

Shake

Matcha	£3.50
Milk, Match, Banana, Ice	
Organic Protein	£3.50
Milk, Protein Plus Powder, Date	
Energy Booster	£4.00
Milk, Protein Plus Powder, Hemp, Sesame	
Vanilla Yogurt	£3.50
Vanilla Yogurt Shake	

Smoothie

Bullet Proof Breakfast	£4.80
Spinach, Cucumber, Matcha, Lemon, hemp Seed, Ice	
Ginger Beet	£3.80
Ginger, Beet Root, Apple	
Berry Burst	£4.00
Berries, Cherry, Banana	



Coffee

Espresso	£1.50
White Coffee	£2.00
Bullet Proof	£2.50
Americano	£2.00
Cappuccino	£2.00
Afagato	£2.50

Latte

Himalayas Chai	£3.50
Cream Caramel	£3.00
Organic Protein Plus	£3.50
Matcha	£3.50
Rooibos Nut	£3.00



Tea

King of Pu Erh	£2.80
Masala Chai	£2.00
Irish/English Breakfast	£2.00
Lady Grey	£2.00
Creamy Oolong	£2.50
Lemon Ginseng	£2.50
Chamomile Mint	£2.50
Berry Mix	£2.50
Cheshire Beauty	£2.50
Lapsang Souchong	£2.00
Darjeeling (no Caffeine)	£2.00
Assam	£2.00
Rooibos Mocca	£2.50
Traditional Earl Grey	£2.00
Moroccan Mint	£2.50
Jasmine Pearl	£2.50
Choice of Tea From The Shop	£2.50



Cream Tea

Scone/Cake with A	£2.95
Choice of Tea	
Clotted Cream and	
Honey/Butter and Jam	

Afternoon Tea

Scone, Cake, Tomato and	£9.00
Cucumber Sandwich, Tea,	
Clotted Cream and	
Honey/ Butter and Jam	



Mexican Corn

Seasoned with teas and Spices

Classic Cup	£3.50
Corn, mayo, cheese, mushroom	
Bovril Gravy	£3.50
Corn, Mushroom, Gravy	
Corn n Cheese Cup	£3.50

Cake

Gluten Free Carrot Cake	£2.80
Carrot Cake	£2.50
Coconut and Lemon	£1.80
Banana and Walnut	£1.80
Gluten Free Muffin	£2.80
Croissant	£1.80
Croissant with Cream & Honey	£2.50
Chocolate, Walnut Cake	£1.80



Sport Breakfast

Coconut, Banana, Dates,	£4.50
Walnut, Pistachio, Milk	
Ice Cream, Hemp Seed	



Healthy Breakfast

Dates, Walnut, Bread, Feta Cheese	£2.50
Home Made Vegetable Soup	£2.90

