

DRINK

ESPRESSO & MILK

ESPRESSO	SINGLE / DOUBLE	2.00/2.20
RISTRETTO	SINGLE / DOUBLE	2.00/2.20
MACCHIATO	SINGLE / DOUBLE	2.00/2.20
PICCOLO		2.30
AMERICANO		2.20
LATTE		2.60
CAPPUCCINO		2.60
FLAT WHITE		2.50
MOCHA		3.00
FILTER		2.00
AEROPRESS		3.50
V60		3.50
BALANCE SYPHON		5.00
SYPHON		4.50
LATTE CHILLER		2.60
ICED LATTE		2.60
ICED AMERICANO		2.20

HOT CHOCOLATE

VENEZUELA 58%	2.60
ECUADOR 70%	2.60
DARK MADAGASCAR 82%	2.60
WHITE IVORY COAST	2.60

TEA

BREAKFAST TEA	2.50
BELFAST BREW	2.50
CHAMOMILE	2.50
DARJEELING	2.50
EARL GREY	2.50
GREEN TEA	2.50
SAVOIR TEA	2.50
LEMONGRASS & GINGER	2.50
OOLONG	3.00
ROOIBOS / REDBUSH	2.50
DARK COCOA	2.50
WHITE TEA	4.00
WHOLE PEPPERMINT	2.50
FRUIT TEA	2.50

SPECIALITIES

MATCHA LATTE	2.60
MATCHA CHILLER	2.60
CHAI LATTE	2.60
CHAI CHILLER	2.60
BULLETPROOF COFFEE	3.50
KEVLAR COFFEE	2.60
VIETNAMESE CA PHE ICED	2.60
RED EYE	2.40
BLACK EYE	2.80
DEAD EYE	3.20

PROTEIN SHAKE

MOLTON CHOCOLATE	3.00
CHOCOLATE PEANUT BUTTER	3.00
CINNAMON VANILLA SWIRL	3.00
COOKIES & CREAM	3.00

SMOOTHIES

ALL ROUNDER	5.50
Spinach, Almond butter, Oats, Flaxseed, Protein powder, Banana & Coconut	
BLUE BUILDER	4.00
Spinach, Avocado, Blueberries, Almonds, Flax seeds & Almond milk	
STRONG TO FINISH	4.00
Spinach, Banana, Walnuts, Flax seeds & Almond milk	
FRUITY KALE	4.00
Kale, Banana, Grapes, Chia seeds & Apple juice	
THANKS YOU BERRY MUCH	4.00
Berries, Chia seeds & Coconut water	
KIWI PINEAPPLE	4.00
Kiwi, Pineapple, Cucumber, Kale, Lime juice & Coconut milk / water	
MOJITO	4.00
Banana, Lime, Mint, Chia seeds, Vanilla & Soya milk	

EXTRAS

DECAF	0.00
SOYA	0.20
SYRUP	0.40
ALMOND MILK	0.20

FOOD

BREAKFAST

CRUMPETS	1.50
CROISSANT	1.50
PAIN AU CHOCOLAT	1.50
CROISSANT	1.50
SCONE	1.80
TEACAKE	1.80
TOAST	1.50
PEANUT BUTTER / HONEY / JAM / BUTTER / MARMITE	
CROISSANT	2.50
WITH HAM OFF THE BONE & MATURE CHEDDAR	
PORRIDGE	2.50
BERRY / SPICED WITH GINGER & PEAR / COCO LIME / MOCHA WITH MAPLE SYRUP / NUTTY HONEY	

PROTEIN PANCAKES

6.50

MADE WITH ICON PROTEIN POWDER
Stack of 6 pancakes freshly made, served with fresh berries and a dollop of yoghurt

Contain 56g of protein

LUNCH

We make all our sandwiches fresh each morning, which means we sometimes run out. We also use a variety of breads, so if you have a favourite please feel free to ask. All sandwiches can be heated.

SANDWICHES	
HAM, CHEDDAR & APPLE CHUTNEY	3.50
PASTRAMI, MUSTARD & DILL PICKLE	3.50
BEEF, HORSERADISH & ROCKET	3.50
CORONATION CHICKEN	3.50
MOZZARELLA, TOMATO & PESTO (V)	3.50
SALADS	
CONTINENTAL MEATS, MANCHEGO CHEESE, SUNBLUSHED TOMATOES & STUFFED PEPPERS	6.00
SALMON WITH BLACK RICE, GINGER & QUINOA SALAD	6.00
CHICKEN BREAST WITH BEETROOT, KALESRAW, WHEATBERRY & COUSCOUS SALAD	6.00
FETA CHEESE WITH COUSCOUS & KALESRAW (V)	4.50
AVOCADO, CHICKEN BREAST, SUNBLUSHED TOMATOES & MIXED LEAVES	6.00

CAKES & BROWNIES

ALMOND, CHOCOLATE & PISTACHIO SPONGE (VE)	2.50
CHOCOLATE & PEANUT BUTTER SPONGE (VE)	2.50
VANILLA, CHAI, ORANGE & CINNAMON CAKE (VE)	2.50
BLUEBERRY, COCONUT & LIME CAKE (VE)	2.50
RASPBERRY & VANILLA CAKE (VE)	2.50
COFFEE, PECAN & MAPLE CAKE (VE)	2.50
LEMON DRIZZLE	2.50
STICKY GINGER CAKE (VE)	2.50
VANILLA & HAZELNUT CAKE (VE)	2.50
TRIPLE CHOCOLATE BROWNIE (GF)	2.25
BANANA HONEYCOMB BROWNIE	2.25
SALTED CARAMEL BROWNIE	2.25
TIRAMISU BROWNIE	2.25
GRANOLA SQUARE	2.25
RAW FRUIT, NUT & SEED BALL (VE)	2.00
BAKEWELL SLICE	2.25
BANANA LOAF	2.25
CARROT CAKE	2.25