# PLANT SHACK®

### please order at the bar!

# MENU - natural foods for vibrant living



cold pressed in house - no HPP

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Apple, spinach, cucumber, celery, lime

#### **GINGER ZINGER (energiser)**

Carrot, apple, ginger, lemon

#### HAPPY HEART (circulation)





Beetroot, pineapple, apple, celery, carrot, mint

#### PURE GREENS (alkaliser) 🚳 🕕

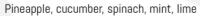


Spinach, cucumber, celery, ginger, lemon

#### IMMUNE BOOSTER (flu-fighter) @

Carrot, pineapple, ginger, turmeric, lemon, black pepper

#### RADIANCE (skin booster) @



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Apple, celery, ginger, coriander, lime



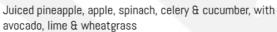
with ginger (60ml)

find me in the fridge!

## SMOOTHIES

#### GREEN TURBO with wheatgrass @ 00





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Juiced pineapple, beetroot, celery, carrot & apple, with avocado, banana, lemon & hemp protein

#### **BLUE TROPICANA (3)**

Blue spirulina, banana, mango, pineapple, coconut mylk, lime

#### **CHOCOLATE PROTEIN 69 29 63**





Raw cacao, natural peanut butter, gluten free oats, banana, agave, almond mylk

#### PINK PASSION 63

Dragon fruit, banana, mango, strawberries, agave, coconut mylk

#### ACAÍ BERRILICIOUS @ 2

Organic açaí, strawberries, banana, agave, almond mylk

#### 'GLOW' GETTER - Collagen Protein @

Collagen peptide protein complex (pea), hyaluronic acid, vit E, ashwagandha, coconut mylk, passion fruit, banana, mango, mint, lime

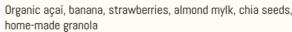
#### POST WORKOUT POWER (30g protein) @ 2



Pea & hemp protein, ashwagandha, maca, banana, almond butter, agave, almond mylk



#### AÇAI (antioxidant) 🚳 🕗



#### BLUE MERMAID (anti-inflammatory) @

Blue spirulina, mango, banana, coconut mylk, coconut flakes, fresh berries, chia seeds

#### PINK DRAGON (liver cleanse)

Pitaya, banana, mango, kiwi, fresh berries, coconut flakes, coconut mylk, chia seeds

#### SNICKERS (refuel) @ 2 0

Peanut butter, cacao, banana, agave, almond, walnuts, cacao nibs, chia, home-made granola

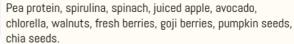
#### GREEN POWER (energise) 4

Matcha, spinach, kiwi, banana, mango, fresh berries, chia, home-made granola, oat mylk. \*ask for gluten free

#### SUNSHINE BOWL (mood booster) @ 2

Maca, banana, mango, pineapple, almond, coconut flakes, berries, chia

#### THE ULTIMATE (protein + detox) @ 2



#### FRUIT, YOGHURT, GRANOLA @ 4 6

Seasonal mixed fruit with coconut yoghurt, home made granola, coconut flakes, agave, hemp seeds, sunflower, pumpkin & chia seeds (OMEGA 3s)

refined sugar free lactose free gluten free





ESPRESSO	£3.00
CORTADO	£3.30
AMERICANO/LONG BLACK	£3.30
LATTE£3	3.90 / £4.90
CAPPUCCINO£3	3.90 / £4.90
FLAT WHITE	23.90
TRIPLE BYPASS	£5.50
CHAI LATTE £3	3.90 / £4.90
MATCHA LATTE£4	1.30 / £5.30
DIRTY CHAI	£5.50
MOCHA / ICED MOCHA	£5.00 / £5
HOT CHOCOLATE	£4.50
TEAS	
ICED AMERICANO	£3.90
ICED LATTE£4	1.50 / £5.50
ICED FLAT WHITE	£4.60
ICED CHAI LATTE£4	1.50 / £5.50
ICED MATCHA LATTE £4	1.90 / £5.90
ICED DIRTY CHAI	£6.00
FRAPPUCCINO	£6.30
MATCHA FRAPPUCCINO	£6.50
GUEST BEAN / EXTRA SHOT / SYRUP	+£0.50
PAW / BABYCCINO	£0.00
ALTERNATIVE PLANT MYLKS	£0.00

Our regular mylk is Oat

### SANDWICHES & WRAPS

- toast me!



with coleslaw, avocado, rocket & tomato

ITALIAN CHEESE & PESTO (1)

with avocado, rocket, cucumber, tomato, alfalfa sprouts, olive oil

THE VEGAN B.L.T. 4 6 4

with home-made tempeh bacon, lettuce, tomato & "baconnaise"

HOI SIN 'SIN DUCK' WRAP (1) (5)

with organic sunflower protein, homemade hoi sin sauce, cucumber & spring onion

FALAFEL & BEET HUMMUS WRAP (1) (3) (3)

with coleslaw, avocado, rocket & cucumber in a beetroot wrap



#### SOUTHERN BBO JACKFRUIT BOWL 6 0 6 0



with home-made smoked bbg jackfruit, coleslaw, wholegrains, salad greens, tomato, avocado & lemon

#### ASIAN PROTEIN BOWL WITH SESAME & GINGER 6 6 6 6





with edamame, mango, wholegrains, salad greens, asian 'slaw, courgetti noodles, lime and a sesame & ginger dressing

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mixed green salad with homemade tempeh bacon, tofu 'chickn', homemade cashew parmesan & caesar dressing, tomato, microgreens, pumpkin & hemp

#### RAINBOW SUPERFOOD SALAD 69 69 0

raw vegan mixed salad with sprouts & microgreens, avocado, hummus, courgetti noodles and an orange, mustard & mint dressing.

#### GREEK SALAD

Feta 'cheese' with mixed peppers, cucumber, tomato & olives in an olive oil & herb dressing



#### SMASHED AVOCADO 40 60



with avocado, tomato, sprouts & seeds

#### BEET HUMMUS & 'FETA' 2 4 6

#### with rocket, pink radish sprouts, walnuts & chia seeds.

# me $\exists$ the fridge

find



#### CALIFORNIA RAINBOW @ 63 @







with natural peanut butter, banana, cacao spread, berries & chia

