

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, madagascan 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%	£5.75
PUNK IPA Brew Dog 5.4%	
DAYS LAGER Alcohol 0%	
OLD MOUT CIDER 4%	
PERONI Gluten Free 5.1%	125ml Bottle
HOUSE WHITE	£6 / £25
HOUSE RED	£6 / £25
PROSSECCO	£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, *New!* 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

£1.95

SEA MOSS / VANILLA PROTIEN / CREATINE

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

£2.95

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

HOMEMADE GINGER TONIC

£5.95

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

ORGANIC COCONUT WATER

£4.5

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

PUNCHY HYDRATION

£3.95

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

PERFECT TED ENERGY DRINK - PEACH

£3.95

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

TRIP ELDERFLOWER + MINT

£3.95

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

TRIP BLOOD ORANGE + ROSEMARY

£3.95

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

MOMO KOMBUCHA

£4.75

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

RASPBERRY + HIBISCUS

GINGER + LEMON

£3.95

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

S £1.95 / L £4.95

SPARKLING WATER

S £1.95 / L £4.95

Seasonal Specials

Hazelnut Mocha

£5.95

Fair trade coffee, with hot chocolate, hazelnut syrup and whipped cream.

London Fog

£4.95

Earl grey brew with vanilla syrup and steam milk.

Milkshakes

£7.5

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

BANOFFEE

OREO

PB + J *New!*

Cocktails

£7.5

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.

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.

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

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

VEGGS ROYALE

Smoked carrot 'salmon'.

VEGGS BENNY

Smokey pulled jackfruit.

VEGGS SAUSAGE

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 •

Toasties

£7.95

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.

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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 CHEEZE / £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 CHEEZEY 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' CHEEZEY! 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!