

FEBRUARY

CARDIO VASCULAR

SPECIALS

VERY BERRY SMOOTHIE

GF (V option available)

£6 PRE

greek yoghurt, blueberries,
chia seeds, flaxseeds,
beetroot, almond milk,
vanilla whey protein

This filling shake is a perfect
breakfast smoothie. Rich in plant
based good fats such as omega
3's, muscle repairing protein and
energising blueberries, it will
contribute to a healthy heart.

HEALTHY HEART PORRIDGE

DF

£7.50 PRE/POST

quinoa & oat porridge,
brazil & cacao almond butter,
roasted strawberries,
hemp seed sprinkle
(add protein for £1.50)

Packed with healthy fibre this
porridge will keep your blood pressure
low. With added nutritious fats from
the hemp seeds, this is an ideal pre or
post workout bowl.

DOCTOR'S WRAP

GF

£9.50 POST

buckwheat wrap,
smoked salmon,
whipped feta, spinach,
beetroot kraut, radishes

This sugar stabilising dish aims to
increase good cholesterol and remove
fat from the blood. With an abundance
of healthy fats from plant and fish, you
get all the essential minerals needed to
protect the heart.