

# COFFEE, TEAS & HOT CHOC

## ORGANIC FAIRTRADE COFFEE

	Small		Regular		Large	
	T/A	IN	T/A	IN	T/A	IN
AMERICANO			£2.80	£3.10	£3.20	£3.50
LATTE			£3.00	£3.30	£3.40	£3.70
CAPPUCCINO			£3.00	£3.30	£3.40	£3.70
FLAT WHITE	£2.90	£3.20	£3.30	£3.60		
MOCHA			£3.40	£3.70	£3.80	£4.10
ESPRESSO	£1.90	£2.10	£2.30	£2.50		
ICED LATTE (Over ICE)	£3.20	£3.50	£3.60	£3.90		
ICED MOCHA (Blended)	£3.60	£4.00	£4.10	£4.50		
HOT CHOCOLATE			£3.10	£3.50	£3.40	£3.80
CHAI LATTE			£3.10	£3.50	£3.40	£3.80

Soya, Almond or Coconut +20p

Oat + 40p

Syrups +60p

Extra espresso shot +40p

Decaf +15p

Caramel, Vanilla, Hazelnut & sugar free Caramel, Vanilla & Hazelnut

## FINE TEAS - £2.30 T/A £2.80 IN

ENGLISH BREAKFAST

EARL GREY

DECAF

GREEN TEA

PEPPERMINT

ROIBUS

LEMON & GINGER

CHAI

BERRY



# JUICES, SHAKES & SHOTS

## FRESHLY SQUEEZED JUICES

	Sml 12oz	Reg 16oz	Lrg 20oz
ORANGE	£4.30	£5.00	£5.80
CLOUDY APPLE	£4.30	£5.00	£5.80
CARROT	£4.00	£4.80	£5.60

## JUICE EXPLOSIONS 12oz

CARANGE	- Carrot & orange	£4.30
DETOX	- Apple, celery & lime	£4.50
SPICY	- Apple, carrot & ginger	£4.50
ZINGER	- Orange, passionfruit & lime	£4.60
EVERGREEN	- Spinach, celery, apple, cucumber, ginger	£4.70

## LOVE SHAKES

Milk shakes blended with fresh fruit, vanilla ice cream and milk

	Sml 12oz	Reg 16oz	Lrg 20oz
GO BANANAS (V)	£4.20	£4.70	£5.20
CHOCOLATE SPLIT (V)	£4.20	£4.70	£5.20
STRAWBERRY FIELDS (V)	£4.20	£4.70	£5.20

(+30p Almond, Coconut or Soya milk. +50p Oat milk)

## HEALTHY SHOTS

Fresh, cold pressed wellness shots 4oz - £2.50

GINGER

WHEATGRASS & APPLE

SPINACH & APPLE

# SMOOTHIES

## FRESHLY BLENDED SMOOTHIES

Full of fruit & flavour. Veggie & Vegan

Sml 12oz £4.70

Reg 16oz £5.20

Lrg 20oz £5.70

### VERY BERRY (V)

Strawberries, raspberries, blueberries, honey, yogurt & cranberry juice

STRAWBANANA (V) - Strawberries, banana, honey, yogurt & milk

ORANG-O-MANGO (V) - Mango, banana, yogurt & orange juice

GEISHA MANGO (V) - Mango, ginger, yogurt & milk

TROPICADO (V) - Spinach, avocado, banana, pineapple, honey & coconut milk

RHAPSODY (Vg) - Strawberries, raspberries, blueberries & apple juice

MAORI (Vg) - Mango, melon & orange juice

## ***SUPER SMOOTHIES***

£5.00 (12oz only)

MORNING AFTER (V) - Partied too much? try this

Blueberries, banana, pineapple, yogurt, honey, wheatgrass, rosehip, milk thistle & more

EVER READY (V) - Rejuvenating & uplifting energy boost

Strawberries, passion fruit, banana, honey, cranberry, acai, guarana, ginseng, maca & more

IMMUNE BOOST (V) - A natural boost to your defences

Strawberries, pineapple, yogurt, honey, rosehip, echinacea, baobab, maca & more

SPIRULINA (Vg) - The king of all superfoods - Spirulina, banana & apple

# PROTEIN BLENDS

## PROTEIN SMOOTHIES

Sml 12oz £4.70    Reg 16oz £5.20    Lrg 20oz £5.70

**BANANA CRUNCH (V)** – All day breakfast (PROTEIN: Sml 17g, Reg 22g, Lrg 29g)

Reflex banana whey protein, banana, oats, branflakes & pineapple juice

**POPEYE (V)** – Green protein smoothie (PROTEIN: Sml 20g, Reg 25g, Lrg 31g)

Reflex van whey protein, banana, spinach, avocado, spirulina, mango, & coconut milk

**BERRY BLAST (V)** – Superfood, vits & protein (PROTEIN: Sml 16g, Reg 21g, Lrg 28g)

Reflex s/berry whey pro, strawberries, blueberries, raspberries & cranberry juice

## PREMIUM PROTEIN SMOOTHIES

Sml 12oz £4.90    Reg 16oz £5.30    Lrg 20oz £5.80

**PROTEINA COLADA (V)** – Protein passion (PROTEIN: Sml 29g, Reg 37g, Lrg 44g)

Coconut time4 whey protein, banana, & pineapple juice

**ULTIMATE (V)** – Pack on the muscle (PROTEIN: Sml 29g, Reg 44g, Lrg 56g)

Reflex banana whey protein, banana, peanut butter & orange juice

**CHOCOLATE CHAMPION (V)** – Max protein (PROTEIN: Sml 39g, Reg 53g, Lrg 63g)

Reflex chocolate whey protein, banana, peanut butter & milk

## PROTEIN SHAKES

Sml £4.00 (Pro 30g)    Reg £4.50 (Pro 40g)    Lrg £5.00 (Pro 50g)

Blended with choice of semi skim milk or water (+30p Almond, Coconut, Soya. +50p Oat)

**REFLEX INSTANT WHEY PRO (V)** – Banana, Chocolate, Strawberry or Vanilla

**TIME4 WHEY PROTEIN (V)** – Toffee fudge or coconut milk

**VEGAN PEA PROTEIN (Vg)** – Chocolate, Vanilla or Strawberry