

The Vibe

PLANT BASED CAFE

Coffee

PLANT BASED MILKS:
OAT OR COCONUT

ESPRESSO	£2.95
ESPRESSO MACCHIATO	£3.75
AMERICANO	£3.95
CORTADO	£3.95
FLAT WHITE	£4.25
LATTE	£4.5
CAPPUCINO	£4.5
MOCHA	£5.5
HOT CHOCOLATE	£5.5
BABYCHINO	£1.95
BISCOFF LATTE	£6.5

Biscoff, fair trade coffee, your choice of milk with whipped cream, cinnamon and a biscuit. ICED OR HOT

COFFEE EXTRAS

VEGAN WHIPPED CREAM + MARSHMALLOWS / £1.95
MAPLE / CARAMEL / VANILLA/ HAZELNUT/ BISCOFF 95P

Specialty Lattes

HOT OR ICED £5.95

A natural boost without the coffee, refined sugar free and full of superfoods, with your choice of milk.

MASALA CHAI

Black pepper, cinnamon, cardamom, clove star anise, ginger, coconut sugar.

HUG IN A MUG

Cacao, cinnamon, rose petals, maca, maple.

WHITE CHOCOLATE

Coconut, peruvian cocoa butter, madagascan vanilla, coconut sugar, himalayan salt.

MUSHROOM MAGIC

Ashwaganda, reishi mushroom, cacao, maple.

PINK CHAI

Beetroot, ginger, cinnamon, star anise, black pepper, coconut sugar.

GOLDEN

Turmeric, cinnamon, ginger, black pepper.

SCOUSE FIRE

Turmeric, cinnamon, ginger, cayenne pepper.

Tea

£4.5

ENGLISH BREAKFAST
HONEYDEW GREEN
PEPPERMINT
ROOIBOS

EARL GREY
LEMONGRASS + GINGER
FRUITS OF EDEN

Beer & Wine

LOST LAGER Brew Dog 4.5%	£6.5
PUNK IPA Brew Dog 5.4%	£6.5
DAYS LAGER Alcohol 0%	£5.95
OLD MOUT CIDER 4%	£6.95
PERONI Gluten Free 5.1%	£6.5
HOUSE WHITE	125ml Bottle £6.5 / £27
HOUSE RED	£6.5 / £27
PROSSECCO	£7.95 / £29

Alcohol is only served alongside food, as per our licence.

Smoothies

SERVED WITH
COCONUT MILK

£8.5

GREEN GOODNESS

Mango, spinach, celery, spirulina, apple, dates.

INDIGO MAGIC

Blueberries, pineapple, banana, blue spirulina, magnesium. *New!*

VANILLA CHAI *New!*

Vanilla protein, banana, ginger, cinnamon, nutmeg, peanut butter.

BOSS BERRY

Mixed berries, banana, chia seeds, dates.

SNICKERS SHAKE

Banana, peanut butter, cacao, maca, dates.
ADD A SHOT OF COFFEE / £1.95

SMOOTHIE EXTRAS

SEA MOSS / VANILLA PROTIEN

£1.95

What is SEA MOSS? Sea Moss is an all-natural source of 92 of the 102 vitamins and minerals that your body needs.

Chilled Drinks

GINGER SHOT

Packed with **vitamin C** which helps reduce fatigue and boosts the immune system.

£2.95

HOMEMADE GINGER TONIC

Ginger, tumeric, orange juice, lemon, maple and soda.

£5.95

COCONUT WATER

Lightly sparkling with **electrolytes, minerals, vitamin's D & C.** Great post work or for recovery.

£4.5

PUNCHY HYDRATION

Lightly sparkling with **electrolytes, minerals, vitamin's D & C.** Great post work or for recovery.

£4.25

MANGO

BLUEBERRY

TRIP CALM WILD STRAWBERRY

Find your **balance** with unique blend of **Magnesium, Chamomile, Lion's Mane** and **Lemon Balm.**

£4.25

TRIP BLOOD ORANGE + ROSEMARY

Magnesium infused sparkling drink with **lions mane** and **natural botanicals** to aid sleep and stress.

£4.25

TRIP CBD ELDERFLOWER + MINT

CBD infused sparkling drink with **natural botanicals** to aid digestion, immunity and stress (contains soy).

£4.25

MOMO KOMBUCHA

Sparkling fermented tea packed with **probiotics** to support a healthy gut and digestion.

£5.5

RASPBERRY + HIBISCUS

GINGER + LEMON

KARMA KOLA (contains gluten)

KARMA SUGAR FREE (contains gluten)

RASPBERRY LEMONADE

LEMONY LEMONADE

GINGERELLA GINGER ALE

ORANGE JUICE | APPLE JUICE | PEAR JUICE

APPLE & RHUBARB SPARKLING JUICE

STILL WATER

SPARKLING WATER

4.25

S £2.5 / L £4.95
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Matcha

MATCHA LATTE £5.95

Ceremonial grade matcha HOT OR ICED

New! CHERRY & WHITE CHOCOLATE MATCHA £6.95

Iced matcha latte with white chocolate and cherry puree

New! BLONDIE MATCHA £6.95

Iced matcha latte with salted caramel, biscoff and a dash of cinnamon

New! Coconut Glow Up £5.5

Rich in electrolytes, aids hydration and promotes healthy skin. Coconut water with your choice of real fruit puree:

MANGO | CHERRY | PASSION FRUIT

Milkshakes

£7.95

Blended with vanilla ice cream and soy milk, topped with whipped cream.

OREO

STRAWBERRY

Cocktails

£8.5

ESPRESSO MARTINI

STRAWBERRY DAIQUIRI

PASSIONFRUIT MARTINI

Powered by Plants

We are a family run business with a dream to share the food we love, with the city we love. Serving 100% plant based food and drink to nourish, nurture and inspire. We are passionate about making as much as we can from scratch; spending many hours in the kitchen creating one of a kind dishes packed with whole-foods to leave our community and its visitors feeling full and fuelled. So here's to protecting the animals, the planet and our health; From our family to yours.

Please inform our team of any allergies as not all ingredients are listed. While follow strict allergen procedures and do our best to avoid cross-contamination, we cannot guarantee it.
GF = made with gluten-free ingredients.

Discretionary 10 % service charge is added to each bill and split equally to all members of our hard working team.

Opening Hours

SUN- THURS
9.30AM- 4.30PM
FRI - SAT 9.30AM - 6PM

Breakfast

UNTIL 4PM

THE BIG ONE | £16.95

Full english breakfast with sausages, tofu scramble, hash bites, house beans, peppered savoy cabbage, mushrooms, roasted tomato and sourdough toast.

MATCHA BLUEBERRY PANCAKES | £16.95 *New!*

Pancakes topped with matcha yoghurt and blueberries, banana, maple and almond flakes **GF**.

POWER ME UP PANCAKES | £15.95

Gluten free pancakes topped with berry compote, fresh fruit and a drizzle of maple syrup with your choice of vanilla ice cream or soy yoghurt. **GF**

HASH STACK | £15.95

Crispy rosemary hash bites, parsnips, carrots, savoy cabbage, onions and peppers tossed in herbs and spices, topped with a fried vegg, rocket and cashew hollandaise sauce. **GF**

CHEEZE + MUSHROOM OMELETTE | £15.95

Homemade vegan omelette filled with cheeze, mushrooms and broccoli, served with a side of our house beans, fresh rocket and salsa. **GF**

BREAKIE BAGEL | £15.95

Toasted seeded bagel stacked with grilled sausages, fried vegg, fermented slaw, salad, and ketchup. Served with potato bites and aioli on the side.

AVO SMASH + SALSA | £14.95

Avocado smash spread on two pieces of artisan sourdough toast loaded with house salsa and fresh rocket.

HOUSE BEANS ON TOAST | £12.95

Homemade mix of baked beans in rich tomato sauce topped with a fried vegg, on artisan sourdough toast.

The Benedicts

£15.95

Homemade vegan poached eggs on a bed of spinach, smothered in cashew hollandaise with your choice of:

VEGGS ROYALE

VEGGS BENNY

VEGGS SAUSAGE

Smoked carrot 'salmon'. Smokey pulled jackfruit. Grilled sausages.

THE VIBE TRIO | £20.95

Can't decide? Try one of each version of our famous homemade vegan poached 'eggs'. Try the **royale**, **jackfruit** and **sausage** muffin all on one plate!

Extras

(Not for individual purchase)

AVO / SCRAMBLED TOFU / BEANS / BROCCOLI / £3.95

VEGGIE SAUSAGE / PEPPERED CABBAGE /

CASHEW HOLLANDAISE / HUMOUS /

CHEESE / MUSHROOMS / TZATZIKI / £2.95

FRIED VEGG/ EXTRA TOAST /

TAHINI / £1.95

CHILLI / AOILI / £1.5

• WHOLEFOODS •

The Vibe

• PLANT BASED CAFE •

Toasties

£9.5

PHILLY CHEEZE

Smokey jackfruit, grilled peppers, onions, and cheeze on a baquette

CHICKPEA 'TUNA' MELT

Homemade chickpea 'tuna' mix, topped with shredded cheese.

CORONATION CAULI WRAP

Roast coronation cauliflower, mayo, fresh salad, beetroot and chia tortilla.

PESTO CHEEZE *New!*

Homemade pesto, cheeze, sun dried tomatoes and spinach on a baquette.

GLUTEN FREE
TOAST OPTION
+ £1.00

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FROM 11AM *Lunch* £17.95

SHROOM GYROS

Grilled oyster mushroom marinated in Mediterranean spices in a wrap with tahini, chilli, humous, mixed leaf salad and fermented slaw. Served with potato bites and fresh tzatziki.

DOUBLE CHEEZE SMASH BURGER

Homemade burger patties smashed and grilled, loaded with house cheeze, stacked onto a brioche bun with, fresh greens, fermented slaw, pickles and potato bites with house aioli on the side.

BUFFALO CAULI BURGER

Roasted cauliflower tossed in buffalo hot sauce, on a brioche bun with, garlic aioli, fresh greens, fermented slaw, and potato bites with house aioli on the side.

EARTH BOWL

Broccoli, roast squash, humous, fresh greens, shredded red cabbage, cucumber roses, super grain salad with sun kissed tomatoes and basil, topped with a zesty tahini drizzle and pomegranate. **GF**

POWER PESTO *New!*

Spaghetti tossed in homemade basil pesto with courgette, spinach, sun dried tomatoes and protein packed edamame. Topped with rocket, balsamic and cashew parmesan.

New! Spud Bowls £16.95

A base of baked potato loaded with your choice of filling:

THE OG - House beans, fresh greens, red cabbage, humous and a zesty tahini drizzle. **GF**

GREEK - Shroom gyros, fresh greens, fermented slaw, humous, chilli and tahini topped with tzatziki. **GF**

BOLOGNAISE - lentil and soy mince ragu topped with rocket, balsamic and cashew parmesan. **GF**

ADD CHEESE | £1.95 GF

To Share / Sides

NOT SO DIRTY BITES | £11.95 *New!*

Skin on roast potato bites loaded with lentil and soy mince ragu, shredded & nacho cheese, topped with house aioli & chilli. **GF**

SALT + PEPPER CHEEZEY BITES | £11.95

Skin on roast potato bites tossed in salt + pepper seasoning loaded with onions, peppers and topped nacho cheeze & chilli. **GF**

STICKY KOREAN POTATO BITES | £8.95

Skin on roast potato bites tossed in Korean sticky and spicy sauce with chilli, sesame and aioli.

CAULI WINGS | £8.95 *New!*

Roasted cauliflower chunks tossed in your choice of sauce with aioli on side:

BUFFALO HOT SAUCE GF OR K-POP KOREAN

LOADED PESTO HUMOUS | £9.5

Humous loaded with toasted seeds, chickpeas, pomegranate and a pesto drizzle served with toasted bread for dunking.

FETA AND APPLE SALAD | £9.5

Mixed leaf salad with feta, apple, walnut, red cabbage, herb oil, balsamic and pomegranates. **GF**

POTATO BITES | £6.5

Skin on rosemary roast potatoes bites with our house aioli. **GF**
MAKE EM' CHEEZEY! ADD NACHO CHEEZE | £1