

# SMOOTHIES

£6.50

**Berry Blast** – A refreshing blend of mixed berries, banana, and apple juice – packed with antioxidants and natural sweetness.

**Tropical Sunrise** – A vibrant mix of papaya, mango, pineapple, and flax seeds with orange juice – sunshine in a cup.

**Green Machine** – A nutrient-rich smoothie with mango, spinach, kale, avocado, ginger, lemon, and apple juice – perfect for a healthy reset.

**Pink Paradise** – A smooth and fruity blend of strawberries, banana, and apple juice – naturally sweet with a vibrant bright pink colour.



# SPECIALITY SMOOTHIES

£7.00

BLENDED  
FRESH

**Açaí Berry** – A rich and energising blend of açaí, mixed berries, and banana – loaded with antioxidants and bursting with flavour.

**Sky Blue Passion** – A strikingly blue smoothie made with spirulina, pineapple, banana, and almond milk, offering a tropical twist with a superfood boost.

**Matcha Fuel** – Creamy and energising – a smooth mix of matcha, mango or blueberries, milk, yoghurt, and honey for a clean green pick-me-up.

# WELLNESS SHOTS

£4.00 each or 6 for £22.00

**Hot Shot** – A fiery immunity-boosting shot, perfect for waking up your senses and supporting your body naturally.

**Pineapple ACV Shot** – A tangy blend of pineapple, lemon, raw honey, and apple cider vinegar to support digestion, reduce inflammation, and boost immunity.

SMALL SHOT.  
BIG BOOST.



BLENDED W

# FRESHLY SQUEEZED JUICES

£4.00

**Orange** – Freshly squeezed and naturally sweet – a classic vitamin C hit.

**Pineapple** – Pure tropical sweetness – hydrating, fruity, and full of flavour.

**Watermelon** – A hydrating blend of watermelon juice, zesty lemon, and a drop of honey.

**Celery** – A refreshing blend of crisp celery, zesty lemon, and a hint of ginger – light, hydrating, and invigorating.

**Apple** – A crisp blend of freshly pressed apples – naturally sweet, refreshing, and packed with vitality.



# COLD PRESS JUICES



£5.00

**Glow & Go** – A zesty blend of carrot, orange, lemon, and ginger – bright, energising, and immune-boosting.

**Heart Beet** – Earthy beetroot meets sweet pineapple and lemon – great for circulation, energy, and natural detox.

**Green Vitality** – A refreshing green mix of celery, cucumber, kiwi, and lemon – crisp, clean, and full of vitality.

# ENERGY DRINKS

**ABE Energy Drink** – £3.00

High-performance energy in a can – ideal for powering through your day.

# COFFEE

Small – £3.50

Large – £4.00

Iced – £4.00

Vanilla Protein Frappé

£6.50 (One Scoop)

£7.50 (Two Scoops)

GOOD MOOD.



PURE FRUIT

# PROTEIN SHAKES

£4.00  
(One Scoop)

£5.00  
(Two Scoops)

**Pick your base:** Water, Semi-skimmed milk, Whole milk, or Almond milk.

**Pick your flavour:** Chocolate, Strawberry, Vanilla, or Banana.

Blend & fuel up – smash your goals, stay fresh, and recover right!

Your shake, your way – customise your shake with any of our extras



# BAGELS

£9.00

YOUR SHAKE.  
YOUR WAY.

## Ham & Cheese

Roast ham mature cheddar tomato tomato & chilli chutney

## The New Yorker

Beef pastrami gherkins smoked cheese slaw mustard mayo

## The French Brie

French brie tomato tomato & chilli chutney

## The Tuna Melt

Tuna mayo mature cheddar red onion

# SANDWICHES

£6.50

## BLT

Bacon lettuce tomato

## Cheese & Pickle

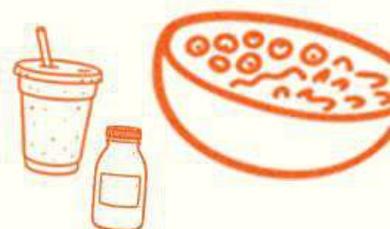
Mature cheddar and pickle

## Turkey Cheese Salad

Turkey cheese salad

## The Tuna Melt

Tuna mayo and melted cheese



## AÇAI BOWLS

Small – £9.00 | Large – £11.50

Packed with 30 g of protein, this superfood bowl is bursting with nutrients, antioxidants, and anti-inflammatory benefits.

Topped with granola, berries, banana, coconut, and a drizzle of honey – the perfect balance of health and flavour.

## CACAO BOWL

Small – £8.50 | Large – £11.00

A creamy blend of Greek yogurt and rich cacao, topped with granola, banana, chopped walnuts, sweet dates, and a sprinkle of chocolate chips. The perfect mix of crunch, sweetness, and chocolatey goodness.

### Toppings & Extras:

\* 75p Each: Flax Seeds, Chia Seeds, Biscoff Crumbs

\* £1.25 Each: Nutella, Peanut Butter, White Chocolate, Pistachio, Milk Chocolate, Biscoff, Açai, Chocolate Chips, Matcha



## PORRIDGE

Small – £4.00 | Large – £6.00

Warm, comforting oats made with your choice of semi-skimmed, whole, or almond milk, drizzled with honey and finished with your favourite fresh toppings.

## YOGHURT POTS

Small – £6.00 | Large – £8.00

Creamy yoghurt topped with optional toppings – perfect for breakfast or a light snack.

WITH LOVE

GOOD FRUIT.