

BREAKFAST BOWLS		SMOOTHIE BOWLS		LUNCH BOWLS	
until 11:30am	all £5.50	all day	all £6.95	11:30am - 3:30pm	
<p>RAINBOW FRUIT + YOGHURT</p> <p>banana, apple, berries, berry compote with greek or dairy free yoghurt and toasted coconut flakes</p> <p>dairy free and vegan available</p>	<p>TOASTED BANANA BREAD</p> <p>two thick slices of our famous banana bread, topped with greek or dairy free yoghurt, banana, maple syrup and toasted flaked almonds</p> <p>dairy free and vegan available</p>	<p>BERRY ACAI</p> <p>acai, mixed berries, banana, coconut water topped with berries, banana, coconut flakes + house granola</p> <p>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</p> <p>cacao - high in antioxidants + iron, mood boosting</p> <p>vegan contains nuts</p>	<p>ORGANIC SASHIMI SALMON POKE</p> <p>sashimi salmon, shoyu sauce, spring onions, edamame beans, broccoli, kimchi and pickled ginger on sticky brown rice and spinach with mayo and nori + sesame sprinkle</p> <p>£9.95 gluten free contains raw fish, egg, sesame + soy</p>	<p>SUPER GREEN BAKED FALAFEL</p> <p>baked falafel, carrot salad, sweet potato, corn salsa and pickled red onions on spinach and quinoa with tahini dressing + savoury seeds</p> <p>£8.50 vegan, gluten free contains sesame + soy</p>
<p>CRUNCHY BUCKWHEAT GRANOLA</p> <p>buckwheat groats, seeds, dried fruits + agave, with greek or dairy free yoghurt, seasonal fruit + berry compote + coconut flakes</p> <p>dairy free and vegan available</p>	<p>ORIGINAL HOUSE GRANOLA</p> <p>gluten free oats, almonds, seeds, maple syrup, cinnamon with greek or dairy free yoghurt, seasonal fruit, berry compote + coconut flakes</p> <p>dairy free and vegan available contains nuts</p>	<p>ENDLESS SUMMER</p> <p>mango, pineapple, banana, baobab, oat milk topped with berries, banana, coconut flakes + house granola</p> <p>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</p> <p>spirulina - high in nutrients, anti-inflammatory, rich in vitamin b12</p> <p>vegan</p>	<p>NORI + GINGER MARINATED TOFU</p> <p>marinated tofu, red cabbage, sweet potato, corn salsa and pickled red onions on sticky brown rice and spinach with spicy mayo + crispy onions</p> <p>£8.75 veggie, vegan available, gluten free, dairy free contains egg + soy</p>	<p>BANG BANG FREE RANGE 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>£8.95 gluten free + dairy free contains peanuts, sesame + soy</p>
ADD ONS	peanut butter 1.00, almond butter 1.50, vanilla pea protein 1.50, seeds 0.50, cacao nibs 0.50, almond flakes 0.50, toasted coconut flakes 0.50.				
SPECIAL DIETS	our rentire menu is GLUTEN FREE. all of our breakfast bowls can be made DAIRY FREE or VEGAN. our lunch bowls can also be adapted to suit all diets. Please do make us aware of any dietary requirements or allergies when ordering.				
OUR PRODUCE	our fish is organic, ethical and hand reared in Scotland by Wester Ross Salmon and is sourced to us via our local independent fishmonger, Hesperian Fish. our chicken is local and free range from Castlemead Poultry in Somerset.			<p>ADD ONS</p> <p>avocado 1.50, seaweed salad 2.50, kimchi 2.50, edamame beans 2.00, spicy peanuts 1.50, pickled ginger 1.00</p>	
				<p>ORGANIC TERIYAKI BAKED SALMON</p> <p>teriyaki baked organic salmon, edamame beans, broccoli, lemon fennel and kimchi on brown rice noodles and spinach with teriyaki mayo and nori + sesame sprinkle</p> <p>£9.50 gluten free contains fish, sesame, egg, soy</p>	<p>MISO GRILLED AUBERGINE</p> <p>miso sesame aubergine, red cabbage, carrot salad, kimchi and pickled red onions on spinach and quinoa with tahini dressing + savoury seeds</p> <p>£8.75 vegan, gluten free contains sesame + soy</p>

COLD PRESS JUICE		SUPERLATTE SUPERBLENDS		RIVER ROASTERS COFFEE		SUPERFOOD SMOOTHIES	
250ml £3.95		500ml £6.95		HOT - £3.50 COLD - £4.50		350ml £4.95	
<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>BEETROOT + CACAO</p> <p>organic beetroot powder, cocoa powder, ginger, cinnamon, coconut blossom with almond milk</p>	<p>MATCHA + MINT</p> <p>organic matcha, peppermint leaf, coconut blossom with oat milk</p>	<p>columbia + brazil - chocolate, butterscotch, cherry</p> <p>espresso, piccolo £2.00</p> <p>flat white, americano £2.50</p> <p>cappuccino, latte, mocha, hot chocolate £2.75</p> <p>iced latte, iced mocha, iced chocolate £3.00</p> <p>alternative milk £0.50</p> <p>all served as double ristretto</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>BANANOFFEE PIE</p> <p>tahini, dates, maca, banana, oat milk</p> <p>maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing</p>	
<p>BEETROOT 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>TURMERIC + SPICE</p> <p>organic turmeric, cinnamon, ginger, cayenne, cardamom, nutmeg with oat milk</p>	<p>MISO MUG</p> <p>a mug of our delightful miso broth made with butternut squash, shiitake mushrooms and miso</p>	<p>BREW TEA CO</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>£2.00</p>	<p>BANANA PROTEIN</p> <p>vanilla pea 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>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>our raw cold press juices are delivered weekly from press london</p>		<p>£3.50</p>		<p>£2.00</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>THE NOOKIE</p> <p>double espresso, banana, maple syrup, oat milk + ice</p> <p>espresso - high in antioxidants, energy boosting, improves concentration + digestion</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>