



Coffee

PLANT BASED MILKS:
OAT OR COCONUT

ESPRESSO	£2.00
MACCHIATO	£2.20
AMERICANO	£2.70
CORTADO	£2.70
FLAT WHITE	£3.00
LATTE	£3.00
CAPPUCINO	£3.00
MOCHA	£3.50
BABYCHINO	£1.75
HOT CHOCOLATE	£3.50
ADD VEGAN WHIPPED CREAM + MARSHMALLOWS / £1	
COFFEE EXTRAS	
RAW COCOA + CARAMEL / 75P MAPLE SYRUP / 50P	

Specialty Lattes

HOT OR ICED

GOLDEN LATTE Turmeric, cinnamon, ginger, black pepper.	£3.95
SCOUSE FIRE LATTE Turmeric, cinnamon, ginger, cayenne pepper.	£3.95
HUG IN A MUG Cacao, cinnamon, cloves, rose petals, maca, maple.	£3.95
LAVENDER LATTE Lavender, apple, maca, beetroot, butterfly pea.	£3.95
PINK VELVET LATTE Beetroot, lucuma, orange peel.	£3.95
CHAI LATTE Black tea, cinnamon, cardamom, ginger, star anise, nutmeg, stevia.	£3.95
MATCHA LATTE Green tea powder.	£3.95

Loose Leaf Tea

ENGLISH BREAKFAST	£2.50
EARL GREY	£2.50
GUNPOWDER GREEN	£2.50
PEPPERMINT	£2.60
LEMONGRASS & GINGER	£2.50
MORROCCAN MINT	£2.50
MASSALA CHAI	£2.50
RED BERRY	£2.50
CHAMOMILE	£2.60

Smoothies

GREEN GOODNESS Mango, spinach, celery, spirulina, dates, apple, coconut milk.	£4.75
BOSS BERRY BLISS Mixed berries, banana, chia seeds, dates and coconut milk.	£4.25
SUN GODDESS Turmeric, pineapple, mango, banana, maca and coconut milk.	£4.25
SNICKERS SHAKE Banana, peanut butter, cocoa, maca, dates, coconut milk. ADD A SHOT OF COFFEE / £1.50	£4.75
SMOOTHIE EXTRAS	
SEA MOSS / £1.95 CBD OIL / £1.95 PROTEIN/ £1.95	

Cold Drinks

CBD INFUSED TRIP Elderflower + Mint / Peach + Ginger / Lemon + Basil	£2.95
KOMBUCHA Ginger / Raspberry / Passionfruit	£3.95
KARMA KOLA	£1.95
KARMA SUGAR FREE	£1.95
ORANGEADE	£1.95
LEMONADE	£1.95
RASPBERRY LEMONADE	£1.95
GINGERELLA GINGER ALE	£1.95
ORANGE JUICE	£2.95
APPLE JUICE	£2.95
STILL WATER	S £1.95 / L £4.95
SPARKLING WATER	S £1.95 / L £4.95

Powered by Plants

Our mission is to create and 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 the people. We are passionate about bringing you locally sourced produce, protecting the environment and using eco-friendly packaging for a sustainable future. 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.**

• WHOLEFOODS •

The Vibe

• PLANT BASED CAFE •

Breakfast

SERVED ALL DAY

THE BIG ONE / £10.95

Our full english breakfast with vegan sausages, tofu scramble, skin on hash potatoes, house beans, mushrooms, roasted tomatoes and sourdough toast.

GLUTEN FREE OPTION / £1.00

BLACK FOREST PANCAKES / £10.75

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

HASH STACK / £9.95

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 BENNY / £9.95

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

VEGGS ROYALE / £9.95

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

TOFU SCRAMBLE / £7.95

Homemade tofu scramble with a side of sautéed spinach mushrooms on sourdough toast.

GLUTEN FREE OPTION / £1.00

AVO ON TOAST / £6.95

Smashed avo on sourdough toast topped with fresh rocket and seeds.

GLUTEN FREE OPTION / £1.00

HOUSE BEANS ON TOAST / £6.45

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)

FRIED V'EGG' / £1.50 MUSHROOMS / £1.95

VEGGIE SAUSAGE / £1.50 HARISSA HUMOUS / £1.50

SCRAMBLED TOFU / £2.95 BEANS / £2.95

EXTRA TOAST / £1.50 AVO / £2.95

HOUSE CHILLI / £0.50

HOUSE AIOLI / £0.50

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Lunch

EARTH BOWL / £10.95

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

BOW TIE BOLOGNESE / £9.75

Lentil and walnut Bolognese served with fresh rocket, a drizzle of herb oil, balsamic glaze and topped with homemade cashew parmesan.

NACHO BOWL / £8.95

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

SPUD BOWL / £8.95

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

Toasties

SLOPPY JOE / £5.75

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

JLT / £5.75

Smokey pulled jackfruit, salsa, spinach, mayo and nacho cheese.

CHICKPEA 'TUNA' MELT / £4.95

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

SALMNOT BAGEL/ £4.95

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

GLUTEN FREE OPTION / £1.00

CORONATION CAULI WRAP/ £4.95

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, served with a selection of toasted bread ready for dipping.

ANCIENT GRAIN SALAD / £4.95

Green leaf salad with a mix of quinoa and ancient grains, topped a zesty tahini drizzle. **GF**

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