

## BREAKFAST BOWLS

### ACAI BOWL AVAILABLE ALL DAY 7.9

Acai Berry Bowl, Homemade Granola,  
Blueberries, Frozen Raspberries, Cocoa Nibs,  
Coconut Flakes, Peanut Butter, Agave

#### Add Any Superfood Add-On

### YOGHURT & GRANOLA 3.9

Homemade Granola, Yoghurt, Agave

#### Choice of:

Natural Yoghurt | Coconut Yoghurt

#### Add Any Superfood Add-On

5.9

### PORRIDGE

Oat Porridge, Agave & Chia Seeds With Your

#### Choice Of Milk:

Oat | Coconut | Soya | Whole | Semi Skimmed 1.0

#### Add Whey | Vegan Protein

## SUPERFOOD ADD-ONS

Banana | Strawberries | Blueberries 1.0

Goji Berries | Chia Seeds | Hemp Seeds 0.5

Cocoa Nibs | Coconut Flakes 1.0

Homemade Granola 1.5

Peanut butter | Almond Butter 1.5

Agave | Chia Raspberry Jam 1.0

## TOASTED SOURDOUGH

### PEANUT BUTTER TOAST 5.9

Topped With Peanut Butter, Raspberry Chia Jam

#### Choice of:

+ Banana, Chia Seeds, Cocoa Nips, Agave

+ Strawberries, Chia Seeds, Pumpkin Seeds

### AVO TOAST 6.9

Topped With Smashed Avocado, Chilli Flakes  
Rocket, Balsamic Glaze

#### Why Not Add (Price Per Item)

+ Crumbled Feta | Honey Chilli Halloumi 2.0

+ Crispy Bacon | Scrambled Egg | Fried Egg 2.0

## BYO BREAKFAST

### TOASTED BAGEL 2.6

+ Two Cumberland Sausage 2.4

+ Two Crispy Back Bacon 2.4

+ Two Free Range Eggs: Scrambled | Fried 2.0

+ Halloumi Slice 1.5

+ Cheddar Cheese 1.0

+ Hash Brown 1.0

+ Avocado 2.0

+ Spinach 1.0

### FREE RANGE OMELETTE 4.0

+ Chicken Breast 2.5

+ Two Cumberland Sausage 2.4

+ Two Crispy Back Bacon 2.4

+ Halloumi | Cheddar Cheese 1.5

+ Spinach | Rocket 1.0

+ Red Peppers | Red Onion 1.0

Find us at @nude\_liverpool

www.nudelifestylekitchen.com

## GRILLED FLATBREAD

**SALT & PEPPER CHICKEN**

Chicken Breast, Halloumi, Red Peppers,  
Red Onion, Spinach

6.6

**PERI CHICKEN**

Chicken Breast, Red Peppers, Red Onion,  
Rocket, Perinaise

6.6

**PESTO CHICKEN**

Chicken Breast, Mozzarella, Tomato,  
Rocket, Pesto Mayo

6.6

**BEEF BRISKET**

Southwest Beef Brisket, Cheddar Cheese,  
Red Onion, Rocket

7.0

**HONEY GLAZED HALLOUMI**

Honey Glazed Chilli Halloumi, Red Peppers,  
Red Onion, Rocket

7.0

**FALAFEL & PAKORA**

Falafel & Pakora, Red Peppers, Red Onion,  
Rocket, Sweet Chilli Sauce

6.6

## EXTRAS

+ Chicken Breast

2.5

+ Beef Brisket

2.5

+ Halloumi Slice

1.5

+ Cheddar Cheese

1.0

+ Avocado

2.0

## TOASTED SANDWICH

**CHICKEN & CHORIZO**

7.4

Toasted Sourdough, Chicken Breast, Chorizo, Rocket,  
Chipotle Sauce

**CHICKEN CLUB**

7.4

Toasted Sourdough, Chicken breast,  
Bacon, Mozzarella, Rocket, Harissa Mayo

**SPICY CHICKEN**

7.4

Toasted Sourdough, Chicken Breast,  
Red Peppers, Spinach, Southwest Sauce

**HARISSA CHICKEN**

7.4

Toasted Sourdough, Chicken Breast,  
Mozzarella, Red Pepper, Harissa Mayo

**CHICKEN AVO**

7.4

Toasted Sourdough, Chicken Breast, Tomato,  
Avocado, Pesto Mayo

**MOZZARELLA**

7.4

Toasted Sourdough, Mozzarella, Tomato,  
Avocado, Pesto Mayo

## SAUCE

+ Garlic Mayo

0.5

+ Chipotle

0.5

+ Sweet Chilli

0.5

+ Perinaise

0.5

+ Mayonnaise

0.5

If you have any dietary requirements please inform a member of staff before placing your order, unfortunately it is not possible to guarantee that our kitchen is 100% allergen free

## COFFEE &amp; TEA

<b>DOUBLE ESPRESSO</b>	2.8
<b>AMERICANO</b>	3.0
<b>FLAT WHITE</b>	3.4
<b>CAPPUCCINO</b>	3.5
<b>LATTE</b>	3.5
<b>MATCHA OAT LATTE</b>	4.0
<b>VANILLA MATCHA OAT LATTE</b>	4.0
<b>CHAI LATTE</b>	4.0
<b>YORKSHIRE TEA</b>	2.7
<b>GREEN TEA</b>	2.9
<b>PEPPERMINT TEA</b>	2.9

## ICED COFFEE

<b>ICED LATTE</b> Milk, Double Espresso, Ice	3.9
<b>ICED MATCHA OAT LATTE</b> Matcha, Coconut Milk, Vanilla, ice	4.2
<b>ICED PROTEIN LATTE</b> Oat Milk, Protein, Double Espresso, Ice + Vanilla   Mocha + Whey   Vegan Protein	5.4

## EXTRAS

<b>PLANT BASED MILK</b> Oat   Coconut   Soya	0.5
<b>SYRUP</b> Vanilla   Caramel   Hazelnut	0.5

## FRUIT SMOOTHIES

<b>NUTALICIOUS</b> Peanut Butter, Banana, Dates, Cacao, Coconut Milk + Whey   Vegan Protein 1.0	6.0
<b>BERRY GLOW</b> Strawberries, Blueberries, Goji, Acai, Coconut Milk + Whey   Vegan Protein 1.0	6.0
<b>SUPER GREEN</b> Spinach, Kale, Avocado, Pineapple, Apple Juice + Whey   Vegan Protein 1.0	6.0
<b>SUNRISE</b> Mango, Pineapple, Banana, Lime, Coconut Milk + Whey   Vegan Protein 1.0	6.0
<b>BLUE ISLAND</b> Banana, Mango, Pineapple, Blue Spirulina, Coconut Milk + Whey   Vegan Protein 1.0	6.0
<b>PINK PITAYA</b> Dragon Fruit, Strawberries, Raspberries, Banana, Lime, Coconut Milk + Whey   Vegan Protein 1.0	6.0
<b>BERRY DELIGHT</b> Strawberries, Blueberries, Banana, Apple Juice + Whey   Vegan Protein 1.0	6.0
<b>ADD-ON</b> Collagen Powder	1.5