

NEW SUMMER MENU

ALL-DAY BREAKFAST

ALMOND PORRIDGE POT rolled oats, almond nut butter, dates, full cream yoghurt, milk, honey, cinnamon	5.50
PLANT PORRIDGE POT  rolled oats, almond nut butter, dates, oat milk, banana, cinnamon	5.50
PEANUT BUTTER OVERNIGHT OATS overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	6.50
SLICED AVO TOAST  sliced avo, chilli, hemp seeds, lemon wedge, toasted sourdough	8.00
SCRAMBLED EGGS & TOAST free range eggs, butter, toasted sourdough	8.95
THE ULTIMATE TOAST free range scrambled eggs, zucchini, baby spinach, avo, crispy onions, sriracha, butter, toasted sourdough	9.95

**FREE NON-DAIRY
ALTERNATIVES
AVAILABLE**

HOT & ICED DRINKS

	REGULAR	LARGE
DOUBLE ESPRESSO	3.30	
MACCHIATO	3.55	
CORTADO	3.70	
AMERICANO BLACK	3.80	4.40
AMERICANO	4.20	4.80
LATTE	4.40	5.00
CAPPUCCINO	4.40	5.00
CHAI LATTE	4.40	5.00
DIRTY CHAI LATTE	4.40	5.00
MATCHA LATTE	4.85	5.45
ICED AMERICANO espresso, honey, purified water, ice, milk	4.85	5.45
ICED CAPPUCCINO espresso, honey, ice, milk, milk foam	4.85	5.45
ICED MATCHA LATTE matcha, honey, ice, milk	5.70	6.70
FLAT WHITE	4.45	
HOT CHOCOLATE	4.45	
FLOO FIGHTER mint tea, lemon, ginger, honey, cayenne pepper	3.70	
TEA green, mint, yorkshire	2.90	

30p OFF WHEN YOU BRING YOUR OWN CUP!

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)		
CHICKEN FETA CRUNCH chicken, cabbage, carrot, rosa tomatoes, gherkins, creamy feta dressing		9.00
SRIRACHA CHICKEN WRAP chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo		11.70
PRINCESS WRAP chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo		11.70

NEW

sourdough toasties

CHEESY SUNDRIED TOMATO white cheddar, sundried tomato pesto, tomato, feta, toasted sourdough	7.50
CHEDDAR PESTO white cheddar, feta, tomato, basil pesto, dijon mayo, toasted sourdough	7.70
AVO CHICKEN DELUXE chicken, avo, basil pesto, baby spinach, tomato, dijon mayo, toasted sourdough	10.50

**REGULAR 350ML
LARGE 500ML**

SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	6.60	7.60
C-BREEZE  mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates	6.60	7.60
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	6.60	7.60
PEANUT BUTTER BERRY  sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	7.10	8.10
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	7.60	8.60

PROTEIN SMOOTHIES

	REGULAR	LARGE
NEW STRAWBERRY GLO  plant protein, strawberries, mango, toasted coconut, salted date caramel, roasted cashews, almond milk, coconut milk	8.45	9.95
SALTED CARAMEL grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water	8.45	9.95
PLANT PEANUT BUTTER BOMB  plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk	8.45	9.95
PEANUT BUTTER BOMB grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk	8.45	9.95
MOCHA PROTEIN grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk	8.45	9.95

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
ALL THE GREENS  mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds	7.50	8.50
TROPICAL GREENS  pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice	8.50	9.50
MATCHA MINT matcha, mint, pineapple, banana, frozen yoghurt, honey, milk	8.50	9.50

RECOVERY

	REGULAR	LARGE
ELECTROLYF  electrolyte blend with magnesium, potassium & sodium		4.00
CREATINE KICK mango, strawberries, coconut milk, lemon honey, coconut water, creatine	7.75	9.25
THE ULTIMATE RECOVERY  pineapple, mango, banana, coconut milk, baby spinach, coconut water, recovery blend (BCAA, L-glutamine, electrolytes)	7.75	9.25

**REGULAR 350ML
LARGE 500ML**

RAW JUICES & SHOTS

	REGULAR	LARGE
FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		3.50
GINGER SHOT (50ML) 		3.50

ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, soya, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.