



## AÇAÍ BOWLS

£9.45

### Naked Berry (VG, GF)

Fairtrade Açaí topped with freshly sliced Strawberries & frozen Raspberries

### Three Way Berry (VG, GF)

Fairtrade Açaí topped with freshly sliced Strawberries, frozen Raspberries & homemade Granola

### Load Me Up (VG, GF, N) III

Fairtrade Açaí topped with freshly sliced Strawberries or Banana, frozen Raspberries, homemade Granola & Manilife deep-roasted Peanut Butter

### Nutty For You (VG, GF, N)

Fairtrade Açaí topped with freshly sliced Banana, Manilife deep-roasted Peanut Butter & toasted Coconut Chips

### Build Your Own Açaí Bowl (VG)

The first 3 toppings are on us - then you can choose whatever you want to make your perfect bowl

#### SUPERFOOD ADD-ONS

Banana	£1.50
Coconut Chips	£1.75
Homemade Granola (GF)	
Crunchy Peanut Butter	
Cacao Nibs	
Strawberries	£2.00
Frozen Raspberries	
Almond Butter	
Goji Berries	

## LET'S GET TOASTED

### Naked Avocado (VG)

£8.00

Toasted Sourdough topped with smashed Avocado

### Slutty Avocado (VG)

£9.00

Toasted Sourdough topped with smashed Avocado, homemade Pesto, crunchy Chickpeas

### Spicy Avocado (VG) III

£9.00

Toasted Sourdough topped with smashed Avocado, crumbled Feta, Lime & Chilli flake

### Truffle Mushrooms (V, GF)

£9.00

Toasted Sourdough topped with Garlic & Truffle Mushrooms

#### ADD

Seeds	FREE
Fresh Chilli	£0.20
Poached Egg	£2.00
Honey-glazed Halloumi	£2.00

### AB & J (VG, N)

£6.50

Toasted Sourdough topped with Almond Butter & homemade Chia Jam

### PB & Banana (VG, N)

£6.50

Toasted Sourdough topped with Manilife deep-roasted Peanut Butter, freshly sliced Bananas & Cacao nibs

## SMOOTHIES

£7.50

### Strawberry, Banana & Almond Butter Superfood (VG, GF)

Strawberries, Banana, Almond Butter, Cinnamon, Vanilla, Oat Milk with Ashwagandha and Maca Powder to energise and boost your mood

### Banana, Cacao & Peanut Butter Superfood (VG, GF)

Frozen Banana blended with Raw Cacao, Mani Life deep-roasted Peanut Butter, Almond Milk and Cacao Nibs to brain boost

### Green Superfood (VG, GF)

Avocado, Pineapple, Spinach, Cucumber, Coconut Water and Lime to refresh and recharge

## WARM BOWLS

£10.95

### Mexican Chilli Bowl (VG, GF, C)

Vegetable Chilli and roasted Sweet Potato served with Brown Rice and Avocado Smash

### Spiced Butternut Squash Curry (VG, GF)

Spiced Butternut Squash, Cauliflower, Turmeric and Coconut Curry served with Brown Rice, Fresh Chilli, Black Sesame and Coriander

## TO SHARE

### Rainbow Nachos (VG, GF)

£10.50

Baked Corn Tortilla Chips topped with homemade chunky Salsa, sweet and smoky Black Beans, Guacamole, Pink Pickled Onions, homemade Cheese Sauce and Red Jalapeños

### Pulled Chicken Tacos (GF)

£11.50

Blue Corn Tacos filled with Mexican Pulled Chicken, Sriracha Yoghurt, Crunchy Slaw, Pink Pickled Onions, Fresh Red Chilli, Spring Onion and Coriander Served with a side of Guacamole

## FLATBREAD WRAPS

£11.00

### Sweet Potato Falafels & Homemade Hummus (VG)

Roasted Sweet Potato Falafels served on a Flatbread Wrap with homemade Hummus, Romaine Lettuce, Cucumber, Pink Pickled Onions & Sriracha

### Honey-glazed Halloumi & Tzatziki (V) III

Honey-glazed Halloumi served on a Flatbread Wrap with Fresh Spinach, Red Peppers, Cucumber & Tzatziki

### Spiced Chicken & Pesto III

Spiced Chicken Thigh served on a Flatbread with homemade Pesto, Red Peppers, Mozzarella & Spinach

### Sweet & Smoky Black Bean & Avocado (VG)

Smoky Black Bean & Avocado on Flatbread with roasted Sweet Potato, homemade Salsa, Romaine Lettuce, Vegan Cheese and Sriracha

## BUDDHA BOWLS

£10.95

### Mexican Bowl (VG) III

Sweet and smoky Black Beans, roasted Sweet Potato and Avocado on a bed of Couscous, Tomato Salsa and shredded Romaine Lettuce topped with Omega-rich Seeds

### Falafel Bowl (VG)

Roasted Sweet Potato Falafels & homemade Hummus on a bed of Middle Eastern-inspired crunchy Slaw mixed through with Couscous topped with Omega-rich Seeds & Micro Herbs

### Green Detox Bowl (VG, GF, SE) III

Roasted Sweet Potato, Garlic & Soy Broccoli, Sesame-smacked Cucumber, Edamame, sliced Avocado, Garlic and Sesame Kale, Spinach, Micro Coriander & Omega Rich Seeds

### Seasonal Greens Giant Couscous Bowl (VG, GF)

Giant Couscous Salad with homemade Pesto, Peas, grilled Courgette, Cucumber, Broccoli and Spinach topped with Micro Herbs & Omega-rich Seeds

### Greek Salad Bowl (VG, GF)

Cucumber, Tomatoes, Red Pepper, Red Onion and Feta dressed in Virgin Olive Oil, White Wine Vinegar, Sumac & Micro Mint

#### ADD

Poached Egg	£2.50
Honey-glazed Halloumi	£3.00
Cajun-spiced Chicken Thigh	£4.00

## TALK SWEET TO ME

### Naked Banana Bread (V, DF, GF, N)

£4.50

2 slices of freshly baked Banana Bread

### Slutty Banana Bread (V, DF, GF)

£7.50

2 slices of freshly baked Banana Bread served with Manilife deep-roasted Peanut Butter, DF Yogurt & sliced bananas

### Berry & Maple Pancakes (VG, DF)

£9.50

Served with freshly sliced strawberries, Raspberries, Chia Jam, Maple Syrup & DF Yogurt

### Banana & Peanut Butter Pancakes (VG, DF)

£9.50

Served with Peanut Butter, caramelised Banana & Maple Syrup

### The Oreo Chocolate Brownie (VG) III

£4.50

### Half-baked Cookie (VG)

£4.50

Choice of Brownie or Biscoff