

BREAKFAST & BRUNCH

TAKEAWAY PRICES ARE 20% LOWER THAN THE PRICE SHOWN



BOWLS

Açaí | antioxidant boosting |
organic açai pulp, banana, blueberries,
coconut milk **8⁰⁰**
GF | VE

Super Green | power packed |
spinach, wheatgrass, flaxseed, matcha,
banana, rice syrup, coconut milk **8⁰⁰**
GF | VE

Nut Butter | cheat day treat |
homemade mixed nut butter, banana,
medjool dates, cacao nibs, coconut milk **8⁰⁰**
GF | VE

Porridge As You Like | a generous serving
of gluten-free organic porridge oats | **6⁰⁰**
GF | VE

CHOOSE YOUR MILK & ANY 3 TOPPINGS
fresh berries | homemade granola | Greek
yogurt | mixed nut butter | sliced banana |
strawberry Jam | homemade apple & berry
compote | toasted coconut flakes | cacao
nibs | Medjool dates | omega seeds | honey
| maple syrup | agave

Granola | a gluten free energy boosting
bowl of goodness | **6⁰⁰**
GF | V | *VE
Made daily, our oat & buckwheat
granola is packed with omega seeds
& berries | served with Greek yogurt
or plant-based coconut yogurt* &
homemade apple & berry compote.

PLATES

SERVED UNTIL 12 NOON

The Vegan | miso marinated smoked
tofu, sliced avocado, homemade smokey
beans, root hash, mushroom, turmeric
roasted tomatoes, served with white tin-
loaf or multigrain sourdough toast **9⁵⁰**
GF | VE

The Veggie | sticky halloumi, homemade
smokey beans, root hash, mushroom,
turmeric roasted tomatoes, Ian Taylor
eggs cooked your way, served with white
tin-loaf or multigrain sourdough toast **9⁵⁰**
V

The Yorkshire | gluten free sausages,
dry-cured bacon, homemade smokey
beans, mushroom, turmeric roasted
tomatoes, Ian Taylor eggs cooked
your way, served with white tin-loaf or
multigrain sourdough toast **12⁰⁰**

TOASTS

Topped Toast | Choose either multigrain
bagel, white tin-loaf sourdough or a
gluten free pancake

CHOOSE 2 TOPPINGS £7 | 3 TOPPINGS £9
| + 50p TURN INTO A SANDWICH

miso mushrooms | avocado | eggs | bacon
| gluten-free sausage | smokey beans |
roasted tomato | Mackenzie's smoked
salmon | feta | sticky halloumi | miso
smoked tofu

PANCAKES & WAFFLES

Matcha Waffles | premium grade
organic matcha | served with sautéed
broccolini, house hummus, roasted
tomatoes, poached egg*, green vegan
pesto drizzle & toasted pine nuts **11⁰⁰**
GF | VE

Classic Pancakes | fluffy
& sugar free **8⁵⁰**
GF | DF

Golden Waffles | organic turmeric **8⁵⁰**

CHOOSE YOUR TOPPING

- Mackenzie's dry-cured bacon, eggs
your way & maple syrup GF
- oak smoked salmon, dill cream
cheese & green pesto drizzle GF
- homemade mixed nut butter, sliced
banana, cacao nibs & maple syrup VE | GF
- Greek yoghurt, fresh berries,
toasted coconut flakes & maple syrup V | GF

Toasted Gluten-Free Banana & Chocolate Chip Loaf

CHOOSE FROM

- lashings of homemade mixed nut
butter, sliced banana & maple syrup **6⁰⁰**
GF | VE
- Greek yoghurt or plant based coconut
yogurt & fresh berries **6⁰⁰**
GF | VE

V | Vegetarian VE | Vegan GF | Gluten Free DF | Dairy Free

Please always inform a member of our staff of any allergies or intolerances before placing your order. We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination.

DRINKS & BAKES



COFFEE

Americano	2.25
Cappuccino	3.00
Flat White	2.75
Double Espresso	2.25
Mocha	3.25
Macchiato	3.00
Latte original chai spiced ginger spiced	3.00
Specialist Latte tumeric matcha	3.25
Zuma Dark Hot Chocolate VE	3.00
Amunra Shot premium coffee shot	0.50
Extra Coffee / Flavour Shott	0.50
Milks coconut almond soy oat	0.30

Café Femenino, fair trade, single origin speciality coffee from Peru. A story of sisterhood & support for female producers. Gorgeous aromas of almonds, apricots & brown sugar.

Amumra, performance coffee, designed in the lab, perfected in the roastery. Combining benefits of caffeine & polyphenols. Flavour notes of dark chocolate, toasted hazelnuts, sweet molasses & a hint of spice.

TEA

Our Teas English breakfast Earl Grey Japanese sencha green peppermint berry berry rooibos decaffeinated	2.50
Fresh Infusions fresh sage leaves with lemon & honey fresh mint leaves with honey ginger, lemon & mint with agave syrup turmeric, ginger, lemon & honey	2.50

SOFT DRINKS

Harrogate Water still or sparkling 500ml or 750ml	1.50/ 2.50
Infused Water choose from still or sparkling cucumber, lime, mint & berries	3.75
Infused Water Refill	2.00
San Pellegrino blood orange lemon & mint	2.50
Flawsome apple & sour cherry apple & rhubarb sweet & sour apple	2.50
Coca Cola original diet	2.50
Fever Tree tonic water light tonic water aromatic tonic elderflower tonic ginger ale mediterranean tonic spring soda Sicilian lemonade	1.65

FRESH JUICES

Hustle Tonic a classic fresh pressed juice to start your day with, apple, pine-apple, orange, lemon and strawberry.	4.50
Green & Co goodness greens of spinach, broccoli, cucumber, apple, lemon and ginger	4.50
B.C.P vitamin and nutrient rich orange, carrot and ginger raw pressed juice	4.50
Juice pure apple juice pure orange juice	2.25
Wellness Shot ginger tumeric	1.95

SMOOTHIES

Hustle Muscle the perfect post-work-out smoothie. Medjool dates soaked in a double shot of Amunra performance coffee, vanilla protein powder, almond butter and almond milk.	4.75
Breakfast slow-releasing energy smoothie, made with banana, yoghurt, granola, oat milk and agave syrup	4.50
Raw Cacao creamy cashew nuts, cacao, banana, almond milk & agave syrup	4.50
Berry Blast a delicious fresh fruit smoothie, with sweet berries, banana, apple & yogurt	4.50
ADD AN EXTRA SHOT TO YOUR SMOOTHIE whey or hemp protein powder matcha spirulina	1.00

BAKES

Our Bakes banana & chocolate chip bread* peanut butter slab* citrus & thyme polenta cake raspberry & white chocolate blondie super seed bar*	4.00 *VE GF
SEE OUR DAILY SPECIALS BOARD FOR MORE GLUTEN-FREE BAKES!	
Warmed Croissant served with fresh strawberry jam	4.00
Chocolate & Nut Buckwheat Cookie	2.00 VE GF

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