

BREAKFAST BOWLS

UNTIL 11:00

TOASTED BANANA BREAD

toasted banana bread,
coconut yoghurt, compote,
maple syrup, banana
+ toasted almonds

7.5

**gluten free, vegan
contains: almonds**

HOLY GRANOLA

our house granola,
coconut yoghurt, compote,
banana, berries
+ toasted coconut

7

**gluten free, vegan
contains: almonds**

POTATO ROSTI

spiced potato rosti, soft
boiled egg, miso mayo,
avocado, pickled shiitake
mushroom,
savory seeds

9.5

**gluten free
contains: egg, soy, sesame, sulphites**

MANGO + LIME PORRIDGE

warm oats
mango + lime puree,
toasted coconut
+ almond

8.5

**gluten free, vegan
contains: almonds**

ADD ONS

peanut butter 1.5, almond butter 2, avocado 2

SMOOTHIE BOWLS

ALL DAY

BERRY ACAI

acai, berries, banana, topped
with berries, banana
toasted coconut
+ house granola

9.5

**gluten free, vegan
contains: almonds**

CACAO ACAI

acai, cacao, banana, sea salt,
topped with berries, banana,
cacao nibs, toasted coconut
+ house granola

9.5

**gluten free, vegan
contains: almonds**

HI BARBIE

dragonfruit, blueberries,
banana, berries coconut with
fruit,

+ house granola

9.5

add vanilla protein - 2.50

**gluten free, vegan
contains: almonds**

CLUB TROPICANA

mango, banana, toasted
coconut, maca, topped with
berries, banana, toasted
coconut + house granola

9.5

**gluten free, vegan
contains: almonds**

ADD ONS

peanut butter 1.5, almond butter 2

madagascan vanilla vegan protein 2.5

POKE BOWLS

11:30-15:30

SASHIMI SALMON POKE

organic sashimi salmon,
shoyu sauce, spring onions,
edamame, broccoli, kimchi +
pickled ginger

sticky brown rice and spinach
with mayo + nori + sesame

13.5

gluten free, dairy free
contains: fish, sesame, soy,
sulphites

STICKY SESAME TOFU

sticky ginger + soy sesame
tofu, edamame, corn salsa,
sweet potato, pickled shiitake
mushrooms

citrus kale, brown rice, mayo
and nori + sesame

11.5

gluten free, vegan
contains: sesame, soy,
sulphites, mustard

BANG BANG CHICKEN

bang bang chicken, broccoli,
rainbow slaw, corn salsa,
pickled red onions

sticky brown rice, spinach,
bang bang sauce + spicy
peanuts

12.5

gluten free, dairy free
contains: peanuts, soy, sesame,
sulphites

MISO AUBERGINE

miso aubergine, broccoli,
rainbow slaw, sweet potato,
pickled cucumber

citrus kale, brown rice, tahini
dressing + savoury seeds

11.5

gluten free, vegan
contains: soy, sesame,
sulphites, mustard

ADD ONS

avocado 2, seaweed salad (sesame) 3

spicy peanuts 1.5, pickled ginger 1

COLD PRESS JUICE

made by nook

ORANGE

carrot
orange
lemon
fennel
ginger

5.5

GREEN

apple
cucumber
mint
ginger
celery
lemon
spinach

5.5

RED

beetroot
apple
cucumber
ginger
lime

5.5

YELLOW

pear
apple
lemon
ginger
thyme

5.5

GINGER SHOT

apple ginger lemon
2.5

**WE ALSO HAVE OTHER
COLD DRINKS - ICED COFFEE,
ICED CHAI, ICED SUPERBLENDS**

**CHECK OUT OUR
HOT DRINKS MENU**

DRINKS

BLENDSMITHS BLENDS

HOT - 4

ICED - 4.5

our blendsmiths blends are served on oat milk

BEETROOT + GINGER

beetroot powder, ginger, cinnamon, coconut sugar, black pepper

JAPANESE MATCHA

ceremonial japanese matcha green tea, cinnamon, coconut sugar

TURMERIC + CINNAMON

turmeric, cinnamon, ginger, star anise, black pepper, coconut sugar

RIVER ROASTERS COFFEE

espresso, americano, macchiato

2.5

flat white, cortado

3

cappuccino, latte

3.5

blendsmiths hot chocolate

4

blendsmiths mocha

4.5

all served as double espresso

flavour syrup

.5

CHAI BY MIRA

HOT - 4

ICED - 4.5

our chai is served on oat milk

CLASSIC

ginger, cardamom, cinnamon, nutmeg, clove, coconut sugar

GINGERBREAD

ginger, cinnamon, nutmeg, clove, coconut sugar

COCONUT

desiccated coconut, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar

CACAO

cocoa powder, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar

BREW TEA CO

english breakfast

earl grey

lemon + ginger

moroccan mint

green tea

decaffeinated

2.5

ICED COFFEE

iced americano

3

iced latte

4

iced chocolate

4.5

iced mocha

5

SUPERFOOD SMOOTHIES

7.5 EACH

ACAI BANG

acai, blackberries, banana

acai - high in antioxidants, skin health, brain health and immune health, nutrient dense

BANOFFEE PIE

tahini, dates, maca, banana

maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing

contains: sesame

BLUEBERRY PROTEIN PIE

blueberries, banana
vanilla protein, toasted coconut

maca - contains 8 essential amino acids, boosts energy + endurance

DO YOU EVEN LIFT BRO?

vanilla pea protein, banana,
cinnamon, dates

pea protein powder - rich in iron, amino acids, improved muscle growth, feelings of fullness and heart health

MAD ABOUT MANGO

mango, maca
toasted coconut, banana

maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing

MATCHA MOON

matcha, vanilla syrup, banana

matcha - high in nutrients, anti inflammatory, rich in vitamin b12

contains: caffeine

NUTTY CHOCOLATE

cacao, almond butter, banana, maple syrup, sea salt

cacao - high in antioxidants + iron, mood boosting

contains: almonds

50 SHADES OF GREEN

spinach, avocado, mango,
banana, spirulina

spirulina - high in nutrients, anti inflammatory, rich in vitamin b1

SPECIALS

11:30-15:30

MACKEREL SOM TAM

baked mackerel, green papaya, carrot, cherry tomatoes, cabbage, green beans, chilli, lime, fish sauce + peanuts

12.50

gluten free

contains: peanuts, fish, shellfish, sulphites

WHIPPED BUTTERBEAN HUMMUS

spiced butterbeans, courgette, pickled fennel, mint + parsley, ponzu kale, savoury seeds, lemon, garlic, + sumac

10.5

gluten free, grain free, vegan

contains: sesame, soy, sulphites

SPECIALS

THE STORY OF NOOK. EST. 2018

Nook first opened its antipodiean cafe doors in the market town of Frome in September 2018.

I wanted to bring Australian cafe culture to Somerset.

Superfood smoothies, acai bowls, speciality coffee, banana bread, poke bowls and cold press juices.

A place that made food + drink that is not only healthy, balanced and nutrient dense, but is so tasty and has so much flavour.

It was well received and so in November 2021 I opened the second Nook in the city of Bath. This cafe quickly became the flagship with its central location and finesse.

In February 2023 the third Nook opened its doors in the community forward suburb of Bedminter in Bristol.

We are now 3 cafes and a food trailer for festivals and events.

If you are interested in helping us grow even further please get in touch!