

matcha

Classic £6.50

WITH WATER OR MILK
+ COCONUT WATER £1

Vanilla £7.50

WITH TEASE VANILLA

Blue Earth £7.50

WITH BLUE SPIRULINA

Salted Vanilla Date £7.50

WITH VANILLA, DATE + SEA SALT

Maple £7.50

WITH MAPLE, CINNAMON + LION'S MANE

tea

Detox Flow £4.50

LEMON VERBENA, GINGER, YERBA MATE +
PEPPERMINT

Debloat + Digest £4.50

CINNAMON + FENNEL BLEND

adaptogenics £6.50

Longevity

REDUCES STRESS & IMPROVES SLEEP
REISHI, CORDYCEP, CHAGA, MACA,
OOLONG + HAZELNUT MILK

Reishi Rise

REDUCES FATIGUE & BOOSTS IMMUNITY
CHICORY ROOT, REISHI, TEASE
VANILLA + ALMOND MILK

Cosmic Cacao

RICH IN ANTIOXIDANTS & BOOSTS MOOD
HOMEMADE DARK CHOCOLATE
+ MUSHROOM BLEND £2



coffees

Vanilla Cold Coffee £6.50

ESPRESSO, DECAF OR CHICORY

Maple Sea Salt £6.50

ESPRESSO, MAPLE, SEA SALT + MILK

Nut Butter Latte £6.50

ESPRESSO, DATE, SEA SALT, MILK +
CHOICE OF NUT BUTTER

ESPRESSO £2.50 AMERICANO £3

MACCIATO £3 FLAT WHITE £3.50

CAPPUCCINO £4 LATTE £4

MOCHA £5

milk options:

DAIRY OAT ALMOND

HAZELNUT COCONUT

TEASE NUT BLEND £1

adaptogen bar

add ons + £2

Collagen - *skin glow & recovery*

Aloe Vera - *skin glow & digestive*

Sea Moss - *balancing & digestive*

Triphala - *digestive & detoxifying*

Charcoal - *detoxifying*

MCT Oil - *energising & metabolising*

Mushroom Blend - *healing & brain boosting*

Blue Spirulina - *brain boosting*

Lion's Mane - *brain boosting*

Moringa - *energising & healing*

Matcha Shot - *energising*

Bee Pollen - *energising*

smoothies £9

+ FORM NUTRITION VEGAN PROTEIN £2 + SUB COCONUT WATER £1 + COCONUT WHIP £1

Cacao Bliss

HOMEMADE DARK CHOCOLATE, MACA, PEANUT
BUTTER, BANANA + MILK, TOPPED WITH CACAO NIBS

Glow Getter

STRAWBERRY, BANANA, ALOE VERA, PINK PITAYA, SEA
MOSS, HOMEMADE STRAWBERRY GLAZE, CASHEW
BUTTER, COCONUT WHIP + COCONUT MILK

Green Boost

SPINACH, AVOCADO, BANANA, MANGO + CHOICE OF
MILK, TOPPED WITH BEE POLLEN

Recovery

BANANA, MIXED BERRIES, GF OATS, CHIA SEEDS,
SPINACH, ALMOND BUTTER, VEGAN VANILLA
PROTEIN + MILK

Sunshine

MANGO, PINEAPPLE, SEA MOSS, TURMERIC,
COCONUT WHIP + COCONUT MILK

Blue Glaze

BANANA, AVOCADO, COLLAGEN, CINNAMON,
ALMOND BUTTER, COCONUT YOGHURT, BLUE
SPIRULINA + ALMOND MILK

