

# Blend it food

## Blend It bagels or sourdough

These are served toasted and whole finished with chia seeds and mixed seeds

**smashed avocado - £5.50**

**scrambled egg and rocket - £5.00**

**scrambled egg and spinach - £5.00**

**smoked salmon and cream cheese - £7.00**

**smoked salmon, scrambled egg, avo - £8.00**

**ham and cheese - £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 - £6.00**

**the original with smoked salmon - £7.00**

**burrito bowl - £6.50**

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

## Smoothie bowls

**super berry delight - £5.50**

**green machine - £6.00**

**acai bomb - £6.50**

**strawberry, orange, banana swirl - £6.50**

**maca mocha loca - £6.50**

**muscle monkey - £6.50**

## 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

## Soul bowls

**warm butternut red thai curry + rice - £6.50**

**roasted winter veg + rice - £6.50**

**soup of the day + bread roll - £4.50**

## Loaded waffles

Warm waffle served with vanilla ice cream and sauce

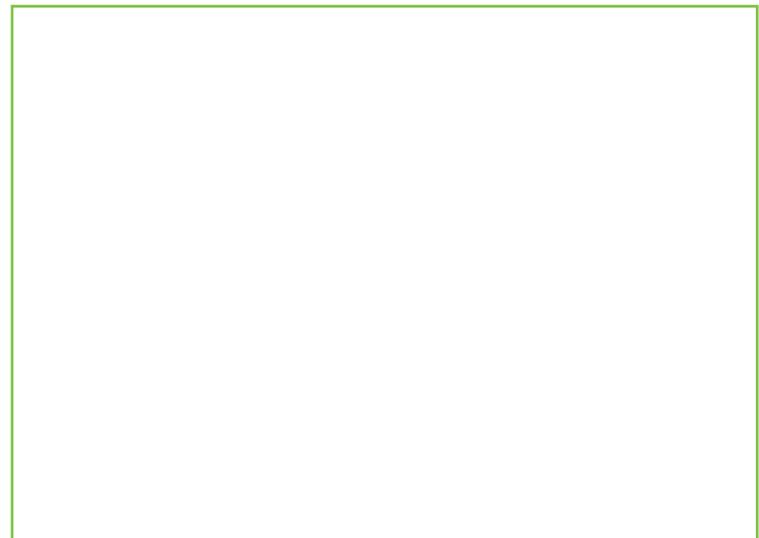
**chocolate - £5.00**

**strawberry - £5.00**

**caramel - £5.00**

**vanilla - £5.00**

## 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

