

SUPER BREAKFAST

- Organic Granola** V O G F N D 8.0
Greek yogurt, granola, banana, strawberries, mixed seeds & maple syrup
- Porridge** VG GF N D 7.5
Blueberry, strawberry, banana & maple syrup with oat milk
- Acai Berry Bowl** VG N 8.5
Acai, banana, mango with granola, blueberry, raspberry, mixed seeds & coconut chips
- Acai Peanut Bowl** VG N 9.0
Acai, peanut butter, banana, mango with granola, blueberry, raspberry, mixed seeds & coconut chips
- Acerola Peanut Bowl** VG N 9.0
Acerola, peanut butter, banana, pineapple with granola, blueberry raspberry, mixed seeds & coconut chips

EGGS

- Choice of Your Way Eggs on Sourdough Toast** V 8.5
- Smoked Salmon & Scrambled Eggs on Sourdough Toast** 11.5
- Smoked Bacon & Egg Roll** 7.0
Fried egg, gherkin pickles, French's mustard & smoked bacon with brioche bun
- Eggs Royale** 11.9
Poached eggs, smoked salmon, homemade hollandaise sauce on English muffin
- Eggs Benedict** 11.5
Poached eggs, smoked bacon, homemade hollandaise sauce on English muffin
- Eggs Florentine** V 11.5
Poached eggs, sautéed spinach, homemade hollandaise sauce on English muffin
- Avocado & Poached Eggs on Sourdough Toast** V 11.0
- Avocado, Poached Eggs & Chorizo** 11.9
Avocado & poached eggs on sourdough toast with grilled Spanish chorizo

V O G F N D Add Salad or Avocado for £2.5
CAN BE GLUTEN FREE • Gluten Free Bread Supplement £1

PANCAKES

- Pancake Fruit** V 12.5
Supper fluffy vanilla pancake served with fresh banana, strawberries, blueberries, icing sugar, nutella or maple syrup options
- Pancake & Smoked Bacon** 12.5
Supper fluffy vanilla pancake with strawberries, blueberries, smoked streaky bacon, icing sugar & maple syrup

FRENCH TOASTS

- French Toast** V O G F N D 11.0
Served with fresh banana, strawberry, apricot compote, crème fraiche, almond flakes & maple syrup
- French Toast with Bacon** 11.5
Served with smoked streaky bacon, fresh banana, strawberry, apricot compote, crème fraiche, almond flakes & maple syrup

WE ONLY USE FREE RANGE EGGS

Omelettes £11.5

All served with sourdough bread.

- Ham & Cheddar Cheese Omelette** 7.5
Ham & cheddar cheese
- Greek Omelette** V 8.5
Feta cheese, tomatoes, olives & parsley
- Chorizo & Cheddar Cheese Omelette** 9.0
Spanish chorizo & cheddar cheese
- Vegetarian Omelette** V 9.0
Mushroom, onions, spinach & cheese
- Salmon Omelette** 9.0
Filled with sustainable smoked salmon & cheese

Egg Whites Only Supplement £2

Extra Fillings £1.5

Wraps £9.5

All served in 12" tortilla bread with salad.

- Falafel & Hummus** VG 11.9
Falafel, hummus, tomato, mixed leaves salad & pickles
- Chicken & Halloumi** 11.5
Roasted chicken, halloumi cheese, mixed leaves salad, tomato & gherkin pickles with mint mayo
- Roast Vegetables & Goat Cheese** V 11.5
Oven roast vegetables, mixed leaves salad, cheddar cheese, goat cheese, gherkin pickles & French's mustard
- Chicken & Avocado** 11.9
Roasted chicken, avocado, cheddar cheese, French's mustard, gherkin pickles & tomato
- Egg & Avocado** V 11.9
Scrambled egg, avocado, cheddar cheese, mayonnaise & gherkin pickles
- Chicken & Roast Vegetable** 11.9
Roast chicken and vegetables, mayonnaise, cheddar cheese, gherkin pickles & French's mustard
- Halloumi & Tomato** V 11.9
Halloumi cheese, tomato, mixed leaves salad, cheddar cheese & mint

ANY WRAP + JUICE £12.00

SIDES

Streaky Bacon	3.0		Halloumi	3.0
Smoked Salmon	3.0		Spinach	2.5
Avocado	2.5			

V VEGETARIAN VG VEGAN N CONTAINS NUTS O ORGANIC GF GLUTEN FREE

FOOD ALLERGIES & INTOLERANCE GUIDE:
 Before ordering your food and drinks, please speak to a member of staff if you have allergies or want to know more about the ingredients.

ALLPRESS COFFEES

	IN	OUT		IN	OUT
ESPRESSO	2.4	2.2	BEETROOT LATTE	3.8	3.3
FLAT WHITE	3.4	3.0	CAPPUCCINO	3.4	3.0
LATTE	3.4	3.0	LONG MACCHIATO	2.5	2.3
CHAI LATTE	3.8	3.3	LONG AMERICANO	3.0	2.8
MATCHA LATTE	3.8	3.3	MOCHA	3.4	3.0
TURMERIC LATTE	3.8	3.3	HOT CHOCOLATE	3.2	2.8

ICED COFFEES

ICED AMERICANO	3.8	ICED LATTE	4.0	ICED MACHA LATTE	4.2
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ALTERNATIVE MILKS 40p
 (Soya / Oat / Almond / Coconut)

EXTRA SHOT COFFEE £1

ORGANIC JOE'S TEAS

ENGLISH BREAKFAST	2.6
ORGANIC ENGLISH DECAF	2.6
EARL GREY	2.7
CAMOMILE	2.6
GREEN TEA	2.6
PEPPERMINT TEA	2.6
FRESH MINT TEA	2.8
FRESH LEMON & GINGER	2.6
POT OF TEA	4.0

SYRUP 35p
 (Vanilla / Hazelnut / Caramel / Cane Sugar)

JUICES

1. **Ginger & Lime**
Ginger / Lime / Orange / Apple
2. **Vitamin C Booster**
Ginger / Orange / Carrot
3. **Apple Zing**
Ginger / Apple / Carrot
4. **Classic Zing**
Ginger / Carrot / Apple / Orange
5. **Appinger**
Ginger / Pear / Apple
6. **Bloody Orange**
Ginger / Beetroot / Apple / Orange
7. **Prime Cooler**
Ginger / Cucumber / Apple / Orange
8. **Cool & Spicy**
Ginger / Pear / Orange / Apple
9. **Robust**
Ginger / Beetroot / Celery / Carrot
10. **ABC & G**
Ginger / Beetroot / Carrot / Apple
11. **3C & G**
Ginger / Cucumber / Celery / Carrot
12. **Detox Zinger**
Ginger / Lime / Cucumber / Celery / Apple
13. **Liquid Lunch**
Cucumber / Celery / Carrot / Apple
14. **ABC**
Apple / Beetroot / Carrot
15. **Beet Basic**
Beetroot / Apple / Carrot / Orange
16. **Re-Boot**
Beetroot / Cucumber / Celery / Carrot
17. **Fresh & Fruity**
Kiwi / Pear / Orange / Apple
18. **Cholesterol Buster**
Kiwi / Pear / Celery / Apple
19. **Cooler**
Kiwi / Cucumber / Pear / Apple
20. **Immunity Booster**
Ginger / Lime / Beetroot / Kiwi / Carrot / Orange



PURE GREENS

31. **Detox**
Spinach / Parsley / Kale / Cucumber / Celery
32. **Silky Green**
Spinach / Kale / Avocado / Parsley / Mint / Cucumber / Celery
33. **Green Zing**
Ginger / Fennel / Spinach / Broccoli / Celery / Cucumber
34. **Cleanse**
Mint / Parsley / Lime / Cucumber / Celery / Broccoli
35. **Green Beetroot**
Ginger / Beetroot / Kale / Spinach / Celery / Cucumber
36. **Alkaline**
Broccoli / Spinach / Avocado / Kale / Celery / Cucumber



Breakfast Smoothies

37. **All Day (N)**
Banana / Peanut Butter / Dates / Milk / Oat
38. **Berry Morning**
Blueberry / Strawberry / Banana / Apple / Oat
39. **Green Start**
Spinach / Parsley / Mint / Avocado / Apple / Oat
40. **Acai**
Acai / Mango / Banana / Apple / Oat
41. **Acai + (N)**
Acai / Peanut Butter / Pear / Apple / Oat
42. **Jump Start**
Mango / Strawberry / Pineapple / Apple / Oat
43. **Energized**
Ginger / Beetroot / Avocado / Celery / Cucumber / Apple / Oat
44. **Acai Almond (N)**
Acai / Banana / Granola / Almond Milk



Super Food Smoothies

56. **Acai**
Acai / Mango / Banana / Apple
57. **Green Acai**
Acai / Spinach / Kale / Cucumber / Celery / Apple
58. **Indulge (N)**
Acai / Peanut Butter / Mango / Banana / Apple
59. **Berry Acai**
Acai / Strawberry / Blueberry / Apple / Raspberry
60. **Day Nurse**
Acerola / Ginger / Kiwi / Orange / Apple
61. **Night Nurse**
Acerola / Echinacea / Ginger / Orange / Apple
62. **Raw Cacao Fun**
Raw Cacao / Cinnamon / Banana / Mint / Mango / Apple
63. **Antioxidant Fun**
Raw Cacao / Banana / Strawberry / Raspberry / Blueberry / Apple
64. **Hydrate Well**
Coconut Water / Spinach / Pineapple / Apple / Avocado



PROTEIN SHAKES

65. **Berry Pro**
Raspberry / Blueberry / Strawberry / Banana / Apple / Whey or Hemp
66. **Acai Pro**
Acai / Mango / Banana / Apple / Whey or Hemp
67. **Green Pro**
Kale / Spinach / Avocado / Celery / Cucumber / Apple / Whey or Hemp
68. **Red Pro**
Beetroot / Cucumber / Celery / Pear / Apple / Whey or Hemp
69. **Milky Pro (N)**
Banana / Peanut Butter / Milk / Seeds / Whey or Hemp



Milkshakes

70. **Chocolate Heaven**
Chocolate / Banana / Milk / Honey
71. **Fruity & Milky**
Banana / Mango / Strawberry / Milk / Honey
72. **Berry Nice Cream**
Cacao / Strawberry / Raspberry / Blueberry / Milk / Honey
73. **Berry Crush**
Yoghurt / Strawberry / Raspberry / Cinnamon / Milk / Honey
74. **Creamy Banana**
Vanilla Ice Cream / Banana / Milk
75. **Silky Chocolate**
Vanilla Ice Cream / Banana / Strawberry / Milk / Chocolate
76. **Fruity Ice Cream**
Vanilla Ice Cream / Mango Raspberry / Milk



Fruity Greens

21. **Lean & Mean**
Ginger / Kale / Spinach / Cucumber / Celery / Apple
22. **Re-Set**
Ginger / Lime / Fennel / Kale / Spinach / Cucumber / Celery / Apple
23. **Red Zing**
Ginger / Beetroot / Kale / Cucumber / Celery / Orange / Apple
24. **Green Delight**
Spinach / Parsley / Mint / Avocado / Cucumber / Celery / Apple
25. **Purify**
Kiwi / Fennel / Kale / Spinach / Cucumber / Celery / Apple
26. **Essentials**
Ginger / Mint / Pear / Broccoli / Kale / Carrot / Apple
27. **Balanced**
Mango / Banana / Spinach / Kale / Cucumber / Celery / Apple
28. **Sweet Green**
Pineapple / Strawberry / Mint / Parsley / Spinach / Cucumber / Celery / Apple
29. **Berry Green**
Raspberry / Blueberry / Strawberry / Broccoli / Kale / Apple
30. **Dense Green**
Avocado / Banana / Spinach / Parsley / Mint / Apple



FRUIT SMOOTHIES

45. **Appleberry**
Strawberry / Banana / Apple
46. **Berry Good**
Strawberry / Blueberry / Raspberry / Banana / Apple
47. **Silky**
Strawberry / Mango / Banana / Apple
48. **Hawaiian Dream**
Strawberry / Pineapple / Orange / Apple
49. **Tropical Storm**
Banana / Pineapple / Orange / Apple
50. **Power Pack**
Kiwi / Strawberry / Lime / Orange / Apple
51. **Cool Start**
Mango / Pineapple / Orange / Apple
52. **Blue Banana**
Blueberry / Banana / Mango / Orange / Apple
53. **Fruity Supreme**
Mango / Pineapple / Strawberry / Pear / Apple
54. **Power Fruits**
Kiwi / Banana / Pineapple / Strawberry / Apple
55. **Fruit Delight**
Pineapple / Mango / Banana / Orange / Apple



BOOSTERS £1.00

Baobab / Echinacea / Cayenne / Ginseng / Guarana / Creatine / Coconut Oil / Granola / Goji Berries / Turmeric / Flax Seeds / Hemp / Whey / Oat / Raw Cacao

BOOSTERS £2.00

Acai / Acerola / Wheat Grass / Spirulina

SHOTS Ginger £2
Cayenne, Ginger, Lime £3

ALTERNATIVE MILKS 40p
Soya / Oat / Almond / Coconut

(N) - CONTAINS NUTS.

Soft Drinks

Fresh Orange Juice	Sml 3.5 Lrg 4.5
Coke / Diet Coke	2.3
San Pellegrino	2.3
Sparkling Water	2.5
Still Water	1.5

DETOX & CLEANSE PROGRAMS

- Day 1**
Energized / Green Delight / Liquid Lunch / Detox / Milky Pro
- Day 2**
Green Start / Purify / Detox Zinger / Silky Green / Red Pro
- Day 3**
Green Acai / Lean & Mean / Re-boot / Alkaline / Green Pro
- Day 4**
Hydrate Well / Green Beetroot / Beet Basic / Cleanse / Berry Pro
- Day 5**
All Day / Re-Set / ABC / Detox / Acai Pro

1 DAY £25 3 DAYS £65 5 DAYS £100