

PLANT SHACKTM MENU

- natural foods for vibrant living

please order at the bar!

refined sugar free
lactose free
gluten free

functional JUICE

cold pressed in house - no HPP

GREEN DETOX (hydrator) 1

Apple, spinach, cucumber, celery, lime

GINGER ZINGER (energiser)

Carrot, apple, ginger, lemon

HAPPY HEART (circulation) 1

Beetroot, pineapple, apple, celery, carrot, mint

PURE GREENS (alkaliser) 1

Spinach, cucumber, celery, ginger, lemon

IMMUNE BOOSTER (flu-fighter) 1

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

RADIANCE (skin booster) 1

Pineapple, cucumber, spinach, mint, lime

THYROID ADE (digestion) 1

Apple, celery, ginger, coriander, lime

DETOX SHOTS

with ginger (60ml)

find me in the fridge!

superfood SMOOTHIES

GREEN TURBO with wheatgrass 1

Juiced pineapple, apple, spinach, celery & cucumber, with avocado, lime & wheatgrass

PLANTSHACKER with hemp protein 1

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

BLUE TROPICANA 1

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

CHOCOLATE PROTEIN 2 3

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

PINK PASSION 1

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

AÇAÍ BERRILICIOUS 2

Organic açai, strawberries, banana, agave, almond mylk

'GLOW' GETTER - Collagen Protein 1

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

speciality BOWLS with superfoods & toppings

AÇAÍ (antioxidant) 2

Organic açai, banana, strawberries, almond mylk, chia seeds, home-made granola

BLUE MERMAID (anti-inflammatory) 1

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

PINK DRAGON (liver cleanse) 1

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

SNICKERS (refuel) 2 3

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

Pea protein, spirulina, spinach, juiced apple, avocado, chlorella, walnuts, fresh berries, goji berries, pumpkin seeds, chia seeds.

FRUIT, YOGHURT, GRANOLA 4 5

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



COFFEE

ESPRESSO	£3.00
CORTADO	£3.30
AMERICANO/LONG BLACK	£3.30
LATTE	£3.90 / £4.90
CAPPUCCINO	£3.90 / £4.90
FLAT WHITE	£3.90
TRIPLE BYPASS	£5.50
CHAI LATTE	£3.90 / £4.90
MATCHA LATTE	£4.30 / £5.30
DIRTY CHAI	£5.50
MOCHA / ICED MOCHA	£5.00 / £5
HOT CHOCOLATE	£4.50
TEAS	£2.50
ICED AMERICANO	£3.90
ICED LATTE	£4.50 / £5.50
ICED FLAT WHITE	£4.60
ICED CHAI LATTE	£4.50 / £5.50
ICED MATCHA LATTE	£4.90 / £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!

PULLED BBQ JACKFRUIT 1 4 5 6 7

with coleslaw, avocado, rocket & tomato

ITALIAN CHEESE & PESTO 4 5

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

THE VEGAN B.L.T. 4 5 7

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

HOI SIN 'SIN DUCK' WRAP 4 5 6

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

FALAFEL & BEET HUMMUS WRAP 4 5 6 7

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

SALADS - gluten free

SOUTHERN BBQ JACKFRUIT BOWL Gf 1 5 7

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

ASIAN PROTEIN BOWL WITH SESAME & GINGER Gf 5 6 7

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

PLANTIFUL CAESAR PROTEIN SALAD 6

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

RAINBOW SUPERFOOD SALAD Gf 6 7

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

TOASTS - sourdough

SMASHED AVOCADO 4 6

with avocado, tomato, sprouts & seeds

BEET HUMMUS & 'FETA' 2 4 6

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

CALIFORNIA RAINBOW 2 3 4

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



PLANT SHACK®

find me in the fridge!



ALLERGENS

- | | |
|-----------|----------------|
| 1 CELERY | 5 SOY |
| 2 NUTS | 6 SESAME |
| 3 PEANUTS | 7 MUSTARD |
| 4 GLUTEN | Gf GLUTEN FREE |

PLANT
BASED