

BODYISM

— CLEAN^{and}LEAN —

Bodyism has a simple philosophy:

be kind to yourself.

Every item on the menu has a health benefit in mind.

Bodyism food is nutrient-rich and nourishing with no compromises.

The menu is free from gluten and refined sugars.

It's seasonal, ethically sourced and where necessary organic.

Every single item nourishes your body and feeds your soul.



BODYISM SUPPLEMENTS

The Bodyism supplements were created after years of extensive scientific and medical research. They are results-driven and have been made with nourishing all-natural, organic ingredients.

Protein Excellence (gf,df,v)

£50.00

"You deserve to be long, lean and beautiful."

- Helps create long lean, beautiful muscle.
- Our protein is organic and vegan-friendly; it is made from organic pea and sprouted brown rice making it highly bioavailable.
- Includes a probiotic to keep your gut flora healthy.

Beauty Food (gf,df)

£50.00

- Contains collagen which helps your hair shine, makes your nails strong and your skin glow.

"Oh my goodness, you're so beautiful."

- Contains beta glucan, colloidal silica, zinc and MSM along with antioxidants that are essential building blocks for skin repair and rejuvenation.

Berry Burn (gf,df,v)

£50.00

- Packed with antioxidants and energy.

"Go- you beautiful thing."

- Contains acai, brindleberry and pomegranate which have anti-inflammatory properties.
- Contains wild rosella, a bush food which is high in antioxidants. It's an anti-ageing powerhouse.

Body Brilliance (gf,df,v)

£50.00

"A salad never tasted so good..."

- A chocolate salad that curbs your sugar cravings.
- Contains kelp which is rich in iodine and can help speed up your metabolism.
- Contains lacto-fermented greens so your body can actually absorb all the vitamins and minerals making it easier to digest.

Ultimate Clean (gf,df,v)

£45.00

- Rich in probiotics which will help grow healthy digestive flora.

"This is a power cleanse...where are you going in such a hurry?"

- Contains psyllium husk and slippery elm, a source of soluble fibre.
- Contains sugar cane fibre, one of the most complex and anti-inflammatory fibre sources available which helps to keep your gut flora healthy.

Male Testo (gf,df,v)

£60.00

- A powerful libido boost
- Includes organic sprouted brown rice protein which contains 9 essential amino acids which can help build muscle.
- Contains tribulus, a traditional, anti-inflammatory male tonic which can have a beneficial effect on your male hormonal wellbeing.

"It's too hard to talk about... just trust us it works..."



BODYISM SHAKES

The shakes contain probiotics to heal and soothe your gut, herbal adaptogens for optimal health and are made with highly bioavailable, organic ingredients.

Bodyism Originals £5.00	Body Brilliance £6.50
Bodyism Supplement + rice milk	Supermodel's Secret Weapon (gf,df,v)
Protein Excellence - £6.50	Body Brilliance + raw cacao + coconut oil + almond butter + maca + brown rice milk
Long & Lean Toner (gf,df,v)	• Supercharge with a shot of espresso £1.00
Protein Excellence + ginger + almond butter + banana + himalayan salt + almond milk	Ultimate Clean £6.50
Beauty Food £6.50	Power Cleanse (gf,df,v)
Collagen Elixir (gf,df)	Ultimate Clean + avocado + spinach + mint + brown rice milk
Beauty Food + cucumber + mint + lime + coconut H2O	Male Warrior £7.00
Berry Burn £6.50	X- Rated (gf,df,v)
Metabolic Accelerator (gf,df,v)	Male Testo + almond butter + cacao + brown rice milk
Berry Burn + coconut H2O+ organic mixed berries	+ Bodyism Supplement £2.00
	+ Superfood £1.00

BE KIND TO
YOURSELF.

TEAS

Each blend has been created by Ayurvedic teaologist with a specific wellbeing function in mind.

These organic and special teas have been formulated in alignment with the lunar rhythms...

I am Slender £2.50

Infusion: oolong, yerba mate, peppermint leaves, ginger root, cinnamon bark, burdock root

I am Cleansed £2.50

Infusion: fennel seeds, coriander seeds, moringa leaves, nettle leaves, lemon myrtle, ginger root

I am Beautiful £2.50

Infusion: Rooibos tea, honeybush leaf, rosehip fruit, red rose petals, gotu kola, leaf, moringa leaf

I am Recharged £2.50

Infusion: white peony tea, shredded coconut, ginger root, clove buds, cinnamon bark, siberian ginseng root, cardamom seeds

I am Relaxed £2.50

Infusion: lemongrass, pink rose petal, tulsi leaves, peppermint leaves, valerian root, dandelion root

COFFEE

Choose from organic whole milk or your choice of cold pressed almond, cashew, brown rice or coconut milk.

Teas created by an Ayurvedic teaologist

Bodyism Signature Coffee £3.50

Americano + grass fed organic butter + virgin coconut oil

- Add Body Brilliance or Protein Excellence for a supercharged miracle of a day £2.00

Espresso £2.00

Double espresso £2.50

Piccolo £2.50

Flat white £3.00

Latte £3.00

Americano £2.50

Cappuccino £3.00

Pumpkin Spiced Latte £4.00

Delicious blend of pumpkin, cinnamon, nutmeg and ginger with steamed cashew or organic whole milk to create an indulgent winter warmer.

Red Velvet Beetroot Latte £4.00

Antioxidant rich beetroot powder, cinnamon, vanilla, blended with cashew milk and dusted with cacao.

Mexican Hot Chocolate £4.00

Ceremonial cacao, cinnamon, cayenne pepper, almond milk.

Cacao Hot Chocolate £4.00

Ceremonial cacao, Body Brilliance, brown rice milk and almond butter for an intense chocolate experience that is nourishing and thermogenic (yes, it can burn fat).

Matcha Latte £3.80

Organic japanese antioxidant green tea powder, best paired with brown rice milk and a dash of cinnamon to give an energy boost.

Ayurvedic Turmeric Latte £4.00

Organic anti-inflammatory turmeric, cold pressed coconut oil, black pepper, cardamon, ginger and creamy coconut milk, blended to create a delicious golden latte.



ACAI BOWLS (gf,df,v)

It's filled with antioxidants and may be why Brazilians are so damn happy all the time... is this the secret of the Brazilian booty?

Bodyism supplement + acai + banana + almond milk
Served with almond butter, homemade granola and a sprinkle of seasonal organic berries

£8.00

Lean on Me Bowl

Blended with Protein Excellence and topped with toasted coconut flakes

Nourish Me Bowl

Blended with Body Brilliance and topped with hemp seeds

Beautiful Me Bowl

Blended with Beauty Food and drizzled with honey

Energise Me Bowl

Blended with Berry Burn and topped with goji berries

+ Bodyism Supplement £2.00

+ Superfood £1.00

LOVE AND
GRATITUDE
IS THE
PERFECT
ATTITUDE

ALL DAY MENU

Bodyism Granola (gf, df, v) £5.00

A sugar-free nutty blend of cinnamon spiced organic oats, buckwheat seeds, pecans and brazil nuts, served with seasonal organic berries, coconut yogurt and cold pressed almond milk, with your choice of superfood topping.

"Cinnamon can help regulate your blood sugar levels and keeps you looking and feeling fabulous."

Toasted Banana Bread (gf,df,v) £ 4.00

Delicious vegan toasted banana bread, smothered with your choice of organic grass fed butter or organic virgin coconut oil.

"You can have it untoasted but why would you?"

Bodyism Protein Pancakes (gf, df) £8.00

Supplement-enriched, light and fluffy, protein pancakes served with seasonal berry compote, coconut yogurt, nut butter and superfoods.

"These are literally the best pancakes ever made." James Duigan

Chrissy's Toastie (gf,df) £6.50

Almond butter, sliced banana and a dusting of cinnamon on our famous grain free Paleo toast.

James's Toastie (gf,df) £6.50

Organic mature cheddar, jalapenos, sun-blushed tomatoes and basil

Leo's Avocado on Toast (gf,df) £6.50

Smashed organic avocado with a zingy kick of lime and chilli, on our famous grain free Paleo toast or GF multi-seeded loaf. Add organic free-range eggs £3.00.

Charlotte's Strawberry Jam Toastie (gf, df) £6.50

Our take on PBJ. Almond butter, sugar-free berry compote on our famous grain-free Paleo bread.

"You can thank us later.... Drop the mic"

Bodyism Porridge £5.50

Organic gluten-free coconut porridge, pick and mix your favourite superfood toppings.

Additional toppings All £1: Honey, berries, banana, goji berries, chia seeds, hemp seeds, coconut flakes, cacao nibs, almond butter.

Bodyism Wraps (gf, df) £8

Delicious gluten-free toasted wraps crammed with delicious organic seasonal ingredients.

"That's a wrap"

Bodyism Broth (gf, df) £5.50

Immunity boosting organic chicken bone broth packed with hearty vegetables.

Add GF multiseeded bread with organic butter £2

"a good broth will resurrect the dead"

TREATS

Life-changing Bodyism Cookies (gf,df) £2.50

This is the cookie.

A daily selection of selection of sweet treats

(check the daily specials)

Celebrate with something healthy that actually tastes amazing.

Bodyism Medicine Balls £3.50

A nutritious mix of delicious nuts, seeds and dates enriched with our supplements to provide a pre or post workout boost.

Body Brilliance (gf,df,v)

Beauty Food (gf,df)

Protein Excellence (gf,df,v)

Berry Burn (gf,df,v)

VISIT BODYISM LONDON WHEN YOU'RE IN NOTTING HILL:

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SHARE YOUR BODYISM EXPERIENCE:



Cleanandlean.com
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BODYISM
— CLEAN^{and}LEAN —

DF = dairy free GF = gluten free V = vegan