

Café Menu

Smoothies

All Smoothies - £4.95 (341ml)

DETOX ZING

Courgette, Carrot, Banana, Blueberry, Ginger & Apple juice

HEART BEET

Beetroot, Mango, Carrot & Apple Juice

KALE KICK

Kale, Spinach, Mango & Apple Juice

BERRY-GO-ROUND

Strawberry, Raspberry, Blackberry & Orange Juice

BIG 5

Pineapple, Mango, Kiwi, Strawberry & Apple Juice

PASH N' SHOOT

Passion Fruit, Mango, Pineapple & Orange Juice

BLUEBERRY THRILL

Blueberry, Raspberry, Banana and Apple Juice

COCONUT WATER SUPPLEMENT - £3.00

Choosing coconut water in place of apple juice in your smoothie can reduce the sugar by up to 50% and cut the calories by up to 40%.

Snacks & Cakes

BELGIUM DARK CHOCOLATE CAKE - £2.30

Dairy, Egg and Wheat free

PROTEIN BALLS - £2.95

These protein balls are gluten free, wheat free, vegetarian with no soy, GMO's or added sugars. Flavours available may include: Cacao and Orange | Cherry and Almond | Goji Coconut (vegan) | Coconut Macadamia

BLISS BALLS - £2.45

Handmade with only natural ingredients, these are tasty, satisfying snacks packed with nutrients and free from processed sugar. Ask our Cafe staff about this month's seasonal Bliss Ball flavour.

ASSORTED COOKIES - £2.95

SLICE OF CAKE - £3.20

Sometimes it is nice to be naughty. Treat yourself to a little indulgence and try a slice of one of our carefully crafted cakes, made with the finest natural ingredients. Gluten free and dairy free options available.

Please see the deli counter for today's selection of healthy and delicious cakes.

Chilled Beverages

Firefly drinks - £3.45 (330ml)

WAKE UP

Peach and Green Tea

RECHARGE

Pomegranate and Elderflower

SHARPEN UP

Grapefruit and Passion Fruit

WHOLE EARTH ORGANIC

SPARKLING LEMONADE (330ml) - £3.10

Vegan, organic and refreshing

Whole Earth lemons are chosen for their taste and mixed with agave syrup and apple juice to naturally sweeten up. Per 100ml: Energy: 34kcal, protein: trace, carbohydrate: 8g, fat: trace

WHOLE EARTH ORGANIC

SPARKLING CRANBERRY (330ml) - £3.10

Vegan, organic and refreshing

Whole Earth's yummy, organic cranberries are carefully selected from around the world and gently crushed to release their super tangy fruity flavour! Per 100ml: Energy: 28kcal, protein: trace, carbohydrate: 7.8g, fat: trace

Hot Beverages

POT OF EXOTIC ROUTES LOOSE LEAF TEA FOR ONE - £3.15

Please see tea menu for selection

AMERICANO - £3.70

DECAF AMERICANO - £3.70

CAPPUCCINO - £3.70

CAFÉ MACCHIATO - £3.70

CAFÉ LATTE - £3.70

FLAT WHITE - £3.70

CORTADO - £3.70

SINGLE ESPRESSO - £2.30

DOUBLE ESPRESSO - £3.70

ICED LATTE - £3.70

Additional shot of coffee - £1.40

Syrup - £1

Ask your server for selection available

All of our hot beverages can be made with your choice of cow's milk, soya milk, unsweetened almond milk or oat milk.