



## Menu

### BREAKFAST • 7-11

#### Superbowls all @ £4.50

- Granola with natural 0% Greek yoghurt and fruit  
Choose your milk: nut; soya; dairy  
(Coconut yoghurt £1.00 supplement)
- Bircher muesli
- Nutty porridge

#### Toast and stuff @ £3.50

- 2 slices with organic unsalted butter and 2 Crucial house-made condiments  
Choose your bread: San Francisco sourdough; fruit bread; whole-meal, gluten free  
Choose 2 condiments : 'Notella'; Jam; Unsalted peanut butter; Marmalade; Vegemite; Marmite

### DRINKS • All day

#### Smoothies @ £4.00

- Super Smoothie - post workout  
Almond milk, maca powder, blueberries, brown rice protein, dates, coconut oil
- Popeye  
Spinach, mint, parsley, lemon, apple, banana
- Bloody Ruth (not 100% cold pressed)  
Tomato, red pepper, celery, lime, ginger

#### Cold-pressed juices @ £3.50

- Orange, apple, cucumber, mint
- Beetroot, carrot, apple, ginger
- Kale, broccoli, celery, lime, pineapple, apple

#### Tonics @ £3

- Black lemonade
- Detox mint lemonade

#### Nut, dairy and soya milks @ £3.50

- Choose your milk, choose your flavour:
- Choco
  - Matcha tea
  - Fruit
  - Coffee, vanilla, dates

*We're always happy to make up a smoothie or juice of your choice if we have the fresh ingredients - just ask!*

### LUNCH • 12-3

- Huevos rancheros with poached or fried egg, avocado of the day and sourdough: £7
- Avocado, feta, chilli, mint, lime with sourdough £5.50

#### Raw/salads @ £8

- Raw pad Thai
- Lentil, beetroot, red onion, feta, parsley

#### Hot bowls

- Chicken or tofu laksa with rice noodles £8

#### Raw/salads with protein top-up @ £11.50

Chicken breast; Salmon; Tofu

#### Wrap and roll @ £6

- Hummus and falafel wrap with raw vegetables, alfalfa, baby leaf and chilli jam

#### Butties @ £4.50

- Sticky chicken with cucumber, red onion, spinach, chilli jam on whole-meal bloomer

### SWEET TREATS • All day

- Crucial granola bar £3.00
- Crucial brownie £3.00
- Crucial flapjack £3.00
- 'Amazeballs' 80p each

prices may vary according to market prices and availability

[www.crucialfood.com](http://www.crucialfood.com)

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