## SMOOTHIES £7

ADD A PLANT BASED PROTEIN +£1
Vanilla / Salted Caramel / Chocolate

### A SMOOTHIE A DAY...

Banana, Muesli, Almond Milk, Espresso Shot & Honey

### CHOCO KHAN

Cocoa, Strawberries, Spinach

### KALE'EM WITH KINDNESS

Kale, Apple, Avocado, Ginger

### **GAIN CHANGER**

Peanut Butter, Berry, Banana, Oat Milk

### PEACHY ONE

Peach, Vanilla, Bluberries

### MANGO BLUSH

Raspberry, Mango, Acai, Mint

### IM BLUE

Blueberries, Banana, Pineapple, Blue Spirulina, Coconut Milk



## SIMPLESMOOTHIES £6

### **CHOOSE ANY 3**

Apple
Banana
Strawberry
Blueberry
Orange

Pineapple
Pear
Watermelon
Kiwi
Raspberry

Melon Mango Spinach Acai

## ACAI=97

### **BERRY**

Base - Açai, mixed berries, blueberries, natural yogurt, lemon.

Toppings - Granola, raspberries, strawberries, blueberries, goji berries

### **BREAKFAST**

Base- Açai, Banana, Mixed berries, Vanilla protein, natural yogurt
Toppings- Granola, Kiwi, Strawberries, banana

### CHOCOLATE

Base- Açai, Choc protein, Cacao, Banana, Natural Yogurt, Dates Toppings- Brownie crumble, Cocoa nibs, Banana, Granola, Cherries.

### NUTS

Base- Açai, Peanut butter, Natural Yogurt, Agarve syrup, Mango Toppings- Peanuts, Peanut butter, Granola, Cashew nuts, banana

## JUICES £6.50

### MY HEART BEETS FOR YOU

Beetroot, Blueberries, Apple, Strawberries & Lime

### APPLE A DAY

Apple, Pear & Carrot

#### D'MANGO UNCHAINED

Mango, Blueberries & Melon

### DOPAMINE MACHINE

Spinach, Apple, Celery, Cucumber, Ginger & Lime Juice

#### THE SNIFFLES

Carrot, Celery, Spinach, Lemon & Honey

#### **DETOX DEREK**

Beetroot, Celery, Ginger

#### THE SMART ONE

Carrot, Orange & Ginger

## EXTRAS £1

**Protein** 

Spirulina

Collagen

Supergreen

**Sea Moss** 

Creatine

Flaxseed



## OVERNIGHT OATS

£5

ADD FRESH FRUIT +£1.50

## CHOCCY & NICE OATS

Chocolate Oat Milk, Chia Seeds, Maple and Cocoa nibs

### BLUBERRY HUMBLE PIE

Oat Crumble, Chia Seeds, Vanilla

### TIRAMISS YOU!

Tiramisu, Espresso Shot, Yoghurt and Cocoa Powder

## CATCH ME I'M THE GINGERBREAD MAN

Lotus Spiced Oats, Apple & Gingerbread Biscuit



## **CUPPA OATS**

£3.50

Warm Rolled Oats with Oat Milk

MAKE INTO PROATS +£1.50

ADD BERRIES/BANANA +50P

## TOAST £4

(before this became toast this bread was made and delivered FRESH from JUNGS bakery)

## **CHOOSE FROM**

Sourdough
Croissant
French brioche
Classic white
Brown

### **BUTTERLY GOOD**

**Buttered Up Bread (toasted)** 

### **JAM IT**

Selection of Local Jams and Marmalades

### **PBRJ TIME**

Peanut Butter, Fresh Raspberries & Jelly

### CHOCCYWOCCYDOODAH ON TOAST

Warmed Nutella, Banana, White Chocolate and Hazelnut



# WAFFLES



#### **BISCOFF**

Fresh waffle, Biscoff sauce, White Chocolate Sauce, Biscoff crumb

#### **OREO**

Fresh waffle, Belgian Chocolate Drizzle Oreo Crumb

#### **BERRY**

Fresh waffle, Mix of fresh blueberries & raspberries, maple syrup, Icing sugar dusting

#### **ADDITIONAL EXTRAS +50P EACH**

1 scoop vanilla ice cream Peanut Butter 1 scoop Greek yoghurt Honey Whipped cream Sorbet Berry Compote Banana

## Let's Stay Together? . .

FIND US ON

**#NAUGHTYANDNICE** 





# CAKESHAKE



### THE COOKIE MONSTER

Chocolate Chip Cookie Ice Cream Blend, Chocolate Chips, Oreo's Cookie Dough Pieces, Chocolate Drizzle

### **CHEERY BAKEWELL**

Whole Slice Of Cherry Bakewell, Vanilla Ice Cream, Toasted Almonds, Glace Cherry, Cherry Drizzle

### THE BRUCE BOGTROTTER

Chocolate Fudge Brownie Cake, Chocolate Ice Cream, Chocolate Curls & Dark Chocolate Drizzle

### STRAWBERRY WHITE CHOCOLATE CHEESECAKE

A Whole Slice Of Cheesecake, Strawberry Ice Cream, Cream Cheese White Choc Chips & Strawberry Drizzle

# KIDSMENU

STRAWBERRY WANNILLA CHOCOLATE BANANA

Made with fresh ice cream, milk & ice

# THETUCKSHOP





Your-favorite choice of chocolate bar in a milkshake my

MARS M&M

SNICKERS CADBURYS BOOST

YORKIE ROLO

MALTEASERS MUNCHIES

TWIX MILKY WAY

KINDER BUENO LION BAR

KIT KAT OREO

AERO BUBBLY PEPPERMINT REFRESHER BAR

TERRYS CHOCOLATE ORANGE

REECE'S PEANUT BUTTER CUPS

MILKYBAR WHITE

SKITTLES

**CHOCOLATE BUTTONS** 

\* PLEASE ASK YOUR STAFF FOR Vegan and dairy free alternatives



ADD YOUR OTHER FAVOURITE BAR FOR £1.50

ADD WHIPPED CREAM FOR £1.00



# BUBBLEWAFFLEWRAPS

Fresh Bubble Waffle wraps with your choice of flavour

## **CHOOSE FROM**

Chocolate bar from the Tuck Shop

Ice cream scoop

Hazelnuts

**Brownie bits & Whipped Cream** 

# WARMCOOKIEDOUGH

## With Ice cream

Chose Any of Our Cakeshake and Milkshake Flavours in Warm Gooey Cookie Dough form, your choice of Ice cream AND toppings!

## **PICK YOUR BASE**

Milk Chocolate Cookie Dough, Ice Cream & Chocolate Sauce

Double Chocolate Brownie Cookie Dough, Ice Cream & Chocolate Sauce

Salted Caramel Cookie Dough & Chocolate Sauce

Vegan Friendly Cookie Dough & Chocolate Sauce (Ve)

ADD AN EXTRA ICE CREAM SCOOP FOR £1.50

# CHOCOLATESTRAWBERRYFOUNTAIN

Fresh Strawberry Halves Drowned in a Warm Milk Chocolate Sauce

ADD A BROWNIE FOR £ 1







AMERICANO £3

LATTE £3.50

CAPPUCCINO £3.50

FLAT WHITE £3

ESPRESSO £2.50

EXTRA SHOT 50P

Alternatives +50P
Oat milk | Coconut Milk
Soya Milk | Almond Milk

Syrups +50P Gingerbread | Hazelnut Caramel | Vanilla





Want More? +50P
Cream | Marshmallows

