

GO GREEN Spinach, apple, pear, celery, cucumber & mint.
/IT HIT Drange, carrot, celery, pear & mango.
BANGING BEET Beetroot, carrot & apple.
LEMONADE -7
Lemon, lime, sugar & fresh mint. PINK LEMONADE
emon, grapefruit, strawberries, ginger, mint & honey.
PEACEFUL Pineapple, apple, orange & lime.
GRAPPLE Grapefruit, apple, lemon, ginger & honey.
JUICE YOUR WAY
SQUEEZED Apple, carrot, grapefruit or orange.
CUATRO
Mix your favourite 4 fruits & vegetables. CHOOSE FROM
Apple Banana Beetroot Carrot Celery Cucumber Ginger Grapefruit Kiwi Lemon Lime Mango
Orange Pear Pineapple Spinach Strawberry Red Berries
CHAVEITID
SHAKE IT UP
MILKSHAKES Banana, chocolate, strawberry or vanilla.
MILKS Almond Lactose Free Oat Skimmed Soy Whole
SHOTS
GOOD HEALTH
Apple, cayenne, turmeric & ginger. GINGER
Ginger & apple.
SMOOTHIES
POWER PUNCH 7
Banana, pineapple, spinach, blueberries, goji berries & strawberries.
BERRY BLAST
Strawberry, raspberry, blueberry, goji berries & honey. TROPICAL
Pineapple, mango, banana & lime.
DEL SOL Drange, pineapple, strawberry & banana.
AVOCADO
OUR LOCALLY SOURCED AVOCADOS ARE SMASHED 8
MIXED WITH CHILLI FLAKES, LIME, GROUND BLACK PEPPER
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Served with Greek yogurt, fresh fruit & jam. BOW	L 8
FRESH FRUIT BOWL ♥ A mixture of freshly sourced fruit of the day with Greek yogurt.	8
Blueberry & coconut smoothie bowl topped with blueberries, banana & coconut.	10
CHOCOLATE PEANUT BUTTER ♥ Peanut butter smoothie bowl topped with granola, chocolate chips, peanuts, banana & chia seeds with a caramel drizzle.	10
MANGO & PINEAPPLE ♥ Mango & pineapple smoothie bowl topped with kiwi, mango, coconut flakes & chia seeds.	10
STRAWBERRY & BANANA ♥ Strawberry & banana smoothie bowl topped with granola, banana, strawberries & chia seeds.	10
ACAI DELIGHT ♥ Frozen acai bowl topped with granola, banana, blueberries, strawberries, chia seeds & coconut flakes.	13
NAUGHTY BUT NICE	
CRÊPES♥	11

3 large crêpes with a choice of lemon & sugar or Nutella,

Golden, light & fluffy waffles served with freshly whipped cream & a choice of banana & strawberry or Nutella.

Tall stack of light & fluffy buttermilk pancakes served with maple syrup & a choice of fresh fruit or crispy bacon.

Blueberry, banana or chocolate chips to the pancake mix.

3 egg omelette with a choice of 3 fillings served with

5 egg white omelette with a choice of 3 fillings served

Bacon I Cheese I Ham I Mushrooms I Onions | Peppers

SERVED WITH WHITE OR BROWN TOAST.

served with banana & strawberries.

AMERICAN PANCAKES

FREE RANGE EGGS

FREE RANGE EGG WHITES

SERVED WITH HOME FRIES. L'EXPRESS SANDWICH

P & M GRILLED SANDWICH

brown or white bread.

AVOCADO

home fries.

with home fries. **CHOOSE FROM**

Spinach I Tomato

Roasted

found.

WAFFLES

ADD

GLASS

11

13

2

13

14

2

11

11

11

11

11

13

3

HOMEMADE GRANOLA

ADDITIONAL FILLINGS (each)

a fried egg & melted cheese in an English muffin, bagel or croissant.
CYPRUS BAGEL ♥ Grilled halloumi, sun dried tomatoes, rocket & mint yogurt.
MONTREAL BAGEL Smoked salmon, cream cheese, tomato, red onion & capers.
NEW YORK BAGEL

chicken breast, bacon, spinach, avocado,

RKEAKLAS	PIROK	KIIO			
Scrambled	eggs,	mixed	cheese,	avocado,	tomato,
red onion,					a wheat
flour tortilla	& serve	ed with s	sour crear	m.	
A Carlon					

BREAKFAST SIDES

3

HOME FRIES

Fried egg, bacon, grilled ham, melted Monterey Jack cheese, lettuce, tomato & mayo on a choice of toasted

CRISPY BACON 3 3 **SAUSAGE HASH BROWNS TOAST** 3 All prices quoted are in Euros & include IVA. Detailed allergen information is available upon request. Please advise us before ordering if you have any allergies. As allergens are present in

our kitchen we cannot guarantee trace elements will not be