

The Vibe

PLANT BASED CAFE

Powered by Plants

Our mission is to serve an experience for the mind, body and soul. 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 creating dishes using whole-foods to leave our community feeling full and fuelled, whilst protecting the environment using eco-friendly packaging and practices for a sustainable future.

So here's to protecting the animals, the planet and our health; From our family to yours.

Coffee

PLANT BASED MILKS:
OAT OR COCONUT

ESPRESSO	£2.00
MACCHIATO	£2.50
AMERICANO	£2.80
CORTADO	£2.80
FLAT WHITE	£3.00
LATTE	£3.00
CAPPUCINO	£3.00
MOCHA	£3.50
HOT CHOCOLATE	£3.50
BABYCHINO	£1.75

COFFEE EXTRAS

VEGAN WHIPPED CREAM + MARSHMALLOWS / £1
RAW COCOA + CARAMEL / 75P MAPLE SYRUP / 50P

Specialty Lattes

HOT OR ICED £3.95

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

GOLDEN

Turmeric, cinnamon, ginger, black pepper.

SCOUSE FIRE

Turmeric, cinnamon, ginger, cayenne pepper.

HUG IN A MUG

Cacao, cinnamon, cloves, rose petals, maca, maple.

LAVENDER

Lavender, apple, maca, beetroot, butterfly pea.

PINK VELVET

Beetroot, lucuma, orange peel.

MATCHA

Green tea powder (contains caffeine).

CHAI

Black tea, cinnamon, cardamom, ginger star anise, nutmeg, stevia (contains caffeine).

Loose Leaf Tea

£2.80

ENGLISH BREAKFAST
EARL GREY
GUNPOWDER GREEN
PEPPERMINT
LEMONGRASS & GINGER
MORROCCAN MINT
MASSALA CHAI
RED BERRY
CHAMOMILE

Smoothies

£4.95

GREEN GOODNESS

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

BOSS BERRY

Mixed berries, banana, chia seeds, dates and coconut milk.

SUN GODDESS

Turmeric, pineapple, mango, banana, maca and coconut milk.

SNICKERS SHAKE

Banana, peanut butter, cocoa, maca, dates, coconut milk.

ADD A SHOT OF COFFEE / £1.50

SMOOTHIE EXTRAS

£1.95

SEA MOSS / CBD OIL / PROTEIN / GINGER SHOT

What is SEA MOSS? Made from Chondrus Crispus wild harvested from the pacific coast of Peru. Inca Sea Moss is an all-natural source of 92 of the 102 vitamins and minerals that your body needs to keep functioning optimally, including iodine, calcium, potassium, iron, zinc, and vitamin B-complex.

Cbd Infused Trip

£3.50

A refreshing CBD infused sparkling drink packed with potent natural botanicals like ginseng, L-theanine, turmeric and chamomile to aid digestion, immunity and stress relief (contains soy).

ELDERFLOWER + MINT

PEACH + GINGER

LEMON + BASIL

Kombucha

£3.95

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

GINGER

PASSION FRUIT

RASPBERRY

Cold Drinks

GINGER SHOT

£1.95

Ginger root, apple, acerola cherry and lemon - packed with vitamin C which helps reduce fatigue and boosts the function of our immune system.

COCONUT WATER

£4.50

100% natural, young coconut water, sealed right after the coconut is opened for maximum freshness and vitality. Dubbed the fountain of youth, it is rich in electrolytes, aids hydration and promotes healthy skin.

KARMA KOLA (contains gluten)

£2.50

KARMA SUGAR FREE (contains gluten)

RASPBERRY LEMONADE

LEMONY LEMONADE

GINGERELLA GINGER ALE

ORANGEADE

ORANGE JUICE

£2.95

APPLE JUICE

£2.95

STILL WATER

S £1.95 / L £4.95

SPARKLING WATER

S £1.95 / L £4.95

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.**

• WHOLEFOODS •

The Vibe

• PLANT BASED CAFE •

Breakfast

SERVED ALL DAY

THE BIG ONE / £11.95

Our full english breakfast with vegan sausages, tofu scramble, skin on hash bites, house beans, peppered savoy cabbage, mushrooms, roasted tomato and sourdough toast.

GLUTEN FREE OPTION / £1.00

HASH STACK / £10.95

A seasonal stack of roasted veg. Crispy hash potatoes, roasted parsnips, carrots, and kale, tossed in herbs and spices, topped with a vegan fried vegg, and our cashew hollandaise sauce. **GF**

VEGGS ROYALE / £10.50

Homemade vegan poached eggs on a bed of spinach and smoked carrot 'salmon', served on an artisan english muffin, smothered in cashew hollandaise sauce.

VEGGS BENNY / £10.50

Homemade vegan poached eggs on a bed of spinach and smokey pulled jackfruit, served on an artisan english muffin, smothered in cashew hollandaise sauce.

BLACK FOREST PANCAKES / £10.95

Gluten free pancakes topped with a dark chocolate drizzle, rich cherry compote and a scoop of vanilla ice cream. **GF**

DELUXE SALMNOT SCRAMBLE / £9.75

Smoked carrot 'salmon' and tofu scrambled served on toasted sourdough with peppered savoy cabbage and mushrooms.

GLUTEN FREE OPTION / £1.00

AVO SMASH + SALSA / £8.95

Avocado smashed with chilli flakes and lime spread on sourdough toast topped with house salsa and fresh rocket.

GLUTEN FREE OPTION / £1.00

HOUSE BEANS ON TOAST / £6.95

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

GLUTEN FREE OPTION / £1.00

Extras

(Not for individual purchase)

AVO / SCRAMBLED TOFU / BEANS / £2.95

**VEGGIE SAUSAGE / PEPPERED CABBAGE /
MUSHROOMS / CASHEW HOLLANDAISE/ £1.95**

FRIED 'VEGG'/ EXTRA TOAST /

HARISSA HUMOUS/ £1.50

CHILLI / AOILI / £0.50

ALLERGIES

Please let us know if you have any allergies and we will do our best to accommodate your needs. We will do our upmost best to avoid any cross contamination but **cannot guarantee it.**

Lunch

EARTH BOWL / £10.95

Broccoli, roasted squash, harissa humous, fresh greens, shredded red cabbage and cucumber roses served with a quinoa salad topped with a zesty tahini drizzle and pomegranate. **GF**

GREEN SOUL BOWL / £10.95

Pak choi, broccoli and edamame beans in a warming hot Thai Green curry broth with flat rice noodles, topped with crispy roasted tofu and sesame. **GF**

BOW TIE BOLOGNESE / £9.95

Farfalle pasta tossed in lentil and walnut Bolognese with fresh rocket, a drizzle of herb oil, balsamic glaze, topped with homemade cashew parmesan.

NACHO BOWL / £9.50

Toasted tortilla chips, topped with smokey pulled jackfruit, house salsa, black beans and corn, shredded red cabbage, smashed avo and our house nacho cheese sauce. **GF**

SPUD BOWL / £8.95

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

ADD CHEESE / £1.95

Toasties

SLOPPY JOE / £6.50

Lentil and walnut bolognese, spinach and cheese on a toasted ciabatta.

JLT / £6.50

Smokey pulled jackfruit, salsa, spinach, mayo and nacho cheese on a toasted ciabatta.

CHICKPEA 'TUNA' MELT / £5.95

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

SALMNOT BAGEL/ £5.95

Homemade carrot 'salmon', cream cheese and rocket on a seeded bagel.

GLUTEN FREE OPTION / £1.00

CORONATION CAULI WRAP/ £5.95

Roast cauliflower tossed in our coronation mix with fresh salad, in a beetroot and chia tortilla.

GLUTEN FREE OPTION / £1.00

Sides

POTATO BITES / £3.95

Skin on rosemary roasted potatoes in bite sized chunks with our house aoli. **GF**

LOADED HARISSA HUMOUS / £4.95

Perfect for sharing!
Harissa humous loaded with toasted seeds, roasted chickpeas and pomegranate served with a selection of toasted bread ready for dipping.

QUINOA SALAD / £4.95

Quinoa salad with mixed leafy greens, topped with toasted seeds and a zesty tahini drizzle. **GF**

ALLERGIES

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