



MENU

NEW ULTIMATE CORE BREAKFAST 6.95

Sliced avocado, sautéed spinach, garlic mushrooms, cherry tomatoes on seeded toast
add two poached or scrambled eggs. £2

NEW SWEET POTATO JACKETS 6.45

Baked Sweet Potato with five bean vegan chilli and homemade guacamole

AVOCADO ON TOAST 4.95

With half a sliced avocado and topped with mixed seeds

SMASHED AVOCADO ON TOAST 6.95

Smashed avocado, mixed chilli, red onion and salt and pepper, with two poached eggs on toast

BANANA & PEANUT TOAST 4.95

Slices of banana and peanut butter topped with agave

PANCAKES 6.95

Gluten free, vegan pancakes served with a choice of either raspberries, blueberries, banana or all 3 together

TOASTED HALLOUMI AND QUINOA SALAD 5.95

(mixed veggies, quinoa and toasted halloumi)

ACAI BOWL 5.95

Sauce: acai berry, banana and apple, topped with gluten free muesli, coconut
and your choice of up to 3 fruits:
strawberry, raspberry, blueberry, pineapple

NUTTY BOWL 5.45

Base smoothie made of cashew nuts, banana and coconut milk topped with
gluten free muesli, pineapple, banana, pecans and mixed seeds with agave

PROTEIN BOWL 5.45

Protein packed blueberry smoothie bowl topped with gluten free muesli, banana,
pecan nuts, almonds, flaxseed and agave.