
COLD DRINKS

Water

Still **£1.00** or Sparkling **£1.75**

Tenzing (Natural energy drink) **£1.75**

Sunsoul (Natural energy drink) **£1.75**

Ugly Sparkling Water (Lemon & lime/
Grapefruit & pineapple) **£1.25**

Jax (Coconut water) **£2.50**

Fountain of Youth
(Coconut water) **£3.20**

Plenish Probiotic Water
(Cucumber & lime/Pineapple & ginger)
£2.50

Tapped Birch Water
(Natural/Apple & ginger) **£2.75**

Skinny Lemonade **£2.25**

JARR Kombucha - Digestion Aid
(Original/Passion fruit/Ginger) **£3.99**

PRESS Cold Press Juices **£6**

PRESS Cold Press Juice Shots **£3.50**

HOT DRINKS

From Ozone Coffee Roasters

Espresso (Double shot) **£2**

Macchiato **£2**

Piccolo **£2.25**

Long Black **£2.25**

Cappuccino **£2.50**

Flat White **£2.50**

Latte **£2.50**

Mocha **£3.25**

Hot Chocolate **£3**

Matcha Latte

(Made with almond milk) **£3.25**

Turmeric Latte

(Made with coconut milk) **£3.25**

Home Brewed Chai Latte **£3**

Loose Leaf Tea - from We are Tea

(English breakfast/Oolong/
Green/Lemon & ginger/
Peppermint/Berry) **£2**

+ Extra Espresso Shot/Almond/
Soy/Coconut Milk 50p

CORE COLLECTIVE

KIT ^C/_C HEN

Grab & go or call to pre-order and takeaway

Open 7am-9pm Weekdays
8am-5pm Saturdays and 8am-4pm Sundays

Eat in prices are subject to VAT - prices listed below are VAT inclusive.

DF - Dairy Free, GF - Gluten Free, V - Vegan, N - Contains Nuts

Disclaimer - Although we take the utmost care to accommodate all dietary requirements,
our kitchen does use products that contain nuts, dairy, soy and gluten.

BREAKFAST

HOUSE GRANOLA (DF)

Coconut yoghurt, toasted coconut,
seasonal compote, fruit

£7.50

OVERNIGHT POT (DF, V)

Please ask for today's selection

£5.50

COCONUT PORRIDGE (DF, V)

Seasonal compote, fruit,
toasted coconut

£4.75

SMASHED AVOCADO (DF, N)

Avocado, pomegranate, lime,
cashew cream, sourdough

£8.50 (+ poached eggs £3)

GREEN OMELETTE (DF, N)

Basil pesto three egg omelette,
mushrooms, rye

£9.50

HOUSE BEANS

Slow braised beans, avocado,
feta, sourdough

£10.50 (+ poached eggs £3)

TURMERIC EGGS FLORENTINE (DF, N)

Turmeric cashew hollandaise,
poached eggs, spinach, rye

£10

BUCKWHEAT BANANA

WAFFLE (GF, DF, V, N)

With fresh banana, chia jam,
cashew cream

£10

POWER BOWL (GF, DF, V)

Seasonal greens, toasted seeds,
tahini lemon dressing,

sweet potato toast £10.50

EGGS ANY WAY

POACHED/SCRAMBLED/FRIED ON TOASTED SOURDOUGH OR RYE — £7

ADD EXTRAS:

Avocado (N) £2

Mushroom £2

Spinach £1

Gluten free bread £1.50

Sweet potato toast £2.50

Back bacon £3

Egg £1.50

Smoked salmon £3.50

Turmeric cashew hollandaise £2

House beans £3

FROM THE COUNTER

CLEAN, HONEST AND SEASONAL SALADS TO SUPPORT YOUR
NATURAL FUNCTION AND TRAINING

1

Choose your
salad size

Small £6 (2 salads)
Large £8.50 (3 salads)

2

Add protein
£3-£5.50

(Vegan options available)

3

Add extras
£2.50

SMOOTHIES

SMOOTHIES — £6

YOU CAN ALSO PRE-ORDER BEFORE YOUR WORKOUT

1

MUSCLE REPAIR

Ginseng, cashews, sunflower seeds,
banana, homebrewed chai tea,
almond milk

2

ENERGISER

Matcha, spirulina, spinach,
pineapple, coconut water

3

ANTI INFLAMMATORY

Turmeric, banana, ginger, black
pepper, coconut oil, blueberries,
cinnamon, coconut milk

Add a scoop of Neat Nutrition
whey or vegan protein for £1

4

METABOLIC BOOST

Cayenne pepper, spinach, mint, lime,
lemon, cucumber, coconut water

5

GUT BALANCE

Aloe Vera, cucumber, spinach, lemon,
ginger, flaxseed, coconut water

6

CARDIO SUPPORT

Flaxseed, blueberries, avocado,
lime, mint, coconut water

7

KEEP IT LEAN

Vanilla or vegan protein,
coconut water

£4.50