

## Drinks

Double Espresso 2.55

Americano 3.33

Flat White 3.33

Cappuccino 3.55

Latte 3.55

Breakfast Tea 2.55

Herbal Tea 2.55

Hot Chocolate 3.55

Chai Latte 3.55

Dirty Chai 4.44

Syrup 0.55

Iced lattes available

Milk Choices: Cows, Oat, Soya, Almond, Coconut milk

## Superfood Lattes

All 4.44

### Beetroot

A blend of beetroot, mixed spice syrup & milk of choice.

Beetroot is rich in antioxidants and high in immune boosting vitamin C and contains compounds that can also help to reduce blood pressure...making this one super amazing drink!

### Turmeric

A blend of turmeric, ginger syrup and milk of choice.

Turmeric is recognised for its powerful anti-inflammatory, antibacterial and antioxidant properties.

### Raw Cacao

A blend of raw cacao and milk of choice.

Raw cacao contains amazing antioxidants and serotonin which acts as a natural mood enhancer. Supercharge your hot chocolate with this natural nutrient rich superfood.

### Matcha

A blend of pure matcha tea and milk of choice.

One of the main health benefits of Match tea is that it delivers a mega dose of antioxidants in every sip.

According to the latest scientific research Matcha contains more antioxidants than any superfood on the planet.

### Blue flower & Blueberry Matcha

A blend of Grade A+ blue flower matcha, blueberry syrup and milk of choice. The blue flower is rich in antioxidants and can help relax muscles and prevent the growth of worms in the gut!

All served hot or iced.

Milk choices: Cows, Oat, Soya, Coconut or Almond.

## Fresh Juices & Smoothies

### Supergreen Juice 4.44

Apple juice, pineapple, spinach, cucumber, celery & mint.

### Vitamin C Booster Juice 4.44

Orange juice, carrot, turmeric, ginger.

### Kalm Smoothie 4.44

Coconut milk, pineapple, banana.

### Tropical Twist 4.44

Pineapple juice, pineapple & banana chunks

### Dreamy Days 4.44

Soya milk, mixed berries & pink pitaya powder

### Acai Berry Blast 4.44

Oat milk, mixed berries & acai powder

### Mango Cooler 4.44

Pineapple juice & mango on ice

Add your favourite superfood powder for just 1.00  
spirulina, pink piñata, açai berry, matcha, protein powder

Apple juice 2.22  
Pineapple juice 2.22  
Orange juice 2.22  
Kombucha 3.00  
Trip CBD 3.00  
Jaga cans 3.00  
Jaga shots 2.50  
Good Gut Shots 2.50  
Bottles Water 1.50

## Kalm Bowls

### Very Berry 9.99

Açai powder & banana blended with frozen mixed berries, topped with granola, seasonal fruit, chai seeds, peanut butter, chocolate sauce, desiccated coconut and a drizzle of maple syrup.

### Tropical Fruit (VE) 8.88

Mango, pineapple and banana blended, topped with granola, dried mango, coconut curls, chia seeds, banana chips & physalis.

### Pink Dragon (V, VE) 8.88

Greek yogurt & granola, topped with seasonal fresh fruit, blended pink dragon fruit sauce, maple syrup & passion fruit.

### Very Cherry (VE) 8.88

Acerola powder blended with frozen cherries, mixed berries & banana, topped with granola, cherries, almond flakes, desiccated coconut, cacao nibs and a drizzle of maple syrup.

### Dark Forest Protein (VE) 8.88

Spirulina powder blended with frozen blueberries, blackberries & banana, topped with granola, blueberries, raspberries, cocoa nibs and a drizzle of maple syrup.

### The Nutter (VE) 8.88

Blended banana smoothie bowl topped with granola, sliced banana, peanut butter, chopped nuts and chocolate sauce.

Gluten free granola available upon request  
Add 25g of vegan vanilla protein powder to any bowl 1.11

## Oats So Good

### Fruity Porridge (V,VE) 6.66

Creamy porridge made with milk of your choice.  
Served with fresh seasonal fruit, chia seeds & maple syrup.

### The Nutty Protein Porridge (V, VE) 7.77

Creamy porridge made with milk of your choice, Topped with sliced banana, mixed chopped nuts, peanut butter, dark chocolate chips and a drizzle of chocolate sauce.

### Oats & Greek Yogurt (V) 7.77

Softened oats mixed with Greek yogurt & chia seeds, topped with seasonal fruit and a drizzle of maple syrup.

Add 25g of vegan vanilla protein 1.11

Milk choices: Cows, Oat, Coconut, Soya, Almond

## American Style Pancakes

### Fruity Pancakes (VE) 8.88

4 American style pancakes, topped with seasonal fruit, drizzled with maple syrup.

### Nutty Pancakes (VE) 8.88

4 American style pancakes, topped with peanut butter, sliced banana, chopped mixed nuts, maple syrup and a drizzle of maple syrup.

### Chocolate Pancakes (V) 8.88

4 American style pancakes, topped with milk chocolate sauce, white chocolate sauce, chocolate chips and white chocolate stars.

Add 25g protein to Greek yogurt to top your pancakes. 1.11

## On Toast

All 8.88

### Philly Pesto (V)

Toasted sourdough slices, smothered in cream cheese, pesto, sun-dried tomatoes, pea shoots and balsamic glaze.

### Bangin' Bagel (VE)

A toasted bagel with smashed avocado, roasted peppers & onions, rocket & sweet chilli sauce.

### The Naughty One (VE)

Peanut butter & banana on soughdough toast, drizzled with maple syrup.

### The Healthy One (VE)

Smashed avocado, sun-dried tomatoes, feta, rocket, pea shoots & balsamic glaze.

### Humm (VE)

Toasted sourdough loaded with humous, rocket, roasted onions & peppers, feta, rocket & sweet chilli sauce.

Gluten free bread available upon request.

## Small Bowls

Fresh Fruit & Greek Yoghurt 3.33

Hummus & Veg Sticks 2.22

Rice Cakes, Veg Sticks & Hummus 3.33

Granola, Seasonal Fruit & Protein Yogurt 5.55