

COFFEE, TEAS & HOT CHOC

ORGANIC FAIRTRADE COFFEE

	Small		Regular		Large	
	T/A	IN	T/A	IN	T/A	IN
AMERICANO			£3.00	£3.15	£3.40	£3.55
LATTE			£3.25	£3.40	£3.65	£3.80
CAPPUCCINO			£3.25	£3.40	£3.65	£3.80
FLAT WHITE	£3.15	£3.30	£3.55	£3.70		
STRONG BLACK	£3.00	£3.15	£3.40	£3.55		
MOCHA			£3.85	£4.00	£4.25	£4.40
ESPRESSO	£2.05	£2.20	£2.45	£2.60		
ICED LATTE (Over ICE)	£3.45	£3.60	£3.85	£4.00		
ICED MOCHA (Blended)	£4.05	£4.20	£4.45	£4.60		
HOT CHOCOLATE			£3.75	£3.90	£4.15	£4.30
CHAI LATTE			£3.35	£3.50	£3.65	£3.80
MATCHA LATTE			£3.85	£4.00	£4.25	£4.40

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 - £2.85 T/A £3.00 IN

ENGLISH BREAKFAST

EARL GREY

DECAF

GREEN TEA

PEPPERMINT

ROIBUS

LEMON & GINGER

CHAI

BERRY



JUICES, SHAKES & SHOTS

FRESHLY SQUEEZED JUICES

	Sml 12oz	Reg 16oz
ORANGE	£4.50	£5.50
CLOUDY APPLE	£4.50	£5.50
CARROT	£4.00	£5.00

JUICE EXPLOSIONS 12oz

CARANGE	- Carrot & orange	£4.80
DETOX	- Apple, celery & lime	£5.00
SPICY	- Apple, carrot & ginger	£5.00
ZINGER	- Orange, passionfruit & lime	£5.20
EVERGREEN	- Spinach, celery, apple, cucumber, ginger	£5.30

LOVE SHAKES

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

	Sml 12oz	Reg 16oz	Lrg 20oz
GO BANANAS (V)	£4.50	£5.00	£5.50
CHOCOLATE SPLIT (V)	£4.50	£5.00	£5.50
STRAWBERRY FIELDS (V)	£4.50	£5.00	£5.50

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

HEALTHY SHOTS

Fresh, cold pressed wellness shots 4oz - £2.80

GINGER

WHEATGRASS & APPLE

SPINACH & APPLE

SMOOTHIES

FRESHLY BLENDED SMOOTHIES

Full of fruit & flavour. Veggie & Vegan

Sml 12oz £5.00 Reg 16oz £5.50 Lrg 20oz £6.00

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

£5.50 (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 £5.00 Reg 16oz £5.50 Lrg 20oz £6.00

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 £5.50 Reg 16oz £6.00 Lrg 20oz £6.50

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 £4.50 (Pro 30g) Reg £5.00 (Pro 40g) Lrg £5.50 (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

OTHER BRANDED WHEY PROTEIN (V) – Please ask for current brands & flavours on offer

VEGAN PROTEIN (Vg) – Chocolate, Vanilla or Strawberry