

breakfast

beans on toast £5.85

choice of white or brown toast

cheese on toast £5.85

choice of white or brown toast

eggs on toast £5.85

poached or scrambled, choice of white or brown bread

sausage sandwich £5.95

choice of white or brown bread

bacon sandwich £5.95

choice of white or brown bread bacon

sausage and bacon sandwich £7.25

choice of white or brown bread

eggs benny £9.95

toasted english muffin, crispy bacon, two poached eggs and hollandaise sauce, chives

eggs royale £8.95

toasted english muffin, smoked salmon, two poached eggs, chives, hollandaise

toast and butter £2.75

choice of white or brown bread toast

butter and jam £3.25

choice of white or brown bread

sausage egg muffin £6.25

2 lincolnshire sausages, poached egg, american cheese, toasted muffin

bacon egg muffin £6.25

2 bacon, poached egg, american cheese, toasted muffin

smoked salmon and eggs £8.95

toasted english muffin, two scrambled/poached eggs, smoked salmon, chives

nourish

bagels

plain with butter £2.75

add jam 50p

everything tomato £6.25

cream cheese, fresh tomato, everything bagel seasoning

breakfast bagel £8.25

2 poached or scrambled eggs, bacon, american cheese, chives

classic bagel £6.75

smoked salmon, chives, cream cheese

the half and half £7.45

half smashed avo, half cream cheese and tomatoes, everything bagel seasoning

caprese bagel £7.45

pesto, mozzarella, tomatoes

avo brunch £8.45

smashed avo, 2 poached or scrambled eggs and chives

pizza bagel £6.25

tomato, cheese, pepperoni, chives

sandwiches

all sandwiches are served on a choice of white or brown bread, with a rocket and balsamic side salad and salted crisps

blt £8.25

cheese and tomato £7.25

tuna and cucumber £7.25

cheese and ham £7.25

cheese and onion £7.25

toasties

all toasties are served on a choice of white or brown bread, with a rocket and balsamic side salad and salted crisps

tuna melt £8.95

cheese and tomato £8.25

cheese and ham £8.25

cheese and bacon £8.95

cheese and onion £8.25

the italian £9.25

pesto, mozzarella, tomato

sourdough

choco banana £7.25

nutella, banana and choc flake on sourdough toast

biscoff crunch £7.25

biscoff spread, banana and biscoff crumbs on sourdough toast

berrylicious £7.25

nutella, raspberries and choc flakes on sourdough toast

pb nana £7.25

peanut butter, banana and cacao nibs on sourdough toast

the everything avo £7.25

smashed avocado and everything bagel seasoning on sourdough toast

build your own two pancakes

fruit

strawberries
raspberries
blueberries
mango
banana

sauce

nutella
biscoff spread
peanut butter
white choc sauce
pistachio sauce

crumbs

cadbury flake
biscoff crumbs
two toppings £8.95
three toppings £9.95
four toppings £10.95

açaí bowl menu

the chocco berry bowl

açaí, granola, banana, strawberries, raspberries, nutella, choc flake

the glow bowl

açaí, granola, banana, strawberries, blueberries, peanut butter, cacao nibs

the nourish bowl

açaí, granola, banana, blueberries, peanut butter, honey, cacao nibs

the lotus love bowl

açaí, granola, banana, strawberries, biscoff spread, biscoff crumble, biscoff biscuit, coconut flakes

the sunshine bowl

açaí, granola, banana, strawberries, mango, white choc sauce, pistachio sauce, almond flakes

choose from a 12oz bowl (£7.25) or a 16oz bowl (£9.25)

BUILD YOUR OWN

choose any 5 toppings • nutella • biscoff spread • peanut butter • pistachio sauce • white choc sauce • honey • chia seeds • almond flakes • coconut flakes • biscoff crumbs • flakes • cacao nibs • banana • strawberries • raspberries • blueberries • mango

choose from a 12oz bowl (£8.25) or a 16oz bowl (£10.25)

coffee

double espresso	£2.95
americano	£3.25
americano with milk	£3.65
flat white	£3.65
cappuccino	£3.85
latte	£3.85
mocha	£4.25
iced latte	£4.65
iced latte with syrup	£4.95

not coffee

chai latte	£3.65
hot chocolate	£3.95
deluxe hot chocolate	£4.65
mug of tea	£1.95
herbal tea	£2.65
peppermint, green, red berry, earl grey	

soft drinks

pepsi max	£1.85
cano water still	£1.45
cano water sparkling	£1.45
san pellegrino	£2.25
appletiser	£2.45
poppi	£2.50

smoothies

coconut crush	£5.25
coconut, pineapple	
raspberry heaven	£5.25
apple, blueberries, mango, raspberries	
strawberry fantasy	£5.25
banana, strawberries	
pineapple sunset	£5.25
mango, papaya, pineapple	
mango dream	£5.25
mango, pear	
dazzling dragon	£6.00
apple, banana, raspberries, dragon fruit, lime, mango	
matcha powder	£6.00
apple, banana, matcha powder, pineapple, spinach	
super green	£6.00
apple, avocado, basil, lime, spinach, spirulina	
blue blast	£6.00
apple, banana, lime, peach, pineapple, spirulina	
açaí kick	£6.00
açaí berries, blueberries, mango, strawberries	

classic latte

vanilla latte	£4.50 / £4.95
caramel latte	£4.50 / £4.95
hazlenut latte	£4.50 / £4.95
white chocolate latte	£4.50 / £4.95
	hot iced

please see menu boards for drinks specials

classic matcha

vanilla matcha	£4.50 / £4.95
blueberry matcha	£4.50 / £4.95
white chocolate matcha	£4.50 / £4.95
raspberry matcha	£4.50 / £4.95
	hot iced

extras

alternative milks	75p
oat, soya, almond, coconut	
syrup shot	75p
espresso shot	£1.00
matcha shot	£1.00

please advise staff of any allergies when ordering,
cross contamination may occur

