

# BREAKFAST

<b>FAMOUS ENGLISH</b> Sausage, bacon, grilled tomato, mushrooms, fried eggs, beans, toast	13.00
<b>FAMOUS VEGGIE (v)</b> Veggie sausage, hash browns, grilled tomato, fried egg, mushrooms, beans, fried onions, buttered toast	12.50
<b>SANDWICH</b> Bacon or sausage or fried egg	7.50
<b>BREAKFAST WRAP</b> Bacon, avocado, tomato, mixed leaves & mayo	12.50
<b>EGGS BENEDICT</b> Two poached eggs, muffin, ham, hollandaise sauce	11.50
<b>EGGS FLORENTINE</b> Two poached eggs, muffin, spinach, hollandaise sauce	11.50
<b>EGGS ROYAL</b> Two poached eggs, muffin, smoked salmon, hollandaise sauce	12.50
<b>3 EGG OMELETTE</b> Served with toast or leaves <b>Add:</b> cheese / ham / tomato / feta / mushrooms / jalapeños (+0.50 - 4.00)	10.00

## ON TOAST

<b>CHILLI EGGS</b> Scrambled eggs, spring onion, chilli flakes, bacon & parmesan served on Prokorn or Sunbun	13.80
<b>BACON &amp; SMASHED AVOCADO</b> Cherry tomatoes, bacon, two fried eggs, pesto served on Prokorn or Sunbun	14.80
<b>SMASHED AVOCADO (v)</b> Feta, mint & pine nuts on Prokorn or Sunbun	13.50
<b>VEGGIE EGGS (v)</b> Scrambled with spinach, cherry tomatoes, red onion & feta served on Prokorn or Sunbun	14.50
<b>SCRAMBLED, POACHED OR FRIED EGGS</b> On sliced brown or white	9.90
<b>POACHED EGGS</b> Smashed avocado with chilli flakes served on sliced brown or white	12.50
<b>BUFFALO MOZZARELLA</b> Fresh tomato, avocado, rocket & olive oil served on Prokorn or Sunbun	14.00
<b>SMOKED SALMON</b> Cream cheese & smashed avocado served on Prokorn or Sunbun	14.00
<b>WARM MUSHROOMS</b> Spinach & goats cheese served on Prokorn or Sunbun <b>Add:</b> Irish sausage	13.50 14.80
<b>SMASHED AVOCADO</b> With bread of your choice	9.50
<b>BEANS ON TOAST</b> On sliced brown or white	8.50

## EXTRAS

*(Not sold individually +1.50 - 3.00)*

Egg · Mushrooms · Tomatoes · Baked beans · Hash brown · Ham · Sausage · Cheddar cheese · Cream cheese

## BREAKFAST BOWLS

<b>AÇAÍ BOWL</b> Açaí, frozen berries, banana & almond milk <b>Toppings:</b> Blueberries · Banana · Raspberries · Homemade granola · Sunflower & pumpkin seeds · Chia seeds · Coconut	13.00
<b>PLANT PROTEIN PICK ME UP</b> Coconut & banana mix, chocolate pea protein / maca powder, dash of espresso & almond milk <b>Toppings</b> Coconut flakes · Cocoa nibs · Sunflower & pumpkin seeds · Blueberries · Banana	14.50
<b>BLUE SPIRULINA BOWL</b> Coconut & banana, blue spirulina & almond milk <b>Toppings</b> Homemade granola, Blueberries, Fresh mango · Coconut flakes · Hemp seeds · Cocoa nibs	14.50
<b>TROPICAL BOWL</b> Fresh mango, coconut flakes & banana mix & almond milk <b>Toppings</b> Homemade granola · Blueberries · Sunflower seeds · Chia seeds · Mango · Banana	14.50
<b>MUESLI, FRUIT &amp; YOGHURT BOWL</b>	13.00
<b>FRUIT BOWL</b>	10.50
<b>PORRIDGE BOWL</b> Made with milk of your choice, served with banana or walnuts or mixed berries	9.50
Add peanut or almond butter	1.50

## PANCAKES

<b>MAPLE SYRUP STACK</b>	11.50
<b>NUTELLA STACK</b>	12.50
<b>FRESH STRAWBERRY STACK</b>	12.50
<b>NATURAL YOGHURT, FRESH BERRIES &amp; WALNUTS STACK</b>	13.00

## TOASTIES

Ham, cheddar cheese & tomato	8.80
Turkey, brie & cranberry sauce	8.50
Tuna, mayo, mozzarella & sun dried tomato	10.00
Mozzarella, tomato, avocado, capers, basil mayo	10.00

## BREAD OPTIONS +1.50

<b>PROKORN</b> A dark, multi cereal bread
<b>SUN BUN</b> Unbleached white bread with oats & sunflower seeds
<b>BAGEL</b> <b>GRANARY BAGUETTE</b>
<b>SIN GLUTEN BREAD</b>
<b>WHITE BAGUETTE</b>

## SAVOURY BOWLS

*(Served with brown rice or quinoa)*

<b>SALMON BOWL</b> Avocado, edamame, cherry tomatoes, mango & teriyaki marinade	23.00
<b>TUNA BOWL</b> Lightly cooked tuna steak served with broccoli, edamame, mango & soy & ginger marinade	21.50
<b>AFRITADA CHICKEN</b> Chicken, potato, bell peppers, carrots in a tomato based sauce	18.50
<b>CHILLI CON CARNE BOWL</b>	18.50
<b>BEEF STEW</b>	19.00
<b>VEGGIE BOWL</b> Warm bowl with mixed veggies, edamame, cashew nuts & soy, honey & ginger marinade <b>ADD:</b> Chicken	17.00 20.00
<b>TOFU BOWL</b> Teriyaki Tofu with avocado, edamame, cherry tomatoes & mango	19.00
<b>TERIYAKI CHICKEN BOWL</b> Avocado, edamame, cherry tomatoes & mango	22.00
<b>FALAFEL BOWL</b> Cucumber, tomatoes, parsley & lemon salad, beetroot houmous with yoghurt & Tahini dressing	18.50
<b>CHICKEN KATSU</b> Aromatic katsu curry sauce, chicken in crispy panko breadcrumbs served with a side salad	21.00
<b>CAJUN CHICKEN</b> Whole cajun chicken breast	19.50
<b>ASIAN BOWL</b> Tofu, beef or chicken with rice noodles, spring onion, carrots, red bell pepper, cabbage, peanuts, bean sprouts with a sweet chilli & soy sauce dressing	18.00

*All of our bowls are served with fresh coriander unless requested without*

## WRAPS

*(All wraps are toasted. If you like yours cold please request at order. Served with crisps & salad garnish)*

<b>TRICOLORE (v)</b> Mozzarella, tomato, avocado, leaves & pesto	14.00
<b>SIMPLY SALAD (v)</b> Cheddar cheese, leaves, tomato, cucumber, avocado, red onion & mayo <b>Add:</b> chicken	13.50 16.00
<b>CAESAR</b> Chicken, cos lettuce, parmesan & Caesar dressing	15.00
<b>BEANIE (v)</b> Kidney beans, sour cream, jalapeños, fresh tomatoes, cos lettuce & cheddar cheese	13.50
<b>GAMBERETTI</b> Prawns, cream cheese, spinach leaves, red pepper, mango & sweet chili	14.00
<b>TROPICAL</b> Chicken, mango, avocado, mayo & lettuce <b>Add:</b> Sriracha mayo	16.50 17.00
<b>CORONATION CHICKEN</b> With leaves	15.50
<b>FALAFEL WRAP</b> Falafel, leaves, tomato, cucumber, red onion & tahini. Chilli optional	14.50

# LUNCH

## SALADS

<b>THE FRESH FOOD CAFE SALAD (v)</b> Crumbled feta, cherry tomatoes, olives, cucumber, red onion, avocado, mint, dates, cashews, hazelnuts, walnuts & salad leaves with lemon & herb house dressing	15.50
<b>TUNA NICOISE</b> Tuna steak, egg, olives, red onion, tomato, cucumber, salad leaves & house dressing	18.00
<b>TRICOLORE SALAD (v)</b> Mozzarella, avocado, tomato, rocket, balsamic glaze	16.00
<b>CAESAR SALAD</b> Chicken, cos lettuce, parmesan & Caesar dressing	16.50
<b>VEGGIE CAESAR SALAD</b> Avocado, tomato, carrot, cucumber, cos lettuce, Parmesan, croutons & Caesar dressing	14.50
<b>CALIFORNIAN SALAD (v)</b> Crumbled goats cheese, gem lettuce, avocado, cherry tomatoes, cucumber, carrot, zucchini, pine nuts, bean sprouts & balsamic, lemon & herb house dressing	14.50
<b>BISTRO SALAD (v)</b> Warm goats cheese, spinach leaves, pear, sun dried & vine tomatoes & cashews with a light balsamic dressing	14.50
<b>PRAWN &amp; AVOCADO SALAD</b> Mixed leaves, cucumber, tomato, avocado & prawns in a rosa	16.00
<b>CHICKEN SALAD</b> Chicken, mixed leaves, cucumber, tomato, carrot, fresh beetroot, avocado, egg & house dressing	17.50
<b>PASTA SALAD</b> Fusilli, black olives, cherry tomatoes, capers, rocket, red pesto, chicken or tuna with red onion	17.50
<b>SUPERFOOD SALAD (v)</b> Quinoa, mixed leaves, carrot, beetroot, tomatoes, avocado, mixed seeds, broccoli, butternut, pomegranate, mint & feta served with a light balsamic dressing	19.00

**ADD:** Chicken + 4.50 Prawns + 4.50 Beef + 4.50

## OVEN BAKED JACKET POTATOES

*(All served with a side salad)*

Beans / cheddar cheese / cottage cheese / coleslaw / prawns in rosa sauce / tuna mayonnaise / chicken mayonnaise / avocado / sweetcorn / rocket	13.00
Add an extra filling from above (+ 1.50 - 4.00)	
Jacket potato with chilli con carne	16.50
Jacket potato with coronation chicken	16.50

## SIDE DISHES

Skinny / Chunky fries (v)	6.00
Skinny / Chunky fries with Cajun seasoning (v)	6.50
Sweet potato fries	6.50
Regular, sweet potato or Cajun fries served with Sriracha mayo	6.80
Homemade coleslaw (v)	4.50

## BURGERS

*(All served with a side salad)*

<b>CAJUN CHICKEN BURGER</b> Avocado, cheese, leaves, tomato salsa, mayo	17.00
<b>HOMEMADE BEEF BURGER</b> 220g burger, home-made relish, cheese, bacon, tomato, red onion, gherkin, lettuce & mayo, served with salad or fries	17.50
<b>VEGGIE BURGER (v)</b> Homemade bean burger, cheese, leaves, tomato, onion, gherkin, mayo & sweet chilli	16.50
<b>BEYOND MEAT BURGER</b> Vegan cheese, leaves, tomato, onion, gherkin, mayo & sweet chilli	18.00

## QUESADILLAS

Cheddar cheese, tomato, jalapeño & red onion with sour cream, guacamole & salad garnish	15.00
<b>Add:</b> chicken / prawns / bacon	17.00

## SANDWICHES

*(Brown or white sliced or see bread options. All sandwiches served with salad garnish & crisps)*

Cheese & tomato (v)	9.00
Egg, mayo & rocket (v)	9.00
Cheese, lettuce, tomato, cucumber, pickle (v)	9.00
Brie, walnut & grape (v)	9.50
Avocado, mozzarella, tomato, basil mayo (v)	9.90
Chicken, mayo & sweetcorn	9.90
Chicken breast, basil mayo & tomato	9.90
Chicken, mayo & avocado	9.90
Chicken coronation with grapes	9.90
Roast beef, mayo, English mustard & rocket	9.90
Tuna, mayo, cucumber & lemon	9.50
Prawns rosa & avocado	9.90
Smoked Salmon, Cream Cheese, Capers, Leaves	10.50
<b>BLT</b> Bacon, lettuce, tomato	9.50
<b>FRESH FOOD CLUB</b> Chicken, mayo, lettuce, tomato, cheese & bacon (double layer sandwich) Add fried egg	12.50 +1.00
Add extra ingredient (+ 1.50 - 2.00)	

## KIDS

<b>CHICKEN NUGGETS &amp; FRIES</b>	8.50
<b>FUSILLI PASTA</b> Butter & green or red pesto <b>ADD:</b> Cheese	8.00 +1.50
<b>FISH FINGERS</b> Served with broccoli & sweetcorn or fries	9.50
<b>TUNA MAYO &amp; CHEESE WRAP</b>	8.50
<b>PEANUT BUTTER SANDWICH (OR ON TOAST)</b>	6.50
<b>CHEESE SANDWICH</b>	8.50
<b>HAM SANDWICH</b>	9.00
<b>NUTELLA SANDWICH</b>	7.50

## FRESH JUICE

<b>WAKEY WAKEY</b> Pineapple, orange, lemon & honey	7.50
<b>ZINGER</b> Carrot, orange & ginger	7.50
<b>VITALIZER</b> Carrot, apple & ginger	7.50
<b>DETOX</b> Carrot, apple pear & cucumber	7.50
<b>ALLERGY BUSTER</b> Apple, cucumber & ginger	7.50
<b>FRESH START</b> Carrot & lemon	7.50
<b>LIQUID LUNCH</b> Beetroot, carrot, apple & celery	7.50
<b>PEAK PERFORMANCE</b> Pear, pineapple, strawberry & ginger	7.50
<b>SUMMER LOVE</b> Orange, pineapple, & strawberry	7.50
<b>CREAMY GREEN</b> Apple, spinach, banana, avo & lemon	8.50
<b>PICK ME UP</b> Orange, banana & strawberry	7.50
<b>IMMUNITY</b> Pineapple, apple, lemon	7.50
<b>DAILY GREENS</b> Spinach, celery, apple, cucumber & lime	7.50
<b>HAPPY APPLE</b> Apple, lime & ginger	7.50
<b>THE CURE</b> Carrot, beetroot, apple & lime	7.50
<b>CLEANSE</b> Apple, celery & lemon	7.50
<b>POWER KALE</b> Kale, Pineapple, apple, cucumber & lemon	8.00
<b>CELERY JUICE</b>	8.00
<b>MIKYME</b> Pineapple, Spinach, Banana & ginger	8.00
<b>DETOX WATER</b> Cucumber, mint & lemon	5.00
<b>BLUE SPIRULINA LEMONADE</b>	5.50
<b>CLOUDY APPLE</b>	7.50
<b>FRESH ORANGE</b>	6.00
<b>ADD</b>	2.00
Whey protein	0.50
Ginger	0.65
Fresh Tumeric	

## JUICE SHOTS

<b>PURE GINGER SHOT</b>	4.50
<b>GINGER &amp; LEMON</b>	4.00
<b>GINGER SHOT</b> Ginger & apple Strengthen immune system · Lessens likelihood of colds & flu · Eases stomach discomfort · Eases morning sickness · Reduces pain & inflammation	3.50
<b>CHLORELLA</b> Chlorella, ginger & apple Reduces body fat · Boosts energy · Aids digestion · Alleviates depression · Balances blood sugar · Boosts immune system	4.50
<b>WHEATGRASS</b> Wheatgrass, ginger & apple Reduce effects of aging · Slows hair going gray · Increase feeling of strength, endurance & renewed health · Boosts immune system · Purifies liver	4.50
<b>SPIRULINA</b> Spirulina, ginger & apple Reduce effects of aging · Loaded with antioxidants · Complete protein, containing all essential amino acids plus betacarotene · Improves eye sight, good vision · Rich in Iron, B12, vitamins A, K & B Complex	4.50
<b>TUMERIC &amp; CAYENNE SHOT</b> Orange, turmeric & cayenne Supports weight loss · Helps detoxification · Helps to reduce muscle & joint pain · Helps reduce depression · Increases antioxidant capacity of the human body	4.50
<b>BEET SHOT</b> Beetroot & apple Researchers have discovered that nitrate-rich beetroot juice can enhance the performances of athletes, as well as provide numerous health benefits to the body overall · Can help digestion & inflammation · Filled with antioxidants that can help increase the white blood count in the body	4.50
<b>LEMON, GINGER &amp; TUMERIC SHOT</b> Detoxifying · High in vitamin C · Helps digestion · Strengthens immune system · Energising	4.50

## BOOSTER JUICES

*(Booster Juices are a long drink)*

<b>POWER BOOSTER</b> Pineapple, broccoli, cucumber, lime & Chlorella	7.50
<b>ANTIOX BOOSTER</b> Avocado, strawberries, lemon, wheatgrass, honey, ice & almond milk	8.00

## SMOOTHIES

<b>BREAKFAST SMOOTHIE</b> Strawberries, banana, muesli & yoghurt. Blended with antioxidant mixed berry juice.	7.50
<b>BANANA BERRY</b> Mixed berries, banana, yoghurt. Blended with antioxidant mixed berry juice.	7.50
<b>MANGO MAMBO</b> Mango, raspberry, pineapple. Blended with antioxidant mixed berry juice.	7.50
<b>BANANA SURPRISE</b> Banana, milk & honey	7.50

### DAIRY PROTEIN SMOOTHIE

<b>CLASSIC PROTEIN</b> Frozen strawberries & banana, protein and milk	8.50
<b>PEANUT PROTEIN</b> Banana, PB powder, protein and milk	8.50
<b>CHIA BERRY PROTEIN</b> Mixed berries, chia, protein and anti oxidizing mixed berry juice	8.50

### PLANT PROTEIN SMOOTHIE

<b>CLASSIC PLANT</b> Strawberry, banana, chocolate pea protein & almond milk	9.00
<b>SLOW BURN PLANT PROTEIN</b> Coconut & banana mix Chocolate pea protein Cocoa nibs Almond milk	9.00
<b>PEANUT PLANT</b> Banana, PB powder, chocolate pea protein and almond milk	9.00

*Protein shakes can be made with your choice of milk; organic, almond, soja, coconut or oat milk.*

#### WE USE FLAVOURLESS WHEY PROTEIN BECAUSE:

- Builds muscle
- Easily digested
- Provides all of the amino acids needed to stimulate muscle synthesis
- It is a complete protein

## FRAPPUCCINOS

Cafe latte	7.50
Coffee Caramel	7.50
Coffee Mocha Chip	7.50
Matcha Green	7.50
White Chocolate	7.50
Spice Chai	7.50

## MILKSHAKES

*(Made with ice cream)*

Chocolate / Vanilla / Oreo / Brownie /	7.50
Banana / Fresh Strawberries	

## BEER, WINE & SPIRITS

San Miguel	3.50
Heineken	3.50
Coronita	4.80
White, Rose, Red wine (by the glass)	5.00
Spirit with mixer	9.00

## SOFT DRINKS

Still water	3.00
Sparkling water	3.90
Coke / Coke Light / Fanta / Sprite / Aquarius	3.30
Coconut water	4.30
Mango Iced Tea Lemon/Goji / Açai /	4.50
Pomegranate (Natural Flavour)	
Takeaway cup	0.10

## COFFEE & MORE

	Reg	Tall	Grande
Espresso	2.50	3.00	
Cortado	2.70	3.20	
Americano	2.70	3.40	
Cafe con leche	3.10	3.90	4.30
Cappuccino	3.20	3.70	4.30
Cafe latte		4.00	4.40
Hot chocolate		4.00	4.50
Chai tea latte		4.30	4.90
Mocha		4.40	4.90
Matcha & vanilla latte			
Extra coffee shot		+0.50	
Shot of caramel/vanilla/hazelnut		+0.50	
Tea	2.90	3.30	
Organic Infusion tea			3.80
Fresh ginger, lemon & honey			4.20
Fresh ginger & fresh mint			4.20
Baby chino / Baby HotChoc		3.00	

*(All coffee made with full or skinny organic milk. Soya, almond, coconut and oat milk also available)*

## CAKES & TREATS

Carrot cake / banana & walnut cake	6.50
Cookies / cupcakes	4.00
A selection of low sugar oat cookies	4.00
Dark chocolate oat cookie	4.10
Brownies / gluten free chocolate cake	6.00
<b>ADD: Ice cream</b>	+2



**THE FRESH FOOD CAFE**  
*Breakfast Coffee Lunch Cakes*

We love great flavours and smiles on our customers' faces. This is why our food principles are all about good, simple ingredients, always freshly prepared to order.

IVA Included

**TAKEAWAY**  
**Tel: 650 299 275**

**We do not serve fast food, we just serve good food as quickly as possible!**

**Please be aware, each dish is prepared freshly to order, so your meal can take a little while to get to you.**

**Please note that if you order a bespoke plate we cannot guarantee the flavours and you will still be charged for the order.**

**Our menu is well thought out and varied so that we can assist you with a choice.**

**Please note that extras will be charged for individually.**

**If you have a food allergy please inform one of our staff.**

**Please note service of 10% will be added to tables of 6 people or more.**

**We appreciate your understanding.**