

SANDWICHES

CLASSIC SOURDOUGH

Yassou	10.00
Mixed leaves, olive tapenade, goats cheese, grapes, caramelised beetroot, caramelised apple, caramelised pecans	
Little Tuscany	9.50
Mixed leaves, pesto, balsamic vinegar, mozzarella, tomato, pine nuts	
Mediterranean	10.00
Mixed leaves, olive tapenade, pesto, feta, roasted pepper, aubergine	
Le Deluxe	9.00
Mixed leaves, orange vinaigrette, honey, camembert cheese, sundried tomato, caramelised pecans, granola	
The Veganista	8.50
Mixed leaves, tomato confit, garlic confit, avocado, lime zest, grapes, pine nuts, spinach	
SOURDOUGH MELTS	
Tomato	5.00
Fresh tomato, tomato sauce, mixed cheddar	
Tuna	6.00
Tuna salad, mixed cheddar, olive tapenade	
Three Cheese	6.00
Camembert, mixed cheddar, feta, pesto	

PORTOBERRY

HOUSE SALADS

Choose Your Dressing: Wasabi • Teriyaki Sauce • Orange Vinaigrette • Ponzu • Lime Vinaigrette • Balsamic Olive Oil • Chilli Sauce

The Greenie	9.00
Quinoa, mixed leaves, avocado, caramelised beetroot, chia seeds, pomegranate, cashews, mango Extra Avo +£1	
Greek Feta	9.50
Feta cheese, fresh tomato, mixed pepper, red onion, black olives, spinach, grilled aubergine, mixed leaves, olive oil	
Toscana	9.50
Mozzarella, mixed pepper, tomato salsa, fresh tomato, red onion, pine nuts, spinach, pesto, balsamic vinegar	
Swim Like A Salmon	10.00
Quinoa, fresh salmon, mango, cucumber, cashews, spring onion, pineapple, mixed sesame Extra Salmon +£2	
Fat Boy Tuna	12.00
Quinoa, fresh tuna, mixed leaves, pea shoots, avocado, kiwi, chia seeds, cucumber, pecans, grapes, Extra Tuna +£3	

BUILD YOUR OWN

POKE BOWLS

9.50

3. EXTRAS (x5)

1. BASE

Rice / Quinoa / Mixed Leaves

2. TOPPING (x1)

Fresh salmon **Extra +£2**
 Fresh tuna **Extra +£2**
 Tuna mayo **Extra +£1.50**
 Goats cheese **Extra +£1.50**
 Mozzarella **Extra +£1.50**
 Feta **Extra +£1.50**

4. DRESSING

Teriyaki sauce
 Chilli sauce
 Soy sauce
 Orange vinaigrette
 Lime vinaigrette
 Wasabi
 Balsamic olive oil
 Ponzu sauce

5. MIX

Mixed
 Mixed with dressing
 Stacked

Caramelised beetroot
 Caramelised apple
 Grilled aubergine
 Dried tomato salsa
 Sweet potato
 Mixed peppers
 Tomato confit
 Garlic confit
 Pea shoots
 Fresh tomato
 Cucumber
 Black olives
 Green olives
 Red onion
 Spring onion
 Carrots
 Celery
 Pomegranate
 Mango
 Pineapple
 Kiwi
 Avocado
 Grapes
 Strawberry
 Apple
 Caramelised pecans
 Salted cashews
 Mixed sesame
 Chia seeds
 Flax seeds
 Pine nuts
 Crispy onions
 Edamame

JUICES

FRESHLY-SQUEEZED

Add Ginger or Turmeric +0.50

Dr Detox	5.50
Cucumber, apple, lemon, kiwi, basil, spinach	
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

SMOOTHIE BOWLS

1. BOWL

Acai 8.00
Pitaya 8.00
Spirulina 8.00

Add Protein Powder +£1

2. MILK BASE

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

3. FRUIT

Pineapple • Banana • Mango
 Includes 2 toppings + 1 sauce of your choice

Greek Yoghurt Bowl 7.00

Extras: 0.50 / 0.75. With granola & honey.

SMOOTHIES

Choose Your Base: Oat Milk • Coconut Milk • Soya Milk • Rice Milk • Almond Milk • Fresh Milk • Orange juice • Apple juice • Water

Add Protein Powder +£1

Rise & Shine	6.00
Oats, dates, banana	
Hulk Up POST-WORKOUT	7.00
Protein powder, pecans, banana & maple syrup	
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	

POWER SHOTS

Ginger Shot	3.50
Ginger & apple	
Turmeric Shot	3.50
Turmeric, apple, lemon, cayenne pepper	

OATS

Mixed Berry	5.50
Strawberry, blueberry, date syrup	
Summer Fruits	5.50
Kiwi, mango, honey	
Deluxe	5.50
Banana, caramelised pecans, dates, caramel	

FROYO

TOPPINGS

Regular 5.00
Blended 6.00
 Strawberry • Mango
 Pineapple • Banana • Blueberry

SAUCES

+0.50
 Chocolate
 Strawberry
 Agave
 Honey
 Silan
 Maple

+0.75
 Caramel
 Passion fruit
 Sweet tahini

+1
 Pretzel
 Oreo
 Almond butter
 Peanut butter
 Wafer

+2
 Manuka honey

FRUITY +0.50

Blueberry
 Banana
 Pomegranate
 Pineapple
 Strawberry
 Lychee
 Kiwi
 Dates
 Raisins

CRUNCHY +0.50

Almond flakes
 Ground pistachio
 Cashews
 Chia seeds
 Granola

DELUXE +0.75

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

PORTOCCINOS

Protein Powder +1 / Whipped Cream +0.50 / Deluxe Topping +0.50 (blended)

Strawberry	5.00
Matcha	5.00
Cookies & Cream	5.00
Ice Coffee	5.00
Caramel Ice Coffee	5.00
Pretzel Ice Coffee	5.00
Coffee Granita Pecan	5.00

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