

BREAKFAST BOWLS		SMOOTHIE BOWLS		LUNCH BOWLS	
until 11:30am	all £5.50	all day	all £6.95	11:30am - 3:30pm	
<p>RAINBOW FRUIT + YOGHURT</p> <p>banana, apple, berries, berry compote with greek or dairy free yoghurt and toasted coconut flakes</p> <p>dairy free and vegan available</p>	<p>TOASTED BANANA BREAD</p> <p>two thick slices of our famous banana bread, topped with greek or dairy free yoghurt, banana, maple syrup and toasted flaked almonds</p> <p>dairy free and vegan available</p>	<p>BERRY ACAI</p> <p>acai, mixed berries, banana, coconut water topped with berries, banana, coconut flakes + house granola</p> <p>acai - high in antioxidants, immune boosting</p> <p>vegan</p>	<p>CACAO ACAI</p> <p>acai, cacao powder, sea salt, almond milk topped with berries, banana, cacao nibs, coconut + house granola</p> <p>cacao - high in antioxidants + iron, mood boosting</p> <p>vegan contains nuts</p>	<p>ORGANIC SASHIMI SALMON POKE</p> <p>sashimi salmon, shoyu sauce, spring onions, edamame beans, broccoli, kimchi and pickled ginger on sticky brown rice and spinach with mayo and nori + sesame sprinkle</p> <p>£9.95 gluten free contains raw fish, egg, sesame + soy</p>	<p>SUPER GREEN BAKED FALAFEL</p> <p>baked falafel, carrot salad, sweet potato, corn salsa and pickled red onions on spinach and quinoa with tahini dressing + savoury seeds</p> <p>£8.50 vegan, gluten free contains sesame + soy</p>
<p>CRUNCHY BUCKWHEAT GRANOLA</p> <p>buckwheat groats, seeds, dried fruits + agave, with greek or dairy free yoghurt, seasonal fruit + berry compote + coconut flakes</p> <p>dairy free and vegan available</p>	<p>ORIGINAL HOUSE GRANOLA</p> <p>gluten free oats, almonds, seeds, maple syrup, cinnamon with greek or dairy free yoghurt, seasonal fruit, berry compote + coconut flakes</p> <p>dairy free and vegan available contains nuts</p>	<p>ENDLESS SUMMER</p> <p>mango, pineapple, banana, baobab, oat milk topped with berries, banana, coconut flakes + house granola</p> <p>baobab - high in antioxidants, fibre, aids digestion</p> <p>vegan</p>	<p>GREEN GOODNESS</p> <p>spinach, spirulina, avocado, pineapple, banana, coconut milk topped with berries, banana, coconut flakes + house granola</p> <p>spirulina - high in nutrients, anti-inflammatory, rich in vitamin b12</p> <p>vegan</p>	<p>NORI + GINGER MARINATED TOFU</p> <p>marinated tofu, red cabbage, sweet potato, corn salsa and pickled red onions on sticky brown rice and spinach with spicy mayo + crispy onions</p> <p>£8.75 veggie, vegan available, gluten free, dairy free contains egg + soy</p>	<p>BANG BANG FREE RANGE CHICKEN</p> <p>chicken breast, broccoli, corn salsa, carrot salad and pickled red onions on sticky brown rice and spinach with bang bang satay sauce + spicy peanuts</p> <p>£8.95 gluten free + dairy free contains peanuts, sesame + soy</p>
ADD ONS	peanut butter 1.00, almond butter 1.50, vanilla pea protein 1.50, seeds 0.50, cacao nibs 0.50, almond flakes 0.50, toasted coconut flakes 0.50.				
SPECIAL DIETS	our entire menu is GLUTEN FREE. all of our breakfast bowls can be made DAIRY FREE or VEGAN. our lunch bowls can also be adapted to suit all diets. Please do make us aware of any dietary requirements or allergies when ordering.				
OUR PRODUCE	our fish is organic, ethical and hand reared in Scotland by Wester Ross Salmon and is sourced to us via our local independent fishmonger, Hesperian Fish. our chicken is local and free range from Castlemead Poultry in Somerset.				
				<p>ORGANIC TERIYAKI BAKED SALMON</p> <p>teriyaki baked organic salmon, edamame beans, broccoli, lemon fennel and kimchi on brown rice noodles and spinach with teriyaki mayo and nori + sesame sprinkle</p> <p>£9.50 gluten free contains fish, sesame, egg, soy</p>	<p>MISO GRILLED AUBERGINE</p> <p>miso sesame aubergine, red cabbage, carrot salad, kimchi and pickled red onions on spinach and quinoa with tahini dressing + savoury seeds</p> <p>£8.75 vegan, gluten free contains sesame + soy</p>
				<p>ADD ONS</p> <p>avocado 1.50, seaweed salad 2.50, kimchi 2.50, edamame beans 2.00, spicy peanuts 1.50, pickled ginger 1.00</p>	

COLD PRESS JUICE		SUPERLATTE SUPERBLENDS	RIVER ROASTERS COFFEE	SUPERFOOD SMOOTHIES		
organic cold pressed juice from daily dose				made by us £4.95		
ZEN ZERO apple, ginger, lemon, thyme	O'FRESCO carrot, lemon, apple, ginger, turmeric	HOT - £3.50 COLD - £4.50	chocolate, butterscotch, cherry double espresso £2.25 americano £2.50 flat white £2.70 cappuccino, latte, mocha, hot chocolate £3.00 alternative milk - oat, almond, coconut £0.50 all served as double espresso	ACAI BANG acai, mixed berries, banana, coconut water acai - high in antioxidants, benefits include skin health, brain health and immune health, nutrient dense	BANOFFEE PIE tahini, dates, maca, banana, oat milk maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing	
STRAWB strawberry, apple, lemon, basil	ROUGE beetroot, apple, ginger, aloe vera	BEETROOT + CACAO organic beetroot powder, cocoa powder, ginger, cinnamon, coconut blossom with almond milk		DO YOU LIFT BRO? vanilla pea protein, banana, cinnamon, dates, oat milk pea protein powder - rich in iron, amino acids, improved muscle growth, feelings of fullness and heart health	MAD ABOUT MANGO mango, banana, baobab, oat milk baobab - high in antioxidants, vitamin c + fibre, aids digestion + immune boosting	
DULCE VERDE cucumber, apple, kale, lemon, mint	C BOMB orange, lemon, cherry	MATCHA + MINT organic matcha, peppermint leaf, coconut blossom with oat milk		NUTTY CHOCOLATE cacao, almond butter, banana, maple syrup, almond milk, sea salt cacao - high in antioxidants + iron, improves blood sugar levels, mood boosting	THE NOOKIE double espresso, banana, maple syrup, oat milk + ice espresso - high in antioxidants, energy boosting, improves concentration + digestion	
CAYENNE SHOT lemon, ginger, agave, cayenne	TURMERIC SHOT lemon, ginger, turmeric	TURMERIC + SPICE organic turmeric, cinnamon, ginger, cayenne, cardamom, nutmeg with oat milk		BREW TEA CO	PINA COLADA pineapple, coconut, banana, baobab, coconut milk baobab - high in antioxidants, vitamin c + fibre, aids digestion + immune boosting	50 SHADES OF GREEN spinach, avocado, banana, pineapple, spirulina, coconut water spirulina - high in nutrients, anti-inflammatory, rich in vitamin b12
300ML £4.50	JUICE SHOT £2.50	ICED COFFEE iced americano, black/with milk, iced latte, iced mocha, iced chocolate £3.00		english breakfast earl grey lemon + ginger moroccan mint green tea decaffeinated £2.00		