

HOUSE SALADS

SANDWICHES

WITH SOURDOUGH

Yassou 10.00

Goats cheese, caramelised beetroot, grapes, caramelised apple, caramelised pecans, mixed leaves, olive tapenade, honey

Little Tuscany 9.50

Mozzarella, tomato, pesto, pine nuts, mixed leaves, balsamic vinegar

Mediterranean 10.00

Feta, mixed leaves, olive tapenade, pesto, roasted pepper, aubergine, oregano, lime vinaigrette

Le Deluxe 9.00

Camembert cheese, sundried tomato, caramelised pecans, granola, mixed leaves, honey, orange vinaigrette

The Veganista 8.50

Avocado, tomato confit, grapes, lime zest, garlic confit, walnuts, spinach, mixed leaves, orange vinaigrette

PORTOBOWLS

Choose Your Dressing: Wasabi Yoghurt • Orange Vinaigrette • Ponzu • Lime Vinaigrette • Balsamic Olive Oil

Swim Like A Salmon 11.00

Quinoa, mango, cucumber, cashews, spring onion, pineapple, fresh salmon, mixed sesame **Extra Fish +£3**

Fat Boy Tuna 13.00

Quinoa, mixed leaves, pea shoots, avocado, kiwi, chia seeds, cucumber, pecans, grapes, fresh tuna **Extra Fish +£4**

Sea Boss 13.00

Mixed leaves, avocado, tomato confit, mango, pea shoots, chia seeds, fresh seabass **Extra Fish +£3**

Tree & Sea 13.00

Mixed leaves, kiwi, melon, lime, avocado, tomato confit, fresh salmon, fresh seabass **Extra Fish +£4**

The Greenie ▽ 10.00

Avocado, caramelised beetroot, chia seeds, mixed leaves, quinoa, pomegranate, cashews, mango **Extra Avo +£1.50**

"NICECREAM"

SMOOTHIE BOWLS

1. CHOOSE YOUR BOWL

Acai 8.00
Pitaya 8.00
Spirulina 8.00

Add Protein Powder +£1

2. CHOOSE YOUR MILK BASE

Oat • Coconut • Soya • Rice • Almond • Fresh Milk • Water

3. CHOOSE YOUR FRUIT BASE

Pineapple • Banana • Mango

Includes 2 toppings + 1 sauce of your choice

MORNING BOOST

Greek Yoghurt Bowl 7.00

With granola and honey

POWER KICK

Overnight Oats 5.00

Includes 1 topping + 1 sauce of your choice

JUICES

FRESHLY-SQUEEZED

Add Ginger Shot / Turmeric Shot +0.50

Dr Detox 5.50

Cucumber, apple, lemon, kiwi, basil, spinach, elderflower

Sydney 5.50

Pear, lemon, kiwi, mint, basil, apple

Porto Power 6.00

Orange, ginger, turmeric, carrot

Sabra 6.00

Prickly pear, pear, ginger, guava, apple

Pomberry 6.00

Pomegranate, strawberry, apple

FRESH JUICE

4.50

Orange / Carrot / Celery / Apple

SMOOTHIES

Choose Your Milk: Oat • Coconut • Soya • Rice • Almond • Fresh Milk • Water

Add Protein Powder +£1

Rise & Shine 6.00

Oats, dates, banana

Hulk Up POST-WORKOUT 7.00

Protein powder, pecans, banana, caramel & maple sauce, ice

Pineapple Express 6.50

Pineapple, fresh chilli, mint

Tootie Frootie 6.50

Strawberry, banana, dates

Got The Beets 6.50

Beetroot, red cabbage, blueberry, dates, hibiscus

FROYO

5.00

SAUCES

+0.50

Chocolate
Strawberry
Agave
Honey
Silan
Maple

+0.75

Caramel
Passion fruit
Sweet tahini

+1

Pretzel
Popcorn
Oreo
Almond butter
Peanut butter
Marshmallow
Wafer

+2

Manuka honey

TOPPINGS

FRUITY +0.50

Blueberry
Banana
Pomegranate
Pineapple
Strawberry
Lychee
Kiwi
Dates
Raisins

CRUNCHY +0.50

Walnut
Almond
Ground
Pistachio
Cashews
Chia seeds
Granola

DELUXE +0.75

Oreo cookie
Dark chocolate
White chocolate
Chocolate cornflakes
Marshmallows
Crispy choco crunch
Mango
Dried fig
Caramelised pecan
Caramelised apple

PORTOCCINOS

Protein Powder +1 / Extra Sauce +0.50 / Whipped Cream +0.50 / Deluxe Topping +0.50

Caramel Cappuccino 5.50

Strawberry 5.50

Matcha 5.50

Cookies & Cream 5.50

Ice Coffee 5.50

POWER SHOTS

Ginger Shot 3.50

Ginger, apple, ice

Turmeric Shot 3.50

Turmeric, apple, lemon, pepper

FOR ANY ALLERGY OR DIETARY CONCERNS, JUST ASK OUR TEAM!