



Superfood, Delivered

Sleaford & Lincolnshire

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AÇAI BOWLS ✦ PROTEIN SHAKES ✦ CREATINE GAINS ✦ SALADS ✦ FUNCTIONAL DRINKS

Açaí & Smoothie Bowls

VEGAN · GF

Sunrise Açaí	£9.50
Açaí, strawberry, banana, granola, peanut butter	
Green Goddess	£9.95
Spinach, avocado, mango, spirulina, kiwi, chia	
Cacao Dream	£9.95
Raw cacao, banana, almond butter, cacao nibs	
Berry Reboot	£9.50
Blueberry, blackcurrant, beetroot, bee pollen	
Tropic Thunder	£9.50
Mango, pineapple, passionfruit, coconut, kiwi	
Build Your Own	£9.95
Your base, 3 toppings & a superfood boost	

Protein Shakes

25G+ PROTEIN

Peanut Powerhouse	£8.50
Banana, peanut butter, cacao, plant protein	
Vanilla Sky	£8.95
Vanilla, banana, almond butter, collagen	
Berry Builder	£8.95
Mixed berries, avocado, vegan protein	

Gains — Creatine & Protein

+5G CREATINE

The Gains Shake	£8.50
30g protein, 5g creatine, peanut-cacao	
Strength Stack Bowl	£9.95
Protein açaí, 5g creatine, granola, nuts	
Recovery Reload	£8.50
Berry, tart cherry, 30g protein, 5g creatine	

Gains Boost any item — + Creatine 5g £1 · + Protein 15g £1.50

Protein Salads & Power Bowls

22-42G PROTEIN

The Dense Bean Salad	£8.95
Three beans, feta, cucumber, herby dressing	
Street Corn Chicken	£10.95
Chicken, charred corn, cottage cheese, avo	
Marry Me Chicken	£10.95
Chicken, sun-dried tomato, parmesan, yoghurt	
Crispy Chicken Caesar	£10.95
Crispy chicken, kale, egg, parmesan, croutons	
Salmon Poke Bowl	£11.95
Salmon, rice, edamame, avocado, sesame-soy	
Halloumi Quinoa	£9.95
Halloumi, quinoa, chickpeas, beetroot, olives	

Functional Lattes & Shots

Pink Beet Latte	£4.95
Golden Glow Latte	£4.50
Blue Majik Matcha	£5.50
Mushroom Mocha	£5.00
Green Cleanse Juice	£6.50
Fire Shot	£3.50

Superfood Snacks

Energy Bliss Balls (3)	£3.95
Chia Pudding Pot	£4.95
Protein Banana Bread	£5.50

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Plant-based options · gluten-free friendly · made fresh. Please ask about allergens (nuts, seeds, dairy, gluten). Creatine & protein are food supplements. Prices include VAT.