

# The Vibe

PLANT BASED CAFE

## Coffee

PLANT BASED MILKS:  
OAT OR COCONUT

ESPRESSO	£2.95
ESPRESSO MACCHIATO	£3.75
AMERICANO	£3.75
CORTADO	£3.85
FLAT WHITE	£3.85
LATTE	£3.95
CAPPUCINO	£3.95
MOCHA	£4.75
HOT CHOCOLATE	£4.75
BABYCHINO	£1.95
BISCOFF LATTE	£5.95

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 £5.5

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, madagascian vanilla, coconut sugar, himalayan salt.

### MATCHA

Green tea powder (contains caffeine).

### 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

£3.75

ENGLISH BREAKFAST  
HONEYDEW GREEN  
PEPPERMINT

EARL GREY  
LEMONGRASS + GINGER  
FRUITS OF EDEN  
ROOIBOS

## Beer & Wine

LOST LAGER Brew Dog 4.5%  
PUNK IPA Brew Dog 5.4%  
DAYS LAGER Alcohol 0%  
OLD MOUT CIDER 4%  
PERONI Gluten Free 5.1%  
HOUSE WHITE  
HOUSE RED  
PROSECCO

125ml | Bottle  
£6 / £25  
£6 / £25  
£7.5 / £28

Alcohol is served alongside food, as per our licence.



## Smoothies

SERVED WITH  
COCONUT MILK

£6.5

### GREEN GOODNESS

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

### INDIGO MAGIC

Blueberries, pineapple, banana, blue spirulina, magnesium.

### 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 PROTEIN / CREATINE

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

*New!*

£1.95

## Chilled Drinks

### GINGER SHOT

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

### HOMEMADE GINGER TONIC

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

### ORGANIC COCONUT WATER

Dubbed the fountain of youth, it is rich in **electrolytes**, aids hydration and promotes healthy skin.

### PUNCHY HYDRATION

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

### PERFECT TED ENERGY DRINK - PEACH

Sparkling matcha based energy drink with **B vitamins**.

### TRIP ELDERFLOWER + MINT

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

### TRIP BLOOD ORANGE + ROSEMARY

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

### MOMO KOMBUCHA

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

### 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

£2.95

£5.95

£4.5

£3.95

£3.95

£3.95

£4.75

£4.75

£3.95

£3.95

£1.95 / L £4.95

£1.95 / L £4.95

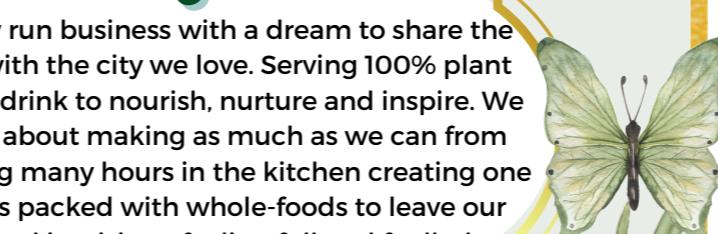
## Powered by Plants

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.

### ALLERGIES

Please let us know if you have any allergies. We will do our utmost best to avoid any cross contamination but **cannot guarantee** it.



*New!*

£2.95

£5.95

£4.5

£3.95

£3.95

£3.95

£4.75

£4.75

£3.95

£3.95

£1.95 / L £4.95

£1.95 / L £4.95

**Opening Hours**  
SUN-THURS  
9.30AM- 4.30PM  
FRI - SAT 9.30AM - 6PM

## Breakfast

UNTIL 4PM

### THE BIG ONE | £15.95

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

### HASH STACK | £13.95

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

### MATCHA BLUEBERRY PANCAKES | £14.95 *New!*

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

### POWER ME UP PANCAKES | £14.95

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

### CHEEZE + MUSHROOM OMELETTE | £14.95

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

### BREAKIE BAGEL | £14.95

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 | £13.95

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

### HOUSE BEANS ON TOAST | £10.95

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

## The Benedicts

£13.95

GLUTEN FREE  
TOAST OPTION  
+ £1.00

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 | £18.95

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 / £2.95  
VEGGIE SAUSAGE / PEPPERED CABBAGE /  
CASHEW HOLLANDAISE / HUMOUS /  
CHEESE / MUSHROOMS / TZATZIKI / £1.95  
FRIED VEGG / EXTRA TOAST /  
TAHINI / £1.75 CHILLI  
SAUCE / AOILI / £0.95

• WHOLEFOODS •

# The Vibe

• PLANT BASED CAFE •

## Mains

FROM 11AM | £15.95

### SHROOM GYROS

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

### 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.

### THE VIBE LASAGNE *New!*

Homemade lasagne, layered with soy mince and lentil ragu, topped with cheezy bechamel sauce.

### EARTH BOWL | £15.95

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

### DRAGON BOWL *New!*

Udon noodle stir fry tossed in teriyaki sauce with mushrooms, tofu, shredded carrot and red cabbage, edamame and topped with sesame.

### SPUD BOWL

A base of baked potato and humous topped with our house beans, and loaded with fresh greens, red cabbage and roasted chickpeas, smothered in a zesty tahini drizzle.

ADD CHEESE / £1.95 GF

## Sides

### NOT SO DIRTY BITES | £8.95 *New!*

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

### SALT + PEPPER CHEEZEE BITES | £8.95

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

### STICKY KOREAN POTATO BITES | £6.95

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

### CAULI WINGS | £7.95 *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 | £8.95

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

### POTATO BITES | £5.95

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

### FETA AND APPLE SALAD | £8.95

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

If you would like to see our calorie menu, just ask one of our team!

## ALLERGIES

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