

# BODYISM | Cafe

*Nourish, recharge and watch the world go by.*

## BODYISM SHAKES | £7.00

All our supplements are plant-based, highly bioavailable and contain herbal adaptogens designed with a specific function to elevate your health and wellbeing.

### BODY BRILLIANCE (GF, SF, DF, V)

Body Brilliance, Cacao, Maca, Almond Butter, Cashew Milk

### PROTEIN EXCELLENCE (GF, SF, DF, V)

Protein Excellence, Banana, Cinnamon, Cashew milk

### ULTIMATE CLEAN (GF, SF, DF, V)

Ultimate Clean, Avocado, Spinach, Mint, Lime, Cashew Milk

### BERRY BURN (GF, SF, DF, V)

Berry Burn, Mixed Berries, Acai, Almond Butter, Banana, Filtered H2O

### BEAUTY FOOD (GF, DF, SF)

Beauty Food, Spinach, Cucumber, Lime, Mint, Filtered H2O

### MALE OPTIMUM (GF, DF, SF, V)

Male Optimum, Peanut Butter, Banana, Cacao, Cashew Milk

### DIVINE DETOX (GF, DF, SF, V)

Protein Excellence, Banana, Cucumber, Spinach, Filtered H2O

+ Extras / £2.00 each  
CBD, Avocado, Almond Butter

## JUICES

### ORGANIC DAILY DOSE DULCE VERDE £6.50

Kale, Cucumber, Apple, Mint, Lemon

### ORGANIC DAILY DOSE ROUGE £6.50

Beetroot, Apple, Ginger, Lemon

### ORGANIC DAILY DOSE ORANGE £6.50

Freshly Squeezed Orange Juice

### ORGANIC DAILY DOSE CHARCOAL LEMONADE £6.50

Activated Coconut Charcoal, Agave, Lemon, Lime, H2O

### ORGANIC DAILY DOSE GINGER SHOT £3.50

Lemon, Ginger, Agave, Cayenne Pepper

### LA BREWERY GINGER KOMBUCHA £4.00

Tea blend infused with ginger

Delicious, nourishing foods. Always local, seasonal, gluten free, organic where possible and made with love. Please inform a member of staff if you have any allergies.

## COFFEE + HOT DRINKS

We only use the finest Allpress Espresso, Good & Proper Tea and Mork Cacao in our hot drinks, paired with your choice of organic whole milk, or a dairy free alternative: oat, coconut, almond, cashew.

### COFFEE

#### Bodyism Signature Coffee | £4.00

Americano + Organic Butter + Organic Coconut Oil

+ CBD £3

+ protein boost £1.50

Espresso | £2.00

Double espresso | £2.50

Americano | £3.00

Piccolo | £3.00

Flat white | £3.50

Latte | £3.50

Cappuccino | £3.50

Iced Coffee | £4.00

Bodyism Hot Chocolate | £4.00

+ a kick of mint or chilli / 50p

+ extra dark / 50p

Turmeric Latte | £4.00

Matcha Latte | £4.00

Chai Latte | £4.00

### LOOSE LEAF TEA

English Breakfast Tea | £3.00

Earl Grey Tea | £3.50

Jade Green Tea | £3.50

Peppermint Tea | £3.50

Hibiscus Tea | £3.50

Chamomile Tea | £3.50

Chari Iced Green Tea | £4.00

## BODYISM SIGNATURE DISHES

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### AÇAÍ BOWLS | £8.50

*(DF, GF, CONTAINS NUTS)*

Blend of acai, banana, frozen berries and almond milk topped with granola and fresh berries.

Check for Seasonal Specials.

+ Extras / £2.00 each  
Almond Butter, Banana, Superfoods, Protein

### BODYISM HOMEMADE SUGAR-FREE GRANOLA | £8.00

*(GF, DF, VG, CONTAINS NUTS)*

Mixed nut cinnamon granola, coconut yogurt, fresh berries, almond milk.

### PROTEIN EXCELLENCE PANCAKES | £10.00

*(DF, RSF, GF, CONTAINS NUTS)*

Vanilla protein pancakes, fresh berries, coconut yogurt, almond butter, coconut flakes.

### ORGANIC EGGS & AVOCADO ON TOAST | £12.00

*(DF, GF)*

Organic free range boiled eggs and smashed avocado, chilli, served on gluten-free toast.

### AVOCADO TOAST | £8.00

*(DF, GF, VG)*

Smashed avocado, chilli, served on gluten-free toast.

### SMOKED SALMON & GOATS CHEESE BAGEL | £10.00

*(GF)*

Smoked salmon, organic soft goats cheese, cucumber, rocket and tomato on gluten-free bread.

+ Optional Paleo Bread / £1.00  
+ Organic Egg / £1.50

### ORGANIC CHEESE TOASTIES | £7.00

*(GF)*

Organic cheddar and basil or organic goat's cheese and tomato.

+ Optional Paleo Bread / £1.00

### SUMMER ROLLS | £8.00

*(GF, VG, CONTAINS NUTS)*

Brightly coloured goodness brought together with delicious flavour combinations, rolled into a rice paper roll, served with a delicious dip.

## WEEKLY SALADS

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### TOFU BUDDHA BOWL | £12.00

*(GF, DF, VG)*

Marinated tofu, quinoa, massaged kale, cucumber, tomato, sauerkraut, salad leaves with a tahini and tamari dressing.

### SALMON POKE BOWL | £12.00

*(GF, DF)*

Smoked salmon, quinoa, avocado, radish, cucumber, sauerkraut, salad leaves, with a tahini and tamari dressing.

### FALAFEL BOWL | £12.00

*(GF, VG)*

Organic falafel, courgette ribbons, quinoa, tomato, guacamole, hummus and lemon pepper dressing.