



Wellness Breakfast Menu (Non-inclusive)

BREAKFAST

Green goddess & pink lady poached egg on bagel £16.00
raw spinach and salmon with poached egg served with avocado mash on bagel rich source of iron, protein & omega 3, good for bones & skin

Protein power £13.00
egg white omelette with mushroom, peppers, chopped tomatoes prepared with olive oil, Scottish salmon, steamed spinach, vegan sausages served with rye-seeded bread toast high source of Omega 3 and iron & protein for a wholesome breakfast experience

Tofu scrambled on toast £14.00
scrambled creamy tofu, sliced radish, scallion served on toasted rye seeded bread along with roasted vine cherry tomato cholesterol-free, low in fat & high in protein

Poached egg with avocado mashed on sourdough £13.00
poached egg with avocado mash, chopped fresh onion & tomatoes, lemon juice and olive oil along with steamed asparagus on the side good balance of fibre, protein and healthy fats

Chia seed porridge £12.00
a la minute chia seed cooked with unsweetened almond or coconut milk served with avocado, mixed berries & mixed seeds, roasted almond & coconut flakes a complete source of protein, higher levels of calcium, magnesium and potassium

Quinoa with oat milk £12.00
a la minute quinoa cooked with unsweetened oat milk served with mixed berries, seasonal mango with almond flakes gluten-free, aids in weight loss and high in quality protein

SIDES

Mixed fruit platter £9.00
watermelon, pineapple, cantaloupe melon, plum, grapes

Mixed berries bowl £7.00
raspberry, blueberry, blackberry, strawberry

Salmon platter £8.00
served with sour cream, caper berry, capers & cocktail onion

Cheese platter £8.00
*Brie cheese | Goat cheese | Stilton cheese
served with grapes, strawberry, cheese crackers*

Sides £6.00
steamed broccoli & asparagus, steamed spinach

SMOOTHIES AND LATTE

Green Detox Smoothie £8.00
A blend of spinach, kale, cucumber, green apple, lemon juice and a touch of ginger for a refreshing and cleansing drink.

High protein smoothie £8.00
Prepared with strawberries, blueberries, Greek yogurt, soaked chia seeds and peanut butter, the smoothie is rich in vitamins and minerals, antioxidants and healthy fat with fibre.

Vitality blast £7.00
Combination of fresh carrot, ginger and orange juice is a source of nutritional punch, carrots are rich in vitamin A and are good for eye health while orange juice is high in vitamin C which boosts immunity and skin health.

Berry Blast Smoothie £7.00
Prepared with mixed berries, almond milk, chia seeds, and a splash of honey, this smoothie has antioxidants, fibre, and plant-based protein.

Matcha Latte £6.00
Provides a metabolism boost and energy for a healthy mind.

Turmeric Latte £6.00
Lowers blood pressure and supports your immune system

Beetroot and Cacao Latte £6.00
A rich, rejuvenating latte that boosts stamina.

Turmeric Spice Latte £7.00
Espresso or coffee with steamed milk, turmeric, cinnamon and a touch of honey. Good for bone health, blood sugar regulation and immune support.

Matcha Mint Delight £7.00
A nutrient-rich blend of matcha green tea with steamed almond milk, a hint of peppermint and agave syrup. Good for heart health and blood sugar regulation.

Honey Lavender Latte £7.00
Espresso or coffee with lavender-infused milk and a drizzle of honey. It has antimicrobial properties and is good for the heart health and digestive aid.