

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 ORANGE £6.50

Freshly Squeezed Orange Juice

ORGANIC PLENISH GINGER SHOT £4.00

Apple, Ginger, Lemon, Apple Cider Vinegar

ORGANIC PLENISH B12 SHOT £4.00

Orange, Pineapple, Ginger, Lemon, Turmeric, Cayenne Pepper, Vitamin B12

LA BREWERY GINGER KOMBUCHA £4.00

Fermented green and black tea blend infused with ginger

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

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.

BODYISM COCONUT PORRIDGE | £5.50

(GF, DF, VG, CONTAINS NUTS)

Gluten-free oats, coconut milk, cinnamon and fresh berries.

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

WEEKLY SALADS

TOFU BUDDHA BOWL | £12.00

(GF, DF, VG)

Marinated tofu, quinoa, spinach, cucumber, tomato, sauerkraut, with a tahini and tamari dressing.

SALMON POKE BOWL | £12.00

(GF, DF)

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

FALAFEL BOWL | £12.00

(GF, VG)

Organic gluten-free falafel, cucumber ribbons, quinoa, tomato, guacamole, rocket, sauerkraut with a tahini dressing.

TUNA SALAD | £12.00

(GF, VG)

Tuna, organic egg, black olive, cucumber ribbons, quinoa, tomato, avocado, gem lettuce, with a pesto dressing.

PESTO + FETA SALAD | £12.00

(GF, VG)

Feta, quinoa, tomato, avocado, gem lettuce, cucumber ribbons, radish, with a pesto dressing