

# WRAPS **Classic Sourdough +£1**

## **Yassou M N G** **8.50**

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

## **Little Tuscany M G** **8.50**

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

## **Mediterranean M G** **9.00**

Feta, mixed leaves, olive tapenade, pesto, roasted pepper, grilled aubergine

## **Le Deluxe M N G** **10.00**

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

## **Tuna Salad E F G** **8.50**

Tuna mayo salad, mixed leaves, cucumber, tomato, mixed pepper, red onion

## **The Veganista VE** **8.50**

Mixed leaves, tomato confit, garlic confit, avocado, lime zest, grapes, pine nuts, spinach

# HOUSE BOWLS

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

## **The Greenie N VE** **9.50**

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

## **Greek Feta M** **9.50**

Feta cheese, fresh tomato, mixed pepper, red onion, black olives, spinach, grilled aubergine, mixed leaves, olive oil

## **Toscana M** **9.50**

Mozzarella, mixed pepper, tomato salsa, fresh tomato, red onion, pine nuts, spinach, pesto, balsamic vinegar

## **Swim Like A Salmon F SS** **10.00**

Quinoa, mango, cucumber, cashews, spring onion, pineapple, fresh salmon, mixed sesame **Extra Fish +£2**

## **Fat Boy Tuna N F** **12.00**

Quinoa, mixed leaves, pea shoots, avocado, kiwi, chia seeds, cucumber, pecans, grapes, fresh tuna **Extra Fish +£3**

## **SOUP OF THE DAY** **5.5**

Ask a member of staff

*For any allergy or dietary concerns, just ask our team!*

# POKE BOWL

9.75

## CHOOSE YOUR BASE



Rice



Quinoa



Mixed Leaves

## CHOOSE 1 PROTEIN



Fresh Salmon F  
+£2



Fresh Tuna F  
+£3



Tuna Mayo F  
+£1.50



Goats Cheese M  
+£1.50



Mozzarella M  
+£1.50



Feta M  
+£1.50

**Add Extra:**

## CHOOSE YOUR TOPPINGS (X5)

Additional toppings £0.75



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

## CHOOSE YOUR DRESSING



Teriyaki



Chilli



Soy



Orange  
vinaigrette



Wasabi



Ponzu



Balsamic  
olive oil



Spicy  
mayo



Lime  
vinaigrette

Choose between Mixed / Mixed with dressing / Stacked

# SMOOTHIE BOWLS

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

**Choose Your Fruit Base:** Pineapple • Banana • Mango

**Add Protein Powder +£1**

## **Acai** **8.00**

A brazilian Super fruit which acts as an anti-oxidant power house. Plenty of beneficial nutrients and boosts energy and performance

## **Pink pataya** *POST-WORKOUT* **8.00**

Dried dragon fruit packed with protein and strengthens your immune system

## **Blue Spirulina** **8.00**

Algae plant which is packed with protein, vitamins, minerals and promotes pain relief

*Served with 2 toppings and one sauce*

## **Greek Yoghurt Bowl** *N M G* **7.00**

With Granola and Honey

# POWER BALLS

## **Coconut and Dates** *N* **1.50**

## **Peanut Butter and Dark Chocolate** *N PN* **1.50**

## **Halva and Silan** *N* **1.50**



**"DISCOVER THE POWER OF SUPERFOODS IN EVERY SPOONFUL**



**OF OUR NUTRIENT-RICH SMOOTHIE BOWLS"**



# PORTOCCINOS

## COFFEE BASE

	Regular	Large
Caramel	5.25	6.00
Vanilla	5.25	6.00
Ice coffee	5.00	5.75
Sugar free ice coffee	5.25	6.00
Granita pecan	5.50	6.25
Pumpkin spice latte	5.50	6.25

**Add Espresso Shot +£0.50**

## CREAM BASE

	Regular	Large
Caramel	5.00	5.75
Vanilla	5.00	5.75
Strawberry	5.00	5.75
Cookies and Cream	5.50	6.25
Matcha	5.00	5.75
Pumpkin spice latte	5.50	6.25

**Add Whipped Cream +£0.50**

# ICE DRINKS

	Regular	Large
Latte	4.25	5.00
Matcha	4.25	5.00
Chocolate	4.25	5.00

**Add Pumpkin Spice +£0.50 / Vanilla +£0.50 / Caramel +£0.50**

**"EMBRACE AND LOVE YOUR BODY. IT'S THE MOST AMAZING THING  
YOU WILL EVER OWN"**

# SMOOTHIES

**Choose Your Milk:** Oat • Coconut • Soya • Almond • Fresh Milk • Water • Orange • Apple Juice

**Add Protein Powder +£1**

## Acai Bliss

6.00

Acai, mango, blueberries, date

## Rise & Shine

6.00

Oats, dates, banana

## Hulk Up **Post-workout N**

7.00

Protein powder, pecans, banana & maple syrup

## Pineapple Express **Recommended with coconut milk**

7.00

Pineapple, spinach, mint

## Tootie Frootie

6.50

Strawberry, banana, dates

# FROYO

## Regular **M**

Our healthy house Froyo with your choices of toppings and sauce!

5.00

## Blended **M**

Our healthy house froyo blended with toppings of your choice!

6.00

## ALLERGENS

**M** MILK

**N** NUTS

**E** EGG

**F** FISH

**G** GLUTEN

**PN** PEANUT

**SO** SOYA

**SS** SESAME SEEDS

# TOPPINGS



Coconut flakes  
+£0.50



Blueberry  
+£0.65



Banana  
+£0.65



Pomegranate  
+£0.65



Pineapple  
+£0.65



Strawberry  
+£0.65



Lychee  
+£0.65



Kiwi  
+£0.65



Dates  
+£0.85



Raisins  
+£0.65



Almond flakes  
+£0.65



Ground pistachio  
+£0.65



Cashews  
+£0.65



Chia seeds  
+£0.65



Granola  
+£0.65



Oreo cookie  
+£0.85



Dark chocolate  
+£0.85



White chocolate  
+£0.85



Chocolate cornflakes  
+£0.85



Marshmallows  
+£0.85



Crispy choco crunch  
+£0.85



Mango  
+£0.85



Caramelised pecan  
+£0.85



Caramelised apple  
+£0.85

# SAUCES



Chocolate  
+£0.65



Strawberry  
+£0.65



Agave  
+£0.65



Honey  
+£0.65



Silan  
+£0.65



Maple  
+£0.65



Caramel  
+£0.85



Passion fruit  
+£0.85



Halva sauce  
+£0.85



Pretzel  
+£1



Oreo  
+£1



Almond butter  
+£1



Peanut butter  
+£1



Manuka honey  
+£2