, cdi menn mdae

JUICES

400ml | Freshly prepared to order

OG Greens - £4.95 Apple, lemon, celery, cucumber, spinach, kale & ginger

> **The Glow - £4.95** Apple, orange, carrot & ginger

Sweet Beet - £4.95 Beetroot, apple, carrot, cucumber & celery

Tropical Greens - £4.95 Pineapple, orange, cucumber, spinach, kale & ginger

HOT DRINKS

Choose from: Oat, Almond, Coconut or Soya milk

Teapigs Tea - £3 Espresso - £2 Americano - £3 Flat White - 3.20 Cappuccino - £3.50 Latté - £3.50

Specialist Latté - £4 Choose from: Matcha, Turmeric, Chia or Beetroot

Raw Hot Chocolate - £4 Add vegan whipped coconut cream to your hot drink for no extra charge

Please note all of our cups, straws, cutlery and lids are made from plant plastic, are sustainably sourced and can be recycled easily

SMOOTHIES

400ml | Freshly prepared to order

Super Berry - £4.50 Banana, strawberries, strawberry protein & almond milk

Tropical Boost - £4.50 Mango, pineapple, banana and coconut blended with vanilla protein powder & coconut milk

Biscoff - £4.50

Biscoff spread blended with banana & almond milk topped with coconut whipped cream and crushed Biscoff biscuits

Green Elixr - £4.50

Banana, almond butter & spinach blended with almond milk (optional protein powder)

Cleanse - £4.50

Mango, banana and spirulina blended with almond milk

Calm - £4.50

Chocolate mylkshake made with coconut milk & topped with coconut whipped cream

Recover - £4.50

Vanilla & Wowbutter protein shake made with coconut milk

BOOSTERS

Freshly prepared to order

Immunity - £2.20

Ginger & Apple - A shot of refreshing juice, rich in vitamin C to help boost your immune system

Energy - £2.20

Turmeric, apple, lemon & cayenne - A concentrated burst of anti-inflammatory and energy boosting powers



MAC

EHAN

ECOM

FOOD

Vegan Fry Up - £9.95 including any hot drink deal

Açai Smoothie Bowl - 5.95

Topped with banana, berries, almond butter, chia seeds & desiccated coconut

Toasted Sourdough

with smashed avocado & tomato £7 with peanut butter & banana £6.45

Loaded Sausage Bagel - £7

A toasted bagel with vegan sausages, cheese, tomato and spinach with a side of rocket & balsamic drizzle

Chickpea Power Salad - 6.50

Pesto pasta on a bed on spinach & rocket topped with chickpeas, vegan feta and sunflower seeds

Pink & Green Flatbread - £7.20

Pink wrap topped with spinach, rocket, hummus, chickpeas, tomato & vegan feta

SNACKS

All handmade here at MADE 3 for £3.00

Oat Energy Bites £1.50 Peanut Butter Cups £1.50 Snicker Bites £1.50

EXTRAS

Avocado £0.75 | Vegan Feta £1 Vegan Sausage £2 | Not so egg £1.50

MEAL DEAL

£7.50 | Choose from

Chickpea power salad or Pink & green flatbread With a choice of: 500ml Fiji VitHit sparkling water or any hot drink

Specials - please see our specials board

@ WELCOMETOMADE WELCOMETOMADE.COM