

FRUGTEN



SMOOTHIES £6.5

/ LEAN GREEN SPINACH, MATCHA, MANGO, MINT, AVOCADO, COCONUT WATER

/ SUPERBERRY MIXED BERRIES, BANANA, ACAI, CHIA, HONEY, OAT MYLK

/ KAKAO BANANA, RAW CACAO, ALMOND DRINK, ALMOND BUTTER, MACA, DATES

/ KAFFE DOUBLE ESPRESSO, BANANA, PEANUT BUTTER, ALMOND DRINK, MAPLE

/ POWER GREENS SPIRULINA, PLANT PROTEIN, SPINACH, BANANA, ALMOND DRINK,
& HEMP SEEDS

EXTRAS - PLANT PROTEIN, ASHWAGANDHA, HEMP SEEDS, NUT BUTTER, SPIRULINA, MACA +50P

BREAKFAST BOWLS £7.5

/ YOGHURT & GRANOLA GREEK OR COCONUT YOGHURT, HOMEMADE
GRANOLA, CHIA PUDDING, TOPPED WITH FRESH FRUIT & MAPLE OR HONEY

/ BUCKWHEAT CASHEW PORRIDGE CREAMY RAW BLEND OF BUCKWHEAT,
CASHEWS, BANANA, CINNAMON, DATES, TOPPED WITH FRESH BERRIES, MAPLE & NUTS

/ ORGANIC ACAI BOWL FROZEN ACAI, MIXED BERRIES, BANANA, MANGO,
COCONUT WATER, TOPPED WITH FRESH FRUIT & GRANOLA