

## ALL DAY BREAKFAST

- V **£8.95 Turkish Eggs**  
Greek Yogurt, Poached Eggs, Mint, Chilli Oil, Pine Nuts, Pomegranite, Wholemeal Pitta
- V **£8.95 Shakshuka**  
Pink Sauce, Poached Eggs, Chickpeas, Corriander, Peppers, Feta Cheese, Sliced Sour Dough
- £8.95 Eggs Royale**  
Poached Eggs, English Muffins, Smoked Salmon, Hollandaise
- £8.95 Eggs Benedict**  
Poached Eggs, English Muffins, Turkey Ham, Turkey Chorizo, Hollandaise
- V **£8.95 Avo Toast**  
Scrambled Eggs, Sour Dough, Sliced Avocado, Cherry Tomatoes, Protein
- £8.95 Breakfast Burger**  
Charcoal Brioche, Fried Egg, Spinach, Caramelised Onion, Chicken, Turkey Bacon, Avocado
- £9.95 Huevos Rancheros**  
Tortilla, Steak, Fried Egg, Blackbeans, Peppers, Feta, Avocado, Sour Cream, Lime, Salsa
- GF **£9.95 Potato Hash**  
Diced Potatoes, Mushrooms, Walnuts, Blue Cheese Sauce, Turkey Bacon, Spring Onion, Quinoa
- VE GF **£7.95 Baked Oats**  
Warm Oats, Almond Milk, Peanut Butter, Sliced Bananas, Blueberries, Almonds
- VE GF **£7.95 Hot Mixed Oat Pot**  
Warm Oats, 3 Fruits, Maple Syrup, Walnuts
- V **£8.95 French Toast Original**  
Brioche, Sliced Banana, Chopped Hazelnuts, Maple Syrup, Blueberries, Edible Flowers
- V **£8.95 French Toast Tiramisu**  
Brioche, Mascarpone Cream, Cocoa Powder, Maple Syrup, Strawberries
- V **£8.95 Pancake Stack**  
Pancakes Stack, Cream Cheese, Fruits, Rasberry Coulis, Nuts, Pistachio Sauce

## Salads

## Wraps

## Poke

## BAO

## Hot Pots

## Warm Salads

## Fruits

## Ramen

## Ciabatta

## Bagel

## SMOOTHIES / BOWLS

- VE V GF **£20.00 LIQUID GOLD**  
Gold Leaf, Mango, Orange, Pineapple, Papaya, Popping Boba, Flowers
- V GF **£8.50 Forrest Bowl**  
Forrest Berries, Granola, Dark Choc, Blackberries, Blueberries, Hazelnuts, Flowers
- V GF **£8.50 Tropical Green Bowl**  
Mango, Bananan, Spinach/Kale, Passion Fruit, Mint, Coconut Flakes, Orange Juice
- £8.50 PB&J Bowl**  
Banana, Acai Berries, Peanut Butter, Granola, Almond Milk, Greek Yogurt
- GF **£8.50 Overnight Oats Bowl**  
Oats, Coconut Milk, Goji Berries, Chia Seeds, Vegi Jelly, Kiwi, Coconut Flakes, Maple Syrup
- V GF **£4.95 Avocolado**  
Avocado, Agave Nectar, Coconut, Coconut Milk, Pineapple
- GF **£4.95 Green Machine**  
Avocado, Spinach, Kale, Banana, Green Superfood Powder
- GF **£4.95 Super Spirulina**  
Blackberries, Blueberries, Oat Milk, Banana, Spirulina, Edible Flowers
- VE GF **£4.95 Beet It**  
Beet, Banana, Apple, Juice, Protein Powder, Strawberry
- VE GF **£4.95 Chocoholic**  
Banana, Almond Milk, Chia Seeds, Cocoa Powder, Peanut Butter
- GF **£26.00 SALAD GOLD**  
Gold Leaf, Caviar, Kale, Kimchi, Asparagus, Edamame, Salmon, CrayFish, Mango

*Design Your Own + choose from over 100 fresh ingredients*

- £8.50 Salad Bowl** 10 Ingredients
- £6.95 Wrap** 5
- £7.95 Poke** 10
- £7.95 Warm Salad** 10
- £7.95 Ramen** 5
- £7.95 Noodles** 5
- £6.95 Bao** 5
- £5.95 Ciabatta** 5
- £5.95 Bagel** 5
- £7.95 Hot Pot** 5
- £0.50 + Ingredient** 1
- £1.00 + Protein** 1

## JUICES (Sugar Free Options)

- £4.50 Lavender Lemonade**  
Lemon Juice, Lime Juice, Lavender, Rosemay
- £4.50 Rose Lemonade**  
Lemon Juice, Lime Juice, Rose Water, Roses
- £4.50 Citrus Ginger**  
Carrot, Ginger, Orange
- £4.50 Cucumber Mojito**  
Cucumber, Celery, Mint, Lime
- £4.50 Apple Detox**  
Apple, Kale, Spinach

## COFFEES

- £15.00 GOLD RUSH**
- £4.95 Iced Salted Caramel Latte**
- £4.95 Coconut Horchatta Latte**
- £4.95 Iced Macha Latte**
- £4.95 Charcoal Latte**
- £4.95 Pistachio Rose Latte**
- £4.95 Madagascan Vanilla Affagato**
- £2.95 Cappuccino**
- £2.50 Espresso**
- £2.95 Latte**
- £2.50 Americano**
- £2.95 Flat White**
- £2.95 Hot Chocolate**
- £3.50 Mocha**
- £0.50 Extra Shot**
- £0.50 Extra Syrup**
- £0.50 Milk Alternative**

## TEAS

- £2.95 Decaff**
- £2.95 English Breakfast**
- £2.95 Chamonile**
- £2.95 Peppermint**
- £2.95 Earl Grey**
- £2.95 Fruit Tea**
- £2.95 Moroccan Tea**
- £2.95 Ginger Orange**

## DRINKS

- £1.80 Harrogate Water**
- £2.95 FireFly Drinks**
- £2.95 Fentimens**
- £4.95 Fresh Bottles Juices**
- £1.80 Coke / Diet / Zero Can**
- £2.45 San Pellegrino Can**

PLEASE ADVISE US OF ANY ALLERGIES YOU MAY HAVE  
THERE ARE CROSS CONTAMINENTS IN SOME OF OUR ITEMS

V Vegetarian VE Vegan NF Nut Free DF Dairy Free GF Gluten Free

Salads but not just Salads

*Saladishy*