

Blend it food

Blend It bagels

These are served toasted and whole finished with chia seeds and mixed seeds - also available on Rye bread

smashed avocado - £5.00

scrambled egg and rocket - £5.00

scrambled egg and spinach - £5.00

smoked salmon and cream cheese- £6.50

smoked salmon, scrambled egg, avo - £7.00

butter and jam - £3.50

Extra egg £0.50

Extra avocado £1.50

Extra tomato £0.50

Extra Salmon £2.00

Buddha bowls

the original - £5.00

Mixed leaves, red pepper, tomato, cucumber, beetroot, green olives, hummus and our fat free vinaigrette - we finish this with mixed seeds, salt and pepper

the original with avocado - £5.50

the original with smoked salmon - £6.50

burrito bowl - £6.00

the original plus mixed bean salad, chickpeas, avocado, chilli and whole grain rice

Smoothie bowls

super berry delight - £5.50

green machine - £5.50

acai bomb - £6.00

Breakfast bowls

the original - £5.00

Granola, oats, fat free yogurt and an array of seasonal fruit finished with mixed seeds

the vegan - £6.50

the original served with coconut yogurt

Graze Board/Box

the original - £15.00

Cold meats, nuts, brie, fresh fruit, crackers, fresh veg,

houmous, chocolate

Perfect for sharing

Ice cream

vanilla - £3.00

chocolate chip - £3.00

strawberry - £3.00

salted caramel - £3.00

mango & passion fruit FROYO- £3.00

Loaded waffles

Warm waffle served with vanilla ice cream and sauce

chocolate- £5.00

strawberry - £5.00

caramel - £5.00

Specials

Daily specials available.
Visit our shop for latest specials.

All food and drinks are prepared fresh
During busy times there may be a small wait for your order
Please tell a member of staff if you have any special dietary requirements

Allergens:

Attention customers with food allergies. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur, as factors beyond our reasonable control may alter the formulations of the food we serve, or manufacturers may change their formulations without our knowledge.

To pre order:
Call 07716818088

