

MENU

Hot Drinks

Espresso	£1.50
Americano	£3.00
Latte	£3.80
Flat White	£3.80
Cappucino	£3.80
Cortado	£3.80
Mocha	£4.00
Mersey Mocha	£4.20
Matcha Latte	£4.80

Iced Drinks

Iced Americano	£3.50
Iced Latte	£4.20
Iced Flat White	£4.20
Iced Mocha	£4.40
Iced Matcha	£5.00

Protein Shakes

NF Strong £7.50

Banana, natural peanut butter, vanilla whey, rolled oats, medjool date, milk

540 cals | 38g P | 59g C | 16g F

The Buzz £7.50

Banana, chocolate whey, espresso, milk, medjool date, cacao, cinnamon

451 cals 32.5g P | 53g C | 10g F

The Recovery Berry £7.50

Banana, vanilla whey, berries, Milk

333 cals | 28.7g P | 34.4g C | 8.7g F

The Recovery Chocolate £7.50

Banana, chocolate whey, cacao, milk

329 cals | 32.1g P | 35g C | 8.3g F

COFFEE EXTRAS

Milk Alternative	+20P
Extra Shot	+50P
Flavoured Syrup	+50P
Collagen Peptides	+£1.50

Smoothies

The Liverbird £7.00

Frozen raspberries, frozen strawberry, raw beetroot, coconut water, apple Juice lemon, honey, pinch of sea salt

175 Cals | 2.5g P | 39g C | 0.4g F

Tropical Paradise £6.50

Mango, pineapple, banana, coconut water, apple juice, lemon juice, agave

257 cals | 1.3g P | 62g C | 0.8g F

Green Glow £6.50

Baby spinach, frozen mango, avocado, lemon, coconut water, apple juice

235 Cals | 4.4g P | 29g C | 10.1g F

Sour Berry Burst £6.50

Frozen dark berries, Lemon, Apple juice

143 Cals | 1.5 P | 30.7 C | 0.1 F

SHAKE EXTRAS

Milk Alternative	+50P
Espresso	+£1.00
Creatine	+£1.00
Extra Fruit	+£1.00
Extra Protein	+£1.50