

# BREAKFAST BAGEL

*All served with mixed greens, quinoa & seeds*

## STEAK CHEESE

£8.95

Freshly grilled steak in carne asada marinate, scramble egg, grilled onion, provolone  
**Hot Sauce**

## B.E.C

£6.95

Bacon, scrambled egg,  
American cheese

## SMASHED AVO

£6.95

Scrambled egg, spinach, feta,  
smashed avocado, lime  
**Southwest Chipotle**

## ALL-NIGHTER

£7.50

Scrambled egg, bacon, hashbrown,  
American cheese  
**Hot Sauce**

## CHORIZO SUNRISE

£6.95

Chorizo, scrambled egg, salsa,  
jalapeño, cheddar  
**Hot Sauce**

## TEX MEX BURRITO

£8.95

Scrambled egg, bacon, onions, peppers,  
jalapeno, salsa, hash brown & cheddar  
**Hot Sauce**

# BREAKFAST BOWLS

## SMASHED AVOCADO TOAST

£7.95

## CREAM CHEESE OR PB & J BAGEL

£3.95

## COUNTRY BOWL

£8.95

Scrambled egg, bacon, roasted  
sweet potatoes, mushrooms,  
red onions, tomatoes, cheddar  
**Southwest Chipotle**

## BREAKFAST VEGGIE BOWL

£7.95

Scrambled egg, roasted sweet potato,  
tomato, avocado, cheddar  
**Southwest Chipotle**

## BREAKFAST POWER BOWL

£8.95

Scrambled egg, chicken breast,  
spinach, tomato, cheddar, avocado  
**Southwest Chipotle**

 **Gluten Free**  **Vegan**  **Vegetarian**

Double steak £3.95 Double Chicken £2.95 Avocado £1.75 Hummus £1.25 Cheese £1





# BAGEL PITA BOWL

*All served with choice of greens, grains, veggie toppings & dressing*

## BAGEL/PITA BOWL



### MEAN GREEN

Falafel, hummus & feta

£8.95

£10.95

### STEAK

Freshly grilled steak in carne asada marinate

£9.50

£11.50



### SPICY GARLIC CHICKEN

Freshly grilled chicken breast in garlic peri peri marinate

£8.95

£10.95



### VEGGIE

Freshly grilled fajita veg, roasted sweet potato & guacamole

£7.95

£9.95

### CHICKEN CALIFORNIA

Lightly blackened chicken breast & bacon

£8.95

£10.95



### PAD THAI ZOODLE

Zucchini noodles, carrot, red cabbage, bell peppers, jalapeño, cilantro, lime, cashew pieces  
**Peanut butter pad Thai dressing**

£9.95



### HAWAIIAN SUMMER BOWL

Grilled sweet balsamic pineapple, fresh strawberries, pecan, avocado with choice of grains & veggies  
**Mango chilli dressing**

£10.95



Gluten Free



Vegan



Vegetarian

Double steak £3.95 Double Chicken £2.95 Avocado £1.75 Hummus £1.25 Cheese £1




# ALL FRUIT SMOOTHIES



16OZ / £5.95  
20OZ / £6.95

*All fruit nothing but the fruit*

 **BANANA BERRY**  
 Strawberry, banana, , freshly pressed apple juice



 **MANGO TANGO**  
 Mango, banana, freshly pressed orange juice

 **BLUE LAGOON**  
 Blueberry, raspberry, banana, freshly pressed apple juice

## RAW JUICES

*Heal from inside out*

 **GREEN MACHINE**  
 Spinach, cucumber, lemon, apple

 **HEARTBEAT**  
 Beetroot, carrot, lemon, apple

 **PINA COLADA**  
 Pineapple, lime, cucumber, apple, coconut H2O

 **FLU SHOT**  
 Ginger, lemon, carrot, jalapeno & orange strawberry

 **PINK LEMONADE**  
 Strawberry, lemon, apple

 **PINEAPPLE LOVELY**  
 Pineapple, banana, freshly pressed apple juice



 **PINK FILAMINGO**  
 Pitaya, strawberry, banana, freshly pressed apple juice



16OZ / £5.95  
20OZ / £6.95

 **ENERGISER**  
 Celery, broccoli, cucumber, lemon, apple

 **LEMON**  
 **GINGER ZINGER**  
Carrot, ginger, lemon, apple

 **HYDRATE**  
 Watermelon, strawberry, pineapple, mint

 **DARK GREEN**  
 **PINK LEMONADE**  
Kale, spinach, parsley, celery, cucumber, lemon, apple



 Gluten Free  Vegan  Vegetarian

MAKE IT A SMOOTHIE/JUICE COMBO +£4.50

Extra Powder £1



# WELLNESS SHOTS

ALL  
WELLNESS SHOTS  
£2.95

*Instant energy*

## GINGER SHOT

 Ginger, lemon, apple

## B-SHOT

 Beetroot, lemon, apple

## CELERY SHOT

 Celery, lemon

## TUR-ME-RIC SHOT

 Turmeric, apple, cayenne pepper



# POWER SMOOTHIES

16OZ / £6.95

20OZ / £7.95

## POWER SHAKE

 Banana, cacao, dark chocolate, agave, vanilla protein, dash of cinnamon, almond milk

## LIFT ME UP **FAN FAVE**

 Peanut butter, banana, vanilla protein, agave, almond milk

## G SHAKE

 Blueberry, raspberry, banana, granola, agave, vanilla protein, almond milk

## MOCHA NANA

 Cold brew, cacao, dark chocolate, banana, agave, vanilla protein, almond milk

## RASPBERRY WHITE

### CHOCOLATE

Raspberry, banana, white chocolate, vanilla protein, almond milk




# SUPERFOOD SMOOTHIES

16OZ / £6.95

20OZ / £7.95

## NUTTY ALMOND

 Spinach, almond butter, chia seeds, cinnamon, agave, almond milk

## MATCHA MANGO

### GREEN TEA

Mango, spinach, matcha green tea, chia seeds, agave, coconut milk

## SUPER DATE

 Dates, banana, peanut butter, chia seeds, all spice, almond milk


## GREEN MONSTER

 Spinach, mango, chia seeds, freshly pressed apple juice

## GREEN MAJIK

 Pineapple, mango, spinach, spirulina, agave, coconut H2O

## FAT BURNER

 Kale, spinach, blueberry, spirulina, freshly pressed apple juice



 Gluten Free  Vegan  Vegetarian

MAKE A COMBO SMOOTHIE +£4.95

Extra Powder £1



# ACAI BOWLS

ALL  
ACAI BOWLS  
£9.50



## ACAI BERRY BOWL



Acai berry, strawberry, blueberry, banana, almond milk topped with granola, fresh strawberries, blueberries, banana, coconut shred, goji berries, agave



## PEANUT BUTTER BOWL



Acai berry, strawberry, blueberry, banana, almond milk topped with granola, peanut butter, fresh strawberries, blueberries, banana, coconut shred, goji berries, agave



Gluten Free



Vegan



Vegetarian

Double steak £3.95 Double Chicken £2.95 Avocado £1.75 Hummus £1.25 Cheese £1