

BREAKFAST

BREAKFAST IS SERVED UNTIL 11:30AM

OUT | IN

SOURDOUGH TOAST 4.0 | 4.6

Two slices of sourdough toast served buttered

Add strawberry jam, nutella, peanut butter

STRAWBERRY PEANUT BUTTER TOAST 6.0 | 7.2

Toasted sourdough, peanut butter, strawberries, pumpkin seeds, chia seeds, agave

NUDE OMELETTE 4.5 | 5.4

A four free range egg omelette, add any suggested add-ons

TOASTED BAGEL 2.2 | 2.6

A toasted bagel served buttered, add any suggested add-ons

SOURDOUGH TOAST 3.0 | 3.6

Two slices of buttered sourdough, add any suggested add-ons

SUGGESTED ADD-ONS

Sausage 2.8

Chorizo 1.8

Avocado 2.4

Streaky bacon 3.2

Hash Brown 1.0

Spinach 0.5

Chicken breast 3.2

Halloumi Slice 1.8

Red Peppers 0.5

Two eggs: 2.5

Cheese 1.0

Red Onion 0.5

Scrambled | fried

Feta 1.5

Sliced Tomato 0.5

Add chilli flakes, chilli jam, tomato sauce, brown sauce

SOMETHING SWEET

YOGHURT & GRANOLA 4.9 | 5.9

Homemade superfood granola, natural yoghurt, chai raspberry jam, agave

Add Strawberries +1 | Blueberries +1 | Banana +1

OVERNIGHT OATS 4.9 | 5.9

Overnight oats, superfood granola, blueberries, coconut flakes, chai raspberry jam

ACAI BOWL

POWERFUL ANTIOXIDANTS & HEALTHY OMEGAS

OUT | IN

NUDE ACAI 9.9 | 10.9

100% Raw acai topped with any 3 suggested add-ons!

BERRY ABOUT US 9.9 | 10.9

100% Raw acai topped with strawberry, blueberry, raspberry, granola

NUTS ABOUT YOU 9.9 | 10.9

100% Raw acai topped with banana, peanut butter, coconut flakes, granola

SIGNATURE 9.9 | 10.9

100% Raw acai topped with strawberry, banana, peanut butter, granola

SUGGESTED ADD-ONS + 1.0 per item

Strawberry

Superfood Granola +1.5

Cocoa nibs

Blueberries

Gluten free granola

Nutella

Raspberries

Biscoff crumble

Peanut butter

Banana

Coconut flakes

Almond butter +1.5

MATCHA & TEA

WHOLE MILK, SEMI SKIMMED, SKIMMED, OAT, SOYA, COCONUT

OUT | IN

MATCHA LATTE | ICED 3.9 | 4.3

Ceremonial matcha served hot or iced made with oat milk or your choice of milk

CHAI LATTE | ICED 3.9 | 4.3

Chail latte served hot or iced, made with oat milk or your choice of milk, finished with cinnamon

TEA 2.8 | 3.1

Yorkshire Tea

Strawberry & Kiwi

Green Tea

Peppermint Tea

SYRUP + 0.6

Vanilla, white chocolate raspberry , blueberry

WRAPS

SERVED ON A ARABIC GRILLED FLATBREAD

OUT | IN

SALT & PEPPER CHICKEN 6.8 | 8.1

Chicken, halloumi, red peppers, red onion, spinach

SPICY CHICKEN 6.8 | 8.1

Chicken, red peppers, chipotle sauce, rocket

FALAFEL & AVOCADO 6.8 | 8.1

Falafel, peppers, onion, avocado, rocket, sweet chilli

CHICKEN MOZZARELLA 6.8 | 8.1

Chicken, red pesto, red peppers, mozzarella, rocket

PERI CHICKEN 6.8 | 8.1

Chicken, red peppers, red onion, rocket, peri sauce

BEEF BRISKET PREMIUM 8.0 | 9.6

Southwest beef brisket, cheese, red onion, rocket

EXTRAS SAUCE

Chicken 3.4 | Cheese 1.0 | Jalopenos 0.5

Mayo | Garlic Mayo | Southwest | Peri Sweet Chilli + 0.7

COFFEE

LOCALLY ROASTED BY NEIGHBOURHOOD COFFEE

OUT | IN

DOUBLE ESPRESSO 2.8 | 3.1

Whole milk

CORTADO 2.9 | 3.2

Semi skimmed milk

Skimmed milk

AMERICANO 3.1 | 3.4

Oat + 0.5

FLAT WHITE 3.5 | 3.8

Soya + 0.5

Coconut + 0.5

LATTE | ICED 4.0 | 4.4

CAPPUCCINO 4.0 | 4.4

MOCHA | ICED 4.0 | 4.8

HOT CHOCOLATE 3.5 | 4.2

SYRUP + 0.6

Vanilla, caramel, hazelnut

Sugar free vanilla,

Sugar free cararmel

SANDWICHES

SERVED ON A TOASTED CIABATTA

OUT | IN

CHICKEN AVOCADO 7.4 | 8.8

Chicken, avocado, tomato, green pesto

CHICKEN & CHORIZO 7.4 | 8.8

Chicken, chorizo, mozzarella, chipotle, rocket

MOZZARELLA & AVOCADO 7.4 | 8.8

Mozzarella, avocado, tomato, pesto

CHICKEN CAESAR 7.4 | 8.8

Chicken caesar, bacon, parmesan, rocket

SPICY TUNA 7.4 | 8.8

Tuna, tomato, jalapeños, green pesto

CHICKEN PESTO 7.4 | 8.8

Chicken, mozzarella, tomato, pesto, rocket

EXTRAS SAUCE

Chicken 3.4 | Cheese 1.0 | Jalopenos 0.5

Mayo | Garlic Mayo | Chipotle | Peri Sweet Chilli + 0.7

SMOOTHIES

ADD WHEY PROTEIN | PLANT BASED PROTEIN | COLLAGEN + 2.0

OUT | IN

NUTALICIOUS 6.4 | 7.6

Peanut butter, banana, dates, cacao, coconut milk

SUNRISE 6.4 | 7.6

Strawberry, mango, banana, coconut milk

BERRY GLOW 6.4 | 7.6

Acai, strawberries, blueberries, goji berries, coconut milk

SUPER GREEN 6.4 | 7.6

Spinach, mango, avocado, pineapple, apple juice

BERRY DELIGHT 6.4 | 7.6

Strawberries, blueberries, banana, apple juice

ALLERGIES OR INTOLERANCES Please let us know if you have any allergies or intolerances or require information on ingredients used in our dishes or drinks