

## BLISSFULL BITES

£3.00

### SALMON TOAST

Smoked salmon, tomato

### AVOCADO ANCHOVY TOAST

Anchovies, smashed avocado

### AVOCADO TOAST

smashed avocado, ev olive oil, sea salt, black pepper on **brown bread**

### TOMATO & GARLIC TOAST

grated tomatoes, rubbed garlic, ev olive oil, sea salt, pepper on **brown bread**

### GREEK YOGHURT POTS

greek yoghurt, granola, mixed fruits



## GOODFILLERS

Wholemeal Wraps, brown bread, bagels



### JERK CHICKEN AVOCADO £4.00

Jerk Chicken, avocado, mayo

### TUNA MAYO £3.50

tuna mayonnaise, tomato, lettuce, cucumber

### EGG MAYO £3.50

egg, mayonnaise

### SMOKED SALMON £4.00

smoked salmon, cream cheese, tomato, lettuce

### CHICKEN AVOCADO £4.00

grilled chicken, avocado, tomato, lettuce, onion, cucumber

### HAM £3.00

### CHEESE £3.00

## SALADS

£4.50

Mix & Match including 1 dressing



### LENTILS

lentils, roasted butternut squash, beetroot, rocket, **feta**

### BROCCOLI PESTO PASTA

wholemeal pasta, **pesto**, broccoli

### COURGETTI

courgette, green beans, avocado, spinach

### BUTTERBEAN

butterbeans, **anchovies**, garlic, onions, olives, spinach

### QUINOA TABBOULEH

quinoa, mint, parsley, cucumber, tomato

### MANGO AVOCADO

lettuce, tomato, cucumber, mango, avocado, spring onion, red pepper

### WALNUT SALAD

walnuts, pomegranate, rocket, apple, **celery**

## EXTRAS

£1.50

- HOUMOUS POT WITH VEG
- JERK CHICKEN BREAST
- SEASONED CHICKEN BREAST

## HOMEMADE DRESSINGS

### BALSAMIC

balsamic **vinegar**, ev olive oil,

### MUSTARD

honey wholegrain, **mustard**, ev olive oil, lemon juice, apple cider **vinegar**

### CHILLI TAMARI

ginger, garlic, tamari, honey, chilli, ev olive oil, lime

### PARMESAN

parmesan, **mayonnaise**, ev olive oil, garlic, **dijon mustard**, red wine **vinegar**

## TODDLER TIME



### TOAST FINGERS

**marmite**  
jam  
organic **Peanut butter**  
honey

£1.50

### MIXED FRUIT POTS

£1.50

### HOUMOUS POT WITH VEG

£1.50

CHECK INSTORE FOR OUR DAILY SPECIALS

See allergens in **BOLD**  
NUTS USED ON PREMISES



## JUICES

SMALL £3.25 LARGE £3.75

### CARROT CLEANSER

carrot, apple, orange, **celery**, kale

### TURM UP

turmeric root, ginger root, apple, **celery**, lemon

### SPLENDID SPINACH

spinach, lemon, apple, parsley

### FLU DOCTOR

orange, carrot, lemon, ginger

### MINTED MATE

mint, cucumber, apple, pear

### APPLEBERRY

strawberry & apple

- **CELERY** • **ORANGE** • **CARROT** • **APPLE**
- £2.50 SMALL £3.00 LARGE



## HOT DRINKS

### English Breakfast Tea

£1.60

### Earl Grey Tea

£1.60

### Mint Tea

£1.80

### Green Tea

£1.80

### Hot Chocolate

£2.20

### Latte

£2.20

### Cappuccino

£2.20

### Americano

£2.20

### Mocha

£2.20

### Espresso

£1.50

### TUMERIC LATTE

£3.00

tumeric, **almond milk**, dates, coconut oil, cinnamon, nutmeg

### BABY CINO

£1.00

hot milk of your choice sprinkled with coco powder



## SMOOTHIES

£4.00 SMALL £4.75 LARGE

### DIVINE DATE

dates, banana, **almond milk**, **brazil nuts**, oats

### ANTIOXIDANT

blueberries, raspberries, **strawberries**, apple, chia seeds

### COCO LOCO

banana, mango, pineapple and **coconut milk**

### AVOCUDDLE

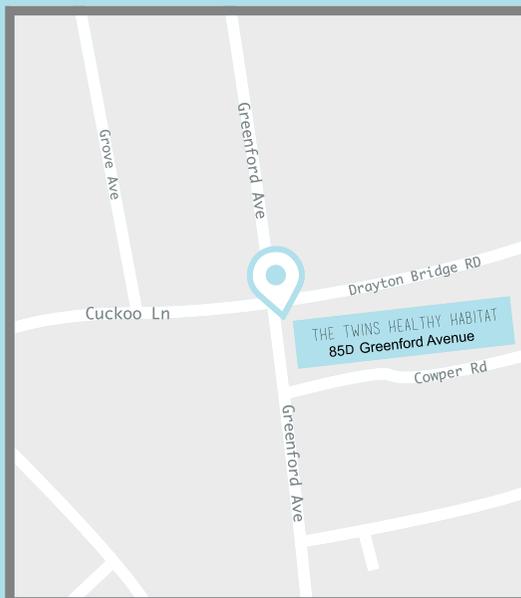
avocado, kale, banana, spirulina, **coconut milk**

### PLANT POWER

vanilla **plant protein**, banana, chia seeds, hazelnut milk

### CHOCY NUTTY PROTEIN

chocolate flavored **plant protein**, organic peanut butter, banana, **almond Milk**



### Opening Hours

Monday to Friday 8am-5pm  
Saturday 9am - 4pm



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