamon, maple syrup and oat milk and topped with caramalized bananas, toasted seeds + cinnamon</p> <p>vegan</p> <p>add peanut butter 0.50 add almond butter 1.00</p>	<p>TOASTED ALMOND + RASPBERRY PORRIDGE</p> <p>base of oats, berry compote, maple syrup and oat milk and topped with fresh raspberries + toasted almond flakes</p> <p>vegan</p> <p>add peanut butter 0.50 add almond butter 1.00</p>	<p>ENDLESS SUMMER</p> <p>mango, pineapple, banana, baobab, oat milk topped with berries, banana, coconut flakes + house granola baobab - high in antioxidants, fibre, aids digestion</p> <p>vegan</p>	<p>GREEN GOODNESS</p> <p>spinach, spirulina, avocado, pineapple, banana, coconut milk topped with berries, banana, coconut flakes + house granola spirulina - high in nutrients, anti inflammatory, rich in vitamin b12</p> <p>vegan</p>	<p>MISO AUBERGINE</p> <p>miso sesame aubergine, red cabbage, carrot salad, kimchi and pickled red onions on spinach + quinoa with tahini dressing + savoury seeds</p> <p>£8.50</p> <p>vegan contains sesame add avocado 1.50</p>	<p>NORI + GINGER TOFU</p> <p>marinated tofu, red cabbage, sweet potato, corn salsa and pickled red onions on sticky sushi rice + spinach with spicy mayo + crispy onions</p> <p>£8.50</p> <p>contains egg, vegan option available add avocado 1.50</p>	
		BROTH BOWLS				
		12pm-3pm				
		<p>MUG OF MISO</p> <p>a delightful mug of our much loved miso, butternut + shiitake broth</p> <p>£3.50</p> <p>vegan, contains sesame</p>	<p>VEGGIE + NOODLE</p> <p>miso broth, pak choi, broccoli, carrot ribbons, spring onions and brown rice noodles with nori + sesame crunch</p> <p>£7.00</p> <p>vegan, contains sesame</p>	<p>TOFU + SHIITAKE</p> <p>sweet + spicy marinated tofu, miso broth, pak choi, broccoli, carrot ribbons, spring onions and brown rice noodles with nori + sesame crunch</p> <p>£8.00</p> <p>vegan, contains sesame</p>	<p>TERIYAKI BAKED SALMON</p> <p>baked salmon, edamame beans, broccoli, lemon fennel and kimchi on brown rice noodles + spinach with teriyaki mayo and nori + sesame</p> <p>£9.00</p> <p>contains fish, sesame add avocado 1.50 add seaweed salad 1.50</p>	<p>BANG BANG CHICKEN</p> <p>chicken breast, broccoli, corn salsa, carrot salad and pickled red onions on sticky brown rice and spinach with bang bang satay sauce + spicy peanuts</p> <p>£8.50</p> <p>contains peanuts add avocado 1.50</p>
<p>ADD ONS</p> <p>peanut butter 0.50, almond butter 1.00, vanilla protein 1.50, seeds 0.50, cacao nibs 0.50, almond flakes 0.50, toasted coconut flakes 0.50, extra fruit 2.00</p>						
<p>SPECIAL DIETS</p> <p>please do make us aware of any dietary requirements or allergies when ordering. most of our dishes can be made dairy free and our entire menu is gluten free.</p>						

COLD PRESS JUICE		SUPERLATTE SUPERBLENDS	RIVER ROASTERS COFFEE	SUPERFOOD SMOOTHIES	
250ml £3.50	500ml £7.00			350ml £4.50	
<p>CITRUS PUNCH</p> <p>lemon, orange, turmeric, cayenne, grapefruit + tangerine</p> <p>lemon, orange, tangerine, grapefruit - all excellent sources of vitamin c and citric acid, which can aid digestion</p> <p>turmeric - a powerful anti inflammatory and immune booster.</p> <p>cayenne - high in antioxidants, metabolism boosting, natural pain relief aid</p>	<p>DRINK YOUR GREENS</p> <p>kale, celery, spinach, romaine, apple + lemon</p> <p>kale -superfood containing numerous antioxidants, minerals,</p> <p>celery - contains a plant compound called apigen - anti inflammatory + anti viral</p> <p>spinach - benefits include eye health, reduce oxidative stress and reduce blood pressure</p> <p>romaine - high in minerals</p> <p>apple - high in fibre and antioxidants</p>	<p>Hot £3.50</p> <p>Cold £4.50</p> <p>with ice and frozen banana (ve)</p>	<p>columbia + brazil - chocolate, hazelnut + butterscotch</p>	<p>ACAI BANG</p> <p>acai, mixed berries, banana, coconut water</p> <p>acai - high in antioxidants, benefits include skin health, brain health and immune health, nutrient dense</p>	<p>BANOFFEE PIE</p> <p>tahini, dates, maca, banana, oat milk</p> <p>maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing</p>
<p>BETROOT ZINGER</p> <p>beetroot, ginger, lime</p> <p>beetroot - great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. including improved blood flow, lower blood pressure, and increased exercise performance.</p> <p>ginger- it is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties, anti nausea and stomach settling, anti viral</p> <p>lime - great source of vitamin c and citric acid, which can aid digestion</p>	<p>STRAWBERRY BOOST</p> <p>strawberry, mint, apple + lemon</p> <p>strawberry - high in nutrients, fibre, excellent source of vitamin c</p> <p>mint - antioxidant, high in nutrients, improves brain function and digestion</p> <p>apple - good for heart health, lowers diabetes, due to the polyphenol antioxidant content</p> <p>lemon - reduces your risk of heart disease, anemia, kidney stones, digestive issues and cancer.</p>	<p>BETROOT + CACAO</p> <p>organic beetroot powder, cocoa powder, ginger, cinnamon, coconut blossom with almond milk</p>	<p>espresso, piccolo 2.00</p> <p>flat white, cortado 2.50</p> <p>cappuccino, latte, americano, hot chocolate 2.50</p> <p>iced latte, iced mocha, iced chocolate 2.80</p> <p>alternative milk 0.50</p> <p>all served as double ristretto</p>	<p>DO YOU LIFT BRO?</p> <p>banana protein shake</p> <p>vanilla protein, banana, cinnamon, dates, oat milk</p> <p>pea protein powder - rich in iron, amino acids, improved muscle growth, feelings of fullness and heart health</p> <p>take it next level and add peanut butter 0.50</p>	<p>MAD ABOUT MANGO</p> <p>mango, banana, baobab oat milk</p> <p>baobab - high in antioxidants, vitamin c + fibre, aids digestion + immune boosting</p>
		<p>MATCHA + MINT</p> <p>organic matcha, peppermint leaf, coconut blossom with oat milk</p>	<p>BREW TEA CO</p>	<p>NUTTY CHOCOLATE</p> <p>cacao, almond butter, banana, maple syrup, almond milk, sea salt</p> <p>cacao - high in antioxidants + iron, improves blood sugar levels, mood boosting</p>	<p>NOOKIE</p> <p>double espresso, banana, maple syrup, oat milk + ice</p> <p>espresso - high in antioxidants, energy boosting, improves concentration + digestion</p>
<p>our raw cold press juices are delivered weekly from press london</p>		<p>TURMERIC + SPICE</p> <p>organic turmeric, cinnamon, ginger, cayenne, cardamom, nutmeg with oat milk</p>	<p>english breakfast</p> <p>earl grey</p> <p>lemon + ginger</p> <p>moroccan mint</p> <p>green tea</p> <p>decaffeinated</p> <p>all £2.00 each</p>	<p>PINA COLADA</p> <p>pineapple, coconut, banana, baobab, coconut milk</p> <p>baobab - high in antioxidants, vitamin c + fibre, aids digestion + immune boosting</p>	<p>50 SHADES OF GREEN</p> <p>spinach, avocado, banana, pineapple, spirulina, coconut water</p> <p>spirulina - high in nutrients, anti-inflammatory, rich in vitamin b12</p>