

BREAKFAST

SERVED UNTIL 11.30 AT THE WEEKEND.

Two eggs fried / scrambled / poached on toast	2.50
Bacon and egg muffin	3.65
Bacon muffin	3.30
Natural yoghurts	1.25
Freshly baked croissants	1.80
Seasonal fruit salad	4.75
Cereals and muesli	1.60
Porridge with banana or honey	2.50
Toast and preserves	1.60
Smoked salmon & scrambled free range eggs	6.00

BLEND BAR

JUICES AND SMOOTHIES FRESHLY MADE TO ORDER

Go Faster Master / Flu Fighter	
Winter Warrior / Cardio Angel	4.30
Freshly squeezed orange and ginger	
Carrot and ginger/ orange / apple	2.50
BOOSTER SHOTS	
Energy blend: bee pollen	1.00
Calorie burner blend: banana leaf extract	1.00
Antioxidant blend: vitamin A, C, E	1.00
Green detox blend: spirulina	1.00

HEALTH DRINKS AND MEAL REPLACEMENTS

Ultra fruit and veg: orange / tropical	2.15
Ultra max: orange / tropical	2.50

ULTRA LIFE SHAKES

Chocolate / strawberry / vanilla	3.30
----------------------------------	------

PROTEIN SHAKES

Protein: vanilla / chocolate / strawberry / banana	3.50
--	------

TEA AND COFFEE

Teapigs	2.20
English breakfast / Earl Grey / Camomile / Chai / Oolong / Peppermint / Green tea / Lemongrass / Super fruit / Rooibos	
Coffee and decaffeinated coffee	2.20
Cappuccino	2.45
Double shot cappuccino	2.95
Café latte	2.45
Double shot latte	2.95
Mocha café	2.95
Espresso	2.20
Double espresso	2.95
Hot chocolate or Cadbury lite	2.20
Hot chocolate with cream	2.45
Iced tea / coffee	2.70

PLEASE ADVISE US OF ANY ALLERGIES

ALL PRICES ARE INCLUSIVE OF VAT

NO SERVICE CHARGE IS MADE, GRATUITIES ARE DISCRETIONARY