



CHIA

naturally healthy



Breakfast (All Day)

Creamy Garlic & Thyme Wild Mushrooms **S W G N**
Wild mushrooms in a creamy mix of coconut yoghurt, garlic & fresh thyme & toasted sourdough on a bed of rocket. (Gluten free option available)

Chilli Avocado Mash **S W G N**
Smashed avocado with chilli, lime & garlic, served on toasted sourdough on a bed of baby leaf spinach. Topped with fresh tomatoes & toasted seeds. (Gluten free option available)

Blue Majik Smoothie Bowl **S W G**
Frozen banana, spinach & almond mylk blended with E3 live Blue Majik spirulina. Topped with fresh fruit & superfoods. Majik health in a bowl!

Organic Blueberry Cinnamon Pancakes **S W G** 8.50
Fluffy gluten free pancakes topped with warm cinnamon blueberries, a dollop of almond butter & a wedge of lemon.

English Breakfast Hotpot **N** 8.50
A hearty pot of meat free sausages with sugar free baked beans, grilled mushrooms, fresh spinach & tomatoes served with a slice of toast. (Gluten free bread option available)

Superfood Protein Porridge **S W G** 6.00
A warming bowl of creamy naturally gluten free porridge oats topped with a trail mix of nuts, seeds & superfoods.

Rawnola **S W G** 6.00
A raw granola made with almonds, dates, coconut, seeds & cashew butter with a splash of almond mylk & a generous helping of coconut yoghurt.

Sourdough Toast **S W G N** 4.00
Sourdough or gluten free sourdough toast with a choice of nut butters (almond, cashew, peanut) or sugar free jam. (Add sliced banana for 50p)



Fresh selection of baked & gluten-free raw goodies daily.
Please see the fridge!



Lunch (All Day)

8.50 **Lunch should be the heaviest meal of the day when the digestive fire is at its strongest just as the sun is at that time of day.**

Souper Healthy Soup **W G N** 5.50
Served with sourdough or gluten free sourdough toast.

8.00 **Daily Salad Bar** **W G** In 8.95 / Out 6.95
Choose from a selection of four daily salads in our front fridge.

Raw Rainbow Pad Thai **W G N** 8.95
Red pepper, cucumber, red cabbage, courgette, carrot & edamame beans with a spicy almond & lime dressing with a sprinkle of sesame seeds.

Warm Butternut Squash Falafel Bowl **S W G N** 10.95
A filling bowl of butternut squash falafels, avocado, rocket & pickled beets with homemade houmous & a turmeric tahini dressing.

BLT - Big Lean Toasty **S W G** 7.95
A big toasty packed with green goodness. Baby leaf spinach, avocado & fresh basil with a drizzle of homemade roasted red pepper & almond mayo. Served with a side of baby-leaf salad & coconut oil crisps.

Organic Lemon Grass & Coconut Noodle Broth **S W G N** 9.95
A perfectly spicy infusion of lemongrass, garlic & chilli in a cooling coconut cream with brown rice noodles and crunchy vegetables.

Organic Nacho & Bean Chilli Bowl **S W G** 9.95
Organic corn chips, intense bean chilli, fresh lettuce & chunky salsa with guacamole & a cashew cream drizzle.

Spinach & Sweet Potato Mung Dhal **S W G N** 10.50
A wholesome dhal curry served with quinoa & topped with fresh coriander & nigella seeds. A powerhouse of protein and vegetables.

Handmade Beetroot & Quinoa Burger **S W G** 12.00
Served in a bun with lettuce, red onion, tomato, organic mustard, cashew cream, our house-made raw slaw & crispy kale with avocado and organic pickle. (Gluten free bun option available)

Sides

Houmous 2.50
Avocado mash 3.75
Cashew cream slaw 3.75
Warm crispy kale 3.75
Portion of salad from the salad bar 4.00

Please order and pay at the counter. For the sake of your health and others, thank you for not smoking. For information on allergens and intolerances to ingredients in our food or drinks just ask one of our team.

Please allow 15 minutes for food to be prepared. This may be longer in busy periods, and your food may arrive staggered due to it being freshly prepared. We don't serve fast food, we serve great food as fast as we can.

S Soya Free **W** Wheat Free **G** Gluten Free **N** Nut Free

Organic Coffees

Espresso	2.45	Latte	3.25
Americano	2.65	Mocha	3.45
Flat White	3.15	Dirty Chai	3.85
Cappuccino	3.45	Vanilla Latte	3.55
Maccachino	3.55		

Barley Cup 3.45
A naturally caffeine free coffee like blend of barley, rye & chicory with your choice of mylk.

Chia Buttercoffee 3.85
One of our organic Americano's blended with coconut butter. This is found to aid brain function, encourage fat loss & ward off cravings.

Organic Tea 2.40
Selection of teas available.

Decaf Tea & Coffee available

Available with your choice of organic mylks: soy / oat / almond / hazelnut / coconut.



Organic Hot Beverages

Activated Charcoal Latte 3.75
Activated charcoal, vanilla & your choice of mylk. Charcoal is great for removing toxins from the body.

Matcha Latte 4.00
Matcha has 137 times more antioxidants than regular green tea so is an easy way to add powerful health benefits to your everyday diet. Matcha powdered green tea with your choice of mylk.

Medicinal Mushroom Latte 4.00
A mushroom complex mix, coconut oil, cinnamon & almond mylk. Select mushroom varieties have been termed "medicinal" for their adaptogenic, anti-inflammatory, antibacterial, antiviral, and immune-enhancing properties.

E3 Live Blue Majik Latte 4.00
This blue algae contains the highest concentration of proteins, vitamins, minerals & essential fatty acids. This whole & complete food is beyond a "superfood". Your choice of mylk.

Golden Mylk 3.75
An ancient Ayurvedic elixir: coconut mylk, turmeric, ginger & black pepper.

Rooibus Chai Latte 3.75
This chai is beyond any others... pure fragrant spices with no nasty syrup in sight! Naturally decaffeinated.

Beetroot Latte 3.75
A shot of fresh beet juice blended with warm almond mylk. High in antioxidants & perfect for recovering from a gym sesh or if you're starting to get the flu.

Raw Cacao Hot Chocolate 4.00
Made with our organic raw cacao powder and lovingly combined with your choice of mylk and sweetener if you fancy.

Healthy Mylkshakes

Vanilla 4.50
Bourbon vanilla paste + maca + coconut mylk.

Strawberry 4.50
Strawberry + baobab powder + coconut mylk.

Banana 4.50
Banana + almond butter + coconut mylk.

Chocolate 4.50
Raw cacao + date syrup + vanilla + coconut mylk.

Why not add... 0.50
Protein shot / chia seeds / flax seeds / açai / maca / espresso for that extra health kick. Many more just ask!

Fresh Juices

Joint Juice 4.85
Strawberry + lime + carrot + pineapple + turmeric + chia seeds.

Immune Booster 4.85
Carrot + kiwi + orange + ginger + camu.

Natural Energy 4.85
Beets + kale + carrot + apple + ginger.

Antioxidant 4.85
Pear + spinach + apple + lemon + lime + spirulina.

Clarity 4.85
Kale + cucumber + celery + apple + lime.

Detox 4.85
Pineapple + kale + apple + aloe vera + lemon + ginger + wheatgrass.

Digestive 4.85
Activated charcoal + apple + lemon + ginger.

Freshly Juiced Apple or Orange 3.50

Superfood Organic Smoothies

Stress Buster 5.00
Blueberries + cinnamon + flax + banana + chia seeds + coconut mylk.

Fitness Freak 5.00
Vanilla pea protein + almond butter + maca + banana + almond mylk.

The Muscle Builder 5.00
Blueberries + peanut butter + banana + spinach + vanilla pea protein + hazelnut mylk.

All Day Breakfast 5.00
Banana + GF oats + almond butter + sesame seeds + cocoa nibs + carob + oat mylk.

Green Protein 5.00
Spinach + banana + hemp + wheatgrass + almond mylk.

The Fat Burner 5.00
Mixed berries + chia seeds + spinach + banana + coconut water.

Brain Food 5.00
Raw cacao + banana + dates + lucuma + cacao nibs + almond mylk

Make Your Own 5.00
Choose five items & make your own smoothie.

Shots

Flu Shot 3.00
Feel a tingle of a cold coming on? Forget the docs... get your medicinal 'flu shot' here! Ginger + orange + goji berries + camu powder + turmeric.

ACV Shot 3.00
ACV is a miracle worker for balancing the PH of your body. It is high in acetic which contributes to healthy fat loss, lowers cholesterol, is detoxifying and great to rid candida which can cause feelings of fatigue & sugar cravings. A sweet & sour shot of apple + lemon + apple cider vinegar.

Gut Instinct 3.50
Our immunity starts in our gut so a healthy gut equals healthy mind & body. Pineapple core contains bromelain which helps with digestion. Ginger increases saliva ridding indigestion. This shot has an added probiotic to keep those healthy gut flora high. Pineapple + ginger + probiotic.

Hemp Me Up* 3.50
Support your health in every way possible through this potent formula. Feel the benefits of this shot to activate body functions where they are needed the most. Pear + lemon + oregano + hemp oil
*This has a strong taste.

Everything we offer, from the mylk in our coffees to our delicious snacks and lunches are made from plants. Nourishing you 7 days a week. Everything on our menu, hot or cold, is available to take away in biodegradable packaging.

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