

COFFEE

BARISTA ROASTED COFFEE

Peruvian Medium Roasted Coffee Beans, full-bodied and gentle on the pallet with low acidity and a hint of sweetness.

Double Espresso	2.50
Macchiato	2.65
Cortado	2.85
Americano	2.85
Flat White	3.15
Latte	3.15
Cappuccino	3.15
Mocha	3.40
Extra Shot / Syrup	0.50
Milk alternatives	0.35

Decaffeinated available

TEA

NOVUS AWARD WINNING TEA

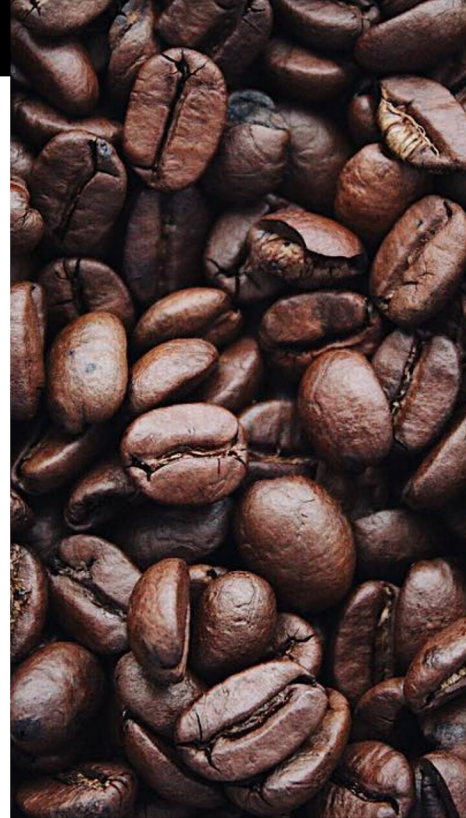
English Breakfast	2.75
Decaffeinated Ceylon	2.75
Variety of Herbal and Fruit	2.75

HOT DRINKS

Matcha Latte	3.50
Chai Latte	3.50
Hot Chocolate	3.25
Luxury Hot Chocolate	3.75
Topped with cream and marshmallows	

ICED DRINKS

Iced Coffee	3.25
Iced Matcha	3.75
Iced Barebells Protein Vanilla Latte	3.75
Iced Barebells Protein Mocha	3.75



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DRINKS

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SMOOTHIES 4.50

Available with Awesome Supplements protein powder for 1.00

MANGO + PINEAPPLE (v)(gf)

Oat Milk | Pineapple | Mango | Banana | Honey | Greek Yoghurt

BERRY BLAST (v)(gf)

Almond Milk | Banana | Mixed Berries | Cashew Nuts

SUPERFOOD + 1.00 (v)(gf)

Coconut Milk | Avocado | Banana | Spinach | Matcha | Honey | Greek Yoghurt | Chia seeds

PROTEIN SMOOTHIES 4.95

BISCOFF (v)(gf)

Oat Milk | Biscoff | Dates | Banana | Cauliflower | Cinnamon

OREO (v)(gf)

Oat Milk | Dark Chocolate | Banana | Cauliflower | Oreo Crumbs

SALTED CARAMEL (v)(gf)

Banana | Cauliflower | Dates | Cashew Nuts

COLD DRINKS

Still Water	1.00
San Pellegrino Sparkling Water	2.00
Vitamin Well	2.00
Frobishers Orange and Apple Juice	2.50
SoGoodKombucha	3.50
Soft Drink Cans	1.50
San Pellegrino	2.00
Fentimans	3.00
Barebells Protein Milkshake	3.00

ALCOHOL

Prosecco	6.50
Wine	5.50
Bottled Lager / Ale	4.00
Cider	5.00
Alcohol Free Lager	3.50



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VANILLA PROTEIN WAFFLES - 7.50 (gfo)

2 waffles with vanilla protein powder

Choice of toppings:

- Greek yogurt and berry compote (v)(gf)
- Greek yogurt, Biscoff crumbs and sauce (v)
- Nutella and sliced banana (v)
- Crispy smoked bacon and maple syrup (gf)

BASE BREAKFAST (gfo)

Small - **7.95** or Large - **9.95**

Crispy smoked bacon, thick pork sausage, fried egg, hash brown, grilled tomato, Heinz beans and sourdough toast with Lurpak butter

Vegetarian alternative available on request

BREAKFAST BAGEL - 4.95 OR SPECIAL - 6.95

2 rashers crispy smoked bacon or 2 thick pork sausages on a toasted and Lurpak buttered brioche bagel with Heinz tomato or HP brown sauce

Special - crispy smoked bacon, thick pork sausages and a fried egg

BRUNCH BAGEL - 6.95

Crispy smoked bacon, grilled halloumi and smashed avocado layered on a toasted brioche bagel, dressed with sweet chilli sauce

SMOKED SALMON AND SCRAMBLED EGG - 9.50 (gfo)

Fresh smoked salmon and 2 scrambled eggs on sourdough toast with Lurpak butter

AVO SMASH WITH POACHED EGG - 8.25 (v)(gfo)

Seasoned avocado and poached egg served on sourdough toast, topped with crumbled feta, chilli flakes, rocket and a balsamic glaze

ADD EXTRAS TO ANY BREAKFAST:

Hash brown - 1.00

Poached or fried egg - 1.25

Rasher of thick-cut crispy smoked bacon - 1.50

Thick pork sausage - 2.00

Half avocado sliced - 2.25

3 pieces of grilled halloumi - 2.50

Smoked salmon - 3.00

PLEASE ADVISE OF ANY ALLERGIES OR DIETARY REQUIREMENTS WHEN ORDERING. WE USE NUTS IN OUR KITCHEN THEREFORE CANNOT GUARANTEE THERE WILL NOT BE TRACES IN OUR DISHES.

(V) Vegetarian, (VE) Vegan (GF) Gluten Free, (GFO/DFO) Gluten or Dairy Free Option



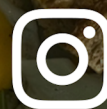
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ALL DAY
BREAKFASTS

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BASE SPECIALS - 6.50

BACON, BRIE AND CARAMELISED ONION CIABATTA

Melted brie, crispy bacon, rocket and caramelised onion chutney in a grilled ciabatta served with kettle-cooked crisps. *Vegetarian option available on request*

THE CLUB SANDWICH (gfo)

Seasoned chicken, crispy smoked bacon, tomato, mayo and mixed leaves in toasted granary bread

CAJUN CHICKEN RICE BOWL (gf)

Cajun spiced chicken on a bed of wholegrain spicy basmati rice, mixed with roasted vegetables, tomatoes, sundried tomatoes and avocado, topped with rocket, seeds and served with a low-fat yoghurt dressing

WRAPS & CIABATTAS - 5.95

Made to order with the choice of a deep-filled wrap or toasted ciabatta
Served with kettle crisps

FALAFEL AND HUMMUS (ve)(df)

House-made falafel and delicately spiced hummus, served with rocket, cucumber, tomato and sweet chilli sauce

AVOCADO AND HALLOUMI (v)

Seasoned with pepper, sliced avocado and grilled halloumi, served on a bed of rocket and dressed with sweet chilli sauce

TUNA SALAD CRUNCH

House-made tuna salad crunch, seasoned with oregano and a creamy low-fat dressing and served with rocket

CHICKEN, MOZZARELLA AND PESTO

Seasoned chicken, sliced mozzarella and pesto, topped with rocket

BBQ CHICKEN AND BACON

Tasty BBQ chicken and bacon with cheese served on a bed of rocket

SOUP OF THE WEEK - 4.95

Our house-made soups are nutritious, full of flavour and prepared with fresh ingredients. Roasted, seasoned and blended to create the perfect texture. Served with freshly toasted sourdough and Lurpak butter. (gluten-free option available)

Add seasoned roasted chicken breast - 2.50

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LUNCHES

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JACKET POTATOES - 4.95 to 6.50

Made to order from a choice of oven-baked white or sweet potato

CHEESE AND HEINZ BEANS - 4.95 (v)(gf)

TUNA MAYO AND CHEESE - 4.95 (gf)

TUNA SALAD CRUNCH - 5.95 (gf)

BACON, SOUR CREAM, CHEESE AND CHILLI FLAKES - 5.95 (gf)

HOUSE-MADE CHILLI AND CHEESE - 5.95 (gf)

Vegetarian and vegan alternatives available on request

BBQ CHICKEN, BACON AND CHEESE - 6.50

SALADS - 7.50

Our colourful and tasty salads are made to order and served with balsamic vinaigrette or sweet chilli sauce

GOATS CHEESE AND CARAMELISED ONION (v)(gf)

Seasonal ingredients with mixed leaves, walnuts, herbs, seeds, oven baked Goats cheese and caramelised onion chutney

BUDDHA BOWL (v)(gf)(dfo)

House-made falafel and delicately spiced hummus with quinoa base, seasonal ingredients, feta, seeds and herbs

SUPERFOOD SALAD (ve)(gf)(df)

A nutritional powerhouse packed full of goodness. Contains roasted butternut squash, seasoned and roasted red pepper, rocket, sliced avocado, sun-dried tomatoes, quinoa and topped with seeds and herbs

ADD EXTRAS TO ANY SALAD:

Tuna flakes - 2.00

Feta cubes - 2.00

3 pieces of grilled halloumi - 2.50

Crispy smoked bacon thinly sliced - 1.50

Seasoned and roasted chicken breast - 2.50

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GRAB & GO

Our fridge is always stocked with grab and go smoothies, breakfasts and lunches for those in a hurry!

PROTEIN OVERNIGHT OATS - 3.95 (v)

House-made protein overnight oats made with Awesome Supplements Vegan or Ultra Nutrition Whey protein powder. A variety of flavours to choose from each week. *Gluten free option available with advance notice*

GRANOLA POT - 3.95 BOWL - 4.95 (v)

House-made nutty granola served with Greek yogurt and topped with berry compote. *Gluten free option available with advance notice*

PROTEIN WAFFLES - 5.95 (v)(gfo)

2 waffles house-made waffles made with vanilla protein powder and served with Greek yogurt and berry compote

HOUSE-MADE SOUP - 3.95 (gfo)

House-made seasonal soup ready to heat and eat!

WINTER WARMERS - 6.95 (gf)

House-made meals ready to heat and eat!

TREAT COUNTER

Our counter has a selection of brownies, blondies, cookies and traybakes. Alongside a selection of delicious refined sugar-free protein treats

COFFEE BAGS - 8.50

We offer our incredible coffee blend to take away! Available as beans or ground, you can get our signature high-quality coffee at home.

MERCH - 6.50

Our branded merch is available at the counter and through our delivery partners Uber Eats, Deliveroo and Just Eat

COFFEE CUP

Our coffee cups hold 350ml of liquid, are insulated and have a screw top lid to prevent spills

WATER BOTTLE

Our water bottles hold 700ml of water, come with a straw lid and are spill-proof

TOTE BAG

Our black tote bags have short and long handles to pop on your shoulder and are the perfect size

GIFT VOUCHERS

Available at the counter for any amount from £5.00



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