

Aleafia  
Members  
Get 10% OFF



Wifi: Aleafia Wellbeing  
Password: feelgreat2021!

# DRINKS MENU

## COFFEE

Americano	£2.95
Cappuccino	£3.55
Latte	£3.55
Flat white	£3.25
Mocha	£4.25
Extra shot	£1.00
Add Syrup :	£1.00

Vanilla, Hazelnut, Salted Caramel,  
Amaretto, Gingerbread, Spiced Pumpkin

## ADAPTOGENIC LATTES

£6.25

### GOLDEN MYLK

Turmeric, ginger, cardamom, ceylon cinnamon,  
black pepper, vanilla extract, coconut mylk

### MUSHROOM COMPLEX

Reish, chaga, shiitake, maitake, lion's mane,  
cordyceps & tremella, cacao powder, ceylon  
cinnamon, coconut mylk, maple syrup

### ASHWAGANDHA SPICED

Ashwagandha, maca, ceylon cinnamon, ginger,  
maple syrup, coconut mylk

## TEAS

£2.15

Breakfast, Earl grey, Decaf Breakfast, Summer Berry & variety of Pukka Teas!

## SPECIALITY HOT DRINKS

Spiced Chai Latte	£4.15
Dirty Chai Latte	£5.15
Beetroot Latte	£4.15
Vanilla Beetroot Latte	£4.55
Dirty Beetroot Latte	£5.15
Turmeric Latte	£4.15
Dirty Turmeric Latte	£5.15
Hot Chocolate	£4.00
Red Velvet Hot Chocolate	£4.55
Salted Caramel Coffee Latte	£4.15
Nutcracker (coffee & hazelnut)	£4.15
Spiced Pumpkin Coffee Latte	£4.15
Activated Charcoal latte	£4.15
Amaretto (almond & peach) Coffee Latte	£4.15

\*All coffees are available iced\*

## MATCHA MENU

Matcha Green Tea Latte	£4.95
Vanilla Matcha Latte	£5.45
Butterfly Pea Flower Matcha	£5.25
Dragon Fruit Matcha	£5.25
Matcha Green Tea + Mushrooms & Maca	£6.25

## KOMBUCHA

GLASS 250ml	£3.55
REFILL 1 litre	£8.00
BOTTLE DEPOSIT	£5.00

*choose between oat, coconut mylk (free) or soya (£0.50)*

Allergens: contains (g) gluten (n)nuts (se)sesame (so)soya (p)peanuts (su)Sulphur dioxide (m)mustard

Aleafia  
Members  
Get 10% OFF



Wifi: Aleafia Wellbeing  
Password: feelgreat2021!

## SMOOTHIES

£5.00

### **BERRY BLISS**

Rasberries, blueberries, banana, coconut mylk

### **MANGO MADNESS**

Mango, papaya, banana, coconut mylk

### **GREEN GODDESS**

Spinach, kale, avocado, pineapple, coconut mylk

### **STRAWBERRY FIELDS**

Strawberries, peaches, coconut mylk

### **VITAMIN SEA**

Apple, blue spirulina, peach & coconut mylk

### **CHOCO POWER**

Banana, raw cacao, coconut mylk, vanilla

Add Plant protein to any smoothie + £1.50

## FRESH JUICES

### **KICKSTARTER (long)**

Carrot, apple, ginger

£3.50

### **SHOOT ME GINGER (shot)**

Ginger shot & apple

£2.60

### **ENVY (long)**

Spinach, kale, apple, cucumber, ginger

£4.25

### **HERB TONIC (short)**

Ginger, Turmeric, Apple, Black pepper

£3.25

### **BEET IT (long)**

Beetroot, Apple, Cucumber, Ginger, Lime

£4.75

### **APPLE JUICE**

Just Apples

£3.50

*choose between oat, coconut mylk (free) or soya (£0.50)*

**THANK YOU FOR  
JOINING US!**  
IF YOU ENJOYED YOUR EXPERIENCE PLEASE  
LEAVE US A REVIEW HERE



SCAN ME

Aleafia  
Members  
Get 10% OFF



Wifi: Aleafia Wellbeing  
Password: feelgreat2021!

# FOOD MENU

## Açai Bowls (cold)

£8.50

### **BERRY**

A fruity blend of blueberries & raspberries with coconut mylk and a dose of Açai.

Topped with almond butter, coconut flakes, blueberries & GF granola. **(n)**

### **TROPICAL**

Paradise in a bowl a mix of mango, papaya and pineapple blended with coconut mylk.

Topped with almonds, peanut butter, GF granola & raspberries **(n)(p)**

### **GREEN**

A super green blend of spinach, kale, avocado, pineapple & chlorella.

Topped up with GF granola, coconut flakes, blueberries & goji berries **(n)(su)**

### **BLUE**

Get your daily dose of blue with this super blend of bananas, pineapple, vanilla & blue spirulina,

Topped up with GF granola, apple slices & raspberries. **(su) (n)**

## Buddha Bowls

£11.25

Roasted red pepper & onions, avocado, tomatoes, radishes, cucumber and carrot spirals served on a bed of kale and leafy greens.

Topped up with chia seeds, omega's 3 seeds and hemp seeds.

Choose from:

- **HUMMUS & LENTIL (se)**
- **SWEET POTATO & BLACK BEAN**
- **CHICKPEAS & RED CABBAGE**

### **ADD:**

Hummus + £1.50

Aleafia's Cashew Cheeze + £1.90

Jalapeños + £0.80

Kimchi + £2.00

## Vegan Nachos

£10.50

A bowl of corn tortilla chips topped with black beans, homemade fresh guacamole, salsa & jalapeños

AND our secret sauce - The Aleafia Vegan Cashew Cheeze

**(n)(p)(m)(se)(su)**

## Aleafia Signature Waffles (gf)

£9.95

Small portion

£6.25

### **SAVOURY**

(Sweet potato, garlic & thyme base)

#### **Choose your toppings**

Sliced avocado, tahini, cumin, lime juice, salt **(se)**

or

Hummus, sliced cucumber, lime juice, flat leaf parsley **(se)**

or

Hummus, black beans & jalapeños **(se)**

### **SWEET**

(Banana, cinnamon & vanilla base)

#### **Choose your toppings**

Sliced banana, almond butter, cinnamon, goji berries **(n) (su)**

or

Coconut Yogurt, Berries, Hemp seeds, Almond Butter Drizzle **(n)**

#### **Add:**

- Banana + £0.70

- Berries + £1.00

Aleafia  
Members  
Get 10% OFF



Wifi: Aleafia Wellbeing  
Password: feelgreat2021!

### Superfood Oats

£6.95

All you need to start your day or post-workout, superfood in a bowl.

#### **BERRIES**

GF Oats, chia seeds, blueberry powder, goji berries, omega's 3 seeds & coconut mylk

#### **BANANA & PEANUT BUTTER**

GF Oats, chia seeds, peanut butter, coconut mylk, banana, cinnamon & omega's 3 seeds (p)

**Add protein + £1.50**

### Jacket Potato

£8.75

Sweet jacked potato served with hummus, black beans and a side salad. (se)

#### **Extras:**

Aleafia's Cashew cheeze + £ 1.50

Jalapeños + £ 0.80

### Gut Health Protein Bowl

£12.95

#### **ROASTED CHICKPEAS & QUINOA WITH KIMCHI**

Quinoa, crunchy turmeric roasted chickpeas, cherry tomatoes, spinach, cucumber, hemp seeds, chia seeds, red onion, with a lemon juice, olive oil, garlic, and black pepper dressing

### Sourdough GF Toast Main

£10.50

#### Small portion

£6.00

#### **SMASHED AVOCADO WITH BLACK BEANS**

Avocado, black beans, lime juice, chilli flakes, radish thins and mixed sprouts served on a GF sourdough toast

#### **ROASTED TOMATOES & HUMMUS**

Cherry Tomatoes roasted in olive oil and garlic, parsley and home made chickpea hummus served on a GF sourdough toast (se)

#### **MUSHROOM & BEETROOT HUMMUS**

Mix of chestnut and shiitake mushrooms, spinach and home made beetroot hummus, served on a GF sourdough toast (se)

#### **SMASHED BANANA, PEANUT BUTTER & RASBERRIES**

Smashed banana, drizzled with peanut butter & fresh raspberries served on a GF sourdough toast (n)

### The Plant Bar Plate

£14.00

Roasted garlic mushrooms, roasted turmeric tomatoes, black beans, Aleafia home made hummus, spinach, local home made kimchi, served with 2 GF sourdough toast (se)

**THANK YOU FOR  
JOINING US!**  
IF YOU ENJOYED YOUR EXPERIENCE PLEASE  
LEAVE US A REVIEW HERE



SCAN ME