

# FOOD AND HOT DRINKS

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## BREAKFAST

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| <b>Toast</b> .....                         | <b>£2.00</b> |
| with extra light spread<br>Included:       |              |
| <b>Peanut butter &amp; banana</b> .....    | <b>£3.00</b> |
| <b>Turkey rashers</b> .....                | <b>£3.50</b> |
| <b>Avocado</b> .....                       | <b>£3.00</b> |
| <b>Chicken sausages</b> .....              | <b>£3.50</b> |
| <b>Eggs poached or<br/>scrambled</b> ..... | <b>£3.50</b> |

\*Add any extra item for £1

|   |              |
|---|--------------|
| <b>Steak and eggs</b> .....             | <b>£4.50</b> |
| <b>Smoked salmon<br/>and eggs</b> ..... | <b>£4.00</b> |
| <b>Fruit pot</b> .....                  | <b>£3.00</b> |
| <b>Any fruit</b> .....                  | <b>80p</b>   |

## LIGHT MEAL

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|   |              |
|---|--------------|
| <b>Soup of the day</b> .....                                    | <b>£2.50</b> |
| <b>Hummus platter</b> .....                                     | <b>£4.00</b> |
| <b>Omelettes with your<br/>choice of up to 4 fillings</b> ..... | <b>£4.50</b> |
| Spinach, tomato, peppers, onion, cheese,<br>chicken, turkey     |              |

|                     |              |
|---------------------|--------------|
| <b>Salads</b> ..... | <b>£4.00</b> |
| Chicken             |              |
| Halloumi            |              |
| Salmon              |              |
| Avocado             |              |
| Tuna                |              |
| Steak*              |              |
| Seabass*            |              |

|  |              |
|--|--------------|
| <b>Toasted bagels with salad</b> ..... | <b>£3.50</b> |
| Tuna                                   |              |
| Chicken                                |              |
| Steak*                                 |              |

|                               |              |
|-------------------------------|--------------|
| <b>Wraps with salad</b> ..... | <b>£4.00</b> |
| Chicken                       |              |
| Halloumi                      |              |
| Tuna                          |              |
| Steak*                        |              |
| Chicken & avocado*            |              |
| Steak cheese & onion          |              |
| Sweet chilli chicken          |              |
| * £1 surcharge                |              |
| Add Cheese and toasted £1     |              |

## MAIN MEAL

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|   |              |
|---|--------------|
| <b>Chicken</b>                                  |              |
| <b>Steak*</b>                                   |              |
| <b>Seabass*</b>                                 |              |
| <b>Salmon</b>                                   |              |
| * £1 surcharge                                  |              |
| <b>With veg</b> .....                           | <b>£5.00</b> |
| <b>With sweet potato<br/>and veg</b> .....      | <b>£6.50</b> |
| <b>Couscous or<br/>brown rice and veg</b> ..... | <b>£6.00</b> |

|   |               |
|---|---------------|
| <b>All day filler</b>   |               |
| <b>Chicken, steak, sweet potato<br/>&amp; large portion of veg</b> .....  | <b>£11.00</b> |
| <b>Salmon, seabass, sweet potato<br/>&amp; large portion of veg</b> ..... | <b>£12.00</b> |
| <b>Stir fry with veg<br/>and noodles</b>                                  |               |
| <b>Steak</b> .....  | <b>£7.00</b>  |
| <b>Chicken</b> .....  | <b>£6.00</b>  |

## HOT DRINKS Served by cup or pot to share

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|   |                             |
|---|-----------------------------|
| <b>The Feel Good Tea</b> .....            | <b>£3.00 Cup /£5.00 Pot</b> |
| Apple, carrot, mint tea, honey, orange    |                             |
| <b>Strawberry<br/>Mint Julep</b> .....    | <b>£3.00 Cup /£5.00 Pot</b> |
| Strawberry, mint tea, apple, honey, lemon |                             |
| <b>Sweet Tea</b> .....                    | <b>£3.00 Cup /£5.00 Pot</b> |
| Sweet potato, orange, lime, honey, mint   |                             |

|  |                             |
|--|-----------------------------|
| <b>Tea</b> .....                                 | <b>£2.00 Cup /£4.00 Pot</b> |
| Original tea, earl grey &<br>choice of green tea |                             |
| <b>Americano Coffee</b> .....                    | <b>£2.00</b>                |
| <b>Shot of espresso</b> .....                    | <b>£1.50</b>                |

# JUICES

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**Beet Nik ..... £3.50**

Apple, beetroot, carrots,  
celery, spinach, water\*

**Beet Retreat ..... £3.50**

Apple, beetroot, carrots,  
ginger root, lemon, water\*

**Laurel & Hardy ..... £3.50**

Pear, peppermint, pineapple,  
strawberry, water\*

**Ginger Rogers ..... £4.25**

Apple, beetroot, carrot,  
celery, cucumber, ginger root,  
water\*

**Don't Forget**

**Your Roots ..... £3.50**

Beetroot, carrot,  
sweet potato, water\*

**Sweet Orange..... £3.50**

Sweet potato, carrot,  
orange, water\*

**The Hulk ..... £4.25**

Banana, broccoli, celery,  
pineapple, avocado,  
spinach, water\*

**Havana  
coconut mix..... £5.00**

Pineapple, orange, avocado,  
carrots, coconut water

**Big Ben..... £3.50**

Broccoli, celery, carrots,  
spinach, water\*

**Victoria Falls ..... £3.50**

Spinach, kale, apples, water\*

**Barrier Reef ..... £3.00**

Pear, avocado, spinach, water\*

**Five A Day ..... £4.25**

Sweet potato, apple, orange,  
carrot, spinach, water\*

**Golden Gate Mix ..... £3.50**

Spinach, kale, pear, apple,  
water\*

**Orange County..... £3.50**

Carrot, celery, lemon,  
beetroot, water\*

**Create your own ..... £4.00**

Choose 6 fruit or vegetables,  
water\*

\*add coconut water for £1 extra



# SMOOTHIES

**Kiwi-Mint..... £3.50**

Kiwi, lime, banana, mint, spinach,  
choice of milk

**Taj Mahal ..... £3.50**

Cucumber, kiwi, apple, choice of milk

**Shamrock Shake ..... £3.50**

Banana, avocado, spinach, mint,  
choice of milk

**The Three Graces..... £3.50**

Banana, cherry, strawberry, choice of milk

\*add coconut water for £1 extra

**Isaac Newton..... £3.50**

Cherry, beetroot, apple, kale, pineapple,  
choice of milk

**Christopher Columbus..... £3.50**

Beetroot, blueberry, orange, strawberry,  
choice of milk

**George Washington ..... £3.50**

Pear, strawberry, kale, spinach,  
choice of milk

\*add coconut water for £1 extra

**Giant's Causeway..... £3.50**

Pear, blueberry, spinach, avocado,  
choice of milk

\*add coconut water for £1 extra

**Kingston Town ..... £3.50**

Pineapple, mango, apple, banana,  
choice of milk

**Marbella ..... £3.50**

Mango, pineapple, choice of milk

**Jamaican Sunset..... £3.50**

Pineapple, mango, orange, lime,  
choice of milk

**Maldives ..... £3.50**

Strawberry, raspberry, apple,  
choice of milk

**Bob Marley..... £3.50**

Banana, apple, mango, choice of milk

**William Tell..... £3.50**

Apple, strawberry, mango, choice of milk

**Simply Red ..... £3.50**

Orange, strawberry, raspberry,  
choice of milk

**Blue Lagoon ..... £3.50**

Banana, apple, blueberry, choice of milk

**Choice of milk:**

Soya, Almond or Semi-skimmed

## PROTEIN SMOOTHIES CREATE YOUR OWN



### STEP 1

**Pick your flavour:**

Chocolate • vanilla  
strawberry • banana

£1 surcharge for every extra  
scoop



### STEP 2

**Pick your cereal:**

Bran flakes • granola  
gluten free oats  
espresso



### STEP 3

**Add your seeds:**

Pine nuts • almonds  
pumpkin • poppy  
linseeds • pecan  
sunflower  
pomegranate



### STEP 4

**Choose your fruit  
or veg**

1 piece

80p per extra piece



### STEP 5

**Add your milk**

Almond • soya  
semi-skimmed

£1 extra for coconut water

**£4.50**