

# CHIA

naturally healthy

a café with a conscience



## Breakfast (All Day)

### Sourdough Toast **S W G N**

4.00  
Sourdough toast with a choice of nut butters (almond, cashew, peanut) or sugar free jam. (Add sliced banana for 50p). (Gluten free option available +1.00).

### Superfood Protein Porridge **S W G**

6.00  
A warming bowl of creamy naturally gluten free porridge oats in coconut mylk topped with a trail mix of nuts, seeds & superfoods.

### Handmade Granola & Wild Blueberry Compote **S W G**

6.50  
A crunchy granola made with gluten free oats, almonds, pecans & seeds with a generous helping of coconut yoghurt & a warm blueberry maple compote.

### Acai Smoothie Bowl **S W G**

7.00  
For anytime you want to up your fruit game! Blended frozen banana, acai & berries topped with our handmade granola, fresh fruit & superfoods.

### Kale Breakfast Bagel **S W G**

7.50  
Gluten free breakfast bagel filled with crispy kale, avocado, grilled portobello mushroom, onion & plant based cheese. Served with a plant based hollandaise sauce. (Add plant based sausage +1.00 not gf)

### Creamy Garlic & Thyme Wild Mushrooms **S W G N**

8.50  
Wild mushrooms in a creamy mix of coconut mylk, garlic & fresh thyme on toasted sourdough with a bed of rocket. (Gluten free option available +1.00).

### 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 sourdough toast. (Gluten free bread option available +1.00).

### Organic Blueberry Cinnamon Pancakes **S W G**

9.00  
Fluffy gluten free pancakes topped with warm cinnamon maple blueberries, a dollop of almond butter & a wedge of lemon.

## Sides

Houmous	2.50
Toasted sourdough / Gluten free sourdough	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

## Brunch (All Day)

**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** In 6.00 / Out 5.50

Ask us what our soup of the day is, served with sourdough or gluten free sourdough toast.

### BLT - Big Lean Toasty **S W G** 8.00

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. (Gluten free option available +1.00).

### Chilli Avocado Mash **S W G N** 8.00

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 +1.00).

### Roasted Veg & Pesto Ciabatta **S** 8.50

Roasted cajun vegetables with creamy mayo & a pea & basil pesto in a toasted ciabatta served with fresh salad & sauerkraut.

### Raw Macro Summer Bowl **W G N** 8.50

A nutrient dense bowl of edamame, carrot, cucumber, sprouts, radish, tomato & sauerkraut dressed with a sweet orange vinaigrette. Well over your five a day!

### Daily Salad Bar **W G** In 8.95 / Out 6.95

Choose from a selection of four daily salads in our front fridge.

### Warm Butternut Squash Falafel Bowl **S W G N** 11.00

A filling bowl of butternut squash falafels, avocado, quinoa, rocket & pickled beets with homemade houmous & a turmeric tahini dressing.

### Famous Organic Nacho & Bean Chilli Bowl **S W G** 12.00

A generous portion of organic corn chips, intense bean chilli, fresh lettuce & chunky salsa with guacamole & a cashew cream drizzle.

### Handmade Umami Burger **S W G** 12.00

A taste sensation that you won't believe is made from plants. Served in a wholemeal bun packed with fresh lettuce, tomato & onion, dressed with a handmade beet & garlic aioli with organic mustard. Served with organic pickle, avocado, turmeric slaw & toasted krispy kale. (Gluten free option available).

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 Hot Beverages

Espresso	2.45	Cappuccino	3.45
Americano	2.80	Mocha	3.65
Flat White	3.20	Vanilla Latte	3.75
Latte	3.30	Dirty Chai	3.85

### Organic Tea

Selection of teas available.

### Chia Buttercoffee

One of our organic Americanos blended with coconut butter. This is found to aid brain function, encourage fat loss & ward off cravings.

### Decaf Tea & Coffee available

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



## Organic Hot Beverages

### Golden Mylk

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

### Rooibus Chai Latte

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

### Beetroot Latte

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

Made with our organic raw cacao powder and lovingly combined with your choice of mylk and sweetener if you fancy.

### Matcha Latte

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

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

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.

### Activated Charcoal Latte

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

## Healthy Mylkshakes

### Vanilla

Bourbon vanilla paste + maca + coconut mylk.

### Strawberry

Strawberry + baobab powder + coconut mylk.

### Banana

Banana + almond butter + coconut mylk.

### Chocolate

Raw cacao + date syrup + vanilla + coconut mylk.

Kids sizes available.

### Why not add...

Protein shot / chia seeds / flax seeds / açai / maca / espresso for that extra health kick. Many more just ask! 0.50

## Fresh Juices

Freshly Juiced Apple or Orange	3.50
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.	

## 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.	
Brain Food	5.00
Raw cacao + banana + dates + lucuma + cacao nibs + almond mylk.	
The Nutrient	5.00
Mango + spinach + banana + spirulina + coconut water.	
Make Your Own	5.00
Choose five items & make your own smoothie.	
Why not add...	
Protein shot / chia seeds / flax seeds / açai / maca / espresso for that extra health kick. Many more just ask!	0.50

## Let's do 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.	
Toxin Away	3.00
Toxins and impurities easily latch on to charcoal's 'stickiness' therefore removing them from our digestive tract it is also used for lowering cholesterol. (drink lots of water after having this shot to flush your body of toxins).	

**Our cakes can be ordered for occasions such as birthdays and weddings. Please speak to a member of staff for more information on options and prices.**

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

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.

25 Churchyard Hitchin SG5 1HP • 01462 457777 • [contact@chianaturallyhealthy.co.uk](mailto:contact@chianaturallyhealthy.co.uk)

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