

# DRINKS

## COFFEE

ESPRESSO SNG/DBL	2/2.2
LATTE	2.7
MACHA LATTE	2.9
CAPPUCCINO	2.7
CINNAMON LATTE	3.1
MOCHA	2.9
AMERICANO	2.5
CHAI LATTE	3.1
PICCOLO/CORTADO	2.3
MACCHIATO	2.2
FLAT WHITE	2.7
HOT CHOCOLATE	3.2

extras shot, oat or almond milk,  
vanilla, hazelnut or caramel  
syrup 0.5

## TEAS

EARL GREY / MINT	2.3
GREEN TEA / BREAKFAST	2.3
CAMOMILE / PEPPERMINT	2.3

## FRESH JUICES

RED ROAR	4.3
carrot, ginger, beetroot, apple	
ORANGE JUICE	4.3
fresh orange juice	
SUNNY MINT	4.3
apple, orange, mint	
IMMUNE BOOSTER	4.3
tumeric root, orange, ginger lemon, black pepper	
GREEN & MEAN	4.3
apple, cucumber, celery, kale, ginger, lemon	
GREEN APPLE	4.3
FRESH GREEN APPLE JUICE	

## SMOOTHIES

VERY BERRY	4.7
banana, cranberry, blackberry, yogurt	
MORNING MAGIC	4.7
banana, yogurt, coffee, honey, whey powder	
HULK	4.7
spirulina, orange, apple, lime, banana	
TROPIC POWER	4.7
banana, orange, & mango	
MILKSHAKES	5
CHOICE OF VANILLA / CHOCOLATE/ OREO / MALTESERS	

## DRINKS

LIMONATA / ARANCIATA	2.5
COKE / DIET COKE	2.5
GINGER BEER	2.5
STILL / SPARKLING WATER 500ml	2
CAWSTON RHUBARD & APPLE	2.8
CAWSTON ELDERFLOWER LEMONADE	2.8

# MENU

## BREAKFAST

PICO DE GALLO ON TOAST - (VG)	6	MUSHROOMS ON TOAST	8
toasted sourdough topped with avocado, fresh tomato, coriander and chilli		creamy mushrooms on toast, topped with pesto	
QUINOA & YOGURT BOWL (GF)	6.9	AVOCADO CHORIZO FETA	10
quinoa tricolore, greek yogurt, honey fresh seasonal fruit		avocado, chorizo, and whipped spicy feta on sourdough	
FOLDED EGGS	7	GRANOLA	6
folded eggs on sourdough		Greek yogurt, granola with hazelnuts, honey, fresh fruit	
EGGS ROYALE	9	SWEET POTATO ROSTI - (GF)	9
smoked salmon, sourdough, poached eggs, hollandaise		sweet potato rosti, with avocado or kale, poached eggs topped with hollandaise	
AVOCADO & POACHED EGGS	8	CHORIZO HASH	9
crushed avocado with lemon, served on sourdough & poached eggs		chorizo & potato pan fried with balsamic vinegar, red onions, topped with a poached egg & hollandaise	
PISTACHIO DUKKAH EGGS	10	PANCAKES	9
kale, broccoli and poached eggs, topped with pistachio dukkah on toasted sourdough.		blueberry pancakes, served with creme fraiche & maple syrup	
CHORIZO EGGS	9	BENEDICT	11
chorizo folded eggs on sourdough		Smoked bacon, poached eggs, hollandaise sauce, serve on brioche buns	

## MAINS

GLUTEN FREE OPTIONS AVAILABLE

HUEVOS RANCHEROS	11	HALLOUMI SANDWICH	9
tomatoes and peppers in a chilli sauce and black beans, topped with eggs, avocado & feta cheese		halloumi, yogurt, rocket, red peppers	
TRUFFLED POLENTA & MUSHROOM - (VG)(GF)	11	AVOCADO & MUSHROOM SANDWICH - (VG)	9
truffled polenta topped with a wild mushroom ragout		AVOCADO, MUSHROOMS, SWEET POTATO, ROCKET	
FALAFEL & GRAINS - (VG) (GF)	12	MR BACON SANDWICH	9
Quinoa, Rice, sweet potatoes falafels, cannellini beans, olives, cucumber, mint, soya beans, onions, smoked aubergine		bacon, beef tomatoes, baby gem, house sauce	
SALMON CEVICHE BOWL - (GF)	12	CHICKEN SANDWICH	9
raw cubes of salmon ceviche rice bowl with avocado, soya beans, kimchi, cabbage, cucumber, sriracha mayo, crispy onions		chicken, lettuce, spicy mayo, pico de gallo, avocado	
TUPI SUPER BRUNCH - (VG)(GF)	10	add an egg, feta, bacon, tofu, mushrooms, chorizo to any sandwich £1.5	
avocado, chia seeds, quinoa, kale, pumpkin seeds, broccoli, roasted sweet potato - add an egg, feta, bacon, tofu or mushrooms £1.5			
TUPI FRY UP	12		
smoked bacon, chorizo sausage, cherry tomatoes, mushrooms, sourdough, eggs & pesto			
vegetarian option with avocado & halloumi			

SIDES

£3.5 each

BACON / HALLOUMI / BLACK BEANS / FRIES / SWEET POTATOES FRIES / AVOCADO / TOFU / GREEN SALAD / MIX SALAD / CREAMY MUSHROOMS / CHORIZO

## DESSERTS

LUSCIOUS LEMON CHEESECAKE ( GF)	6	AFFOGATO - (GF)	5.5
Luscious Lemon Cheesecake - gluten free		vanilla ice cream, served with Cuidado coffee espresso	
BROWNIE - (VG) (GF)	6	BELGIUM CHOCOLATE TRUFFLE CAKE (GF)	5.5
gluten free & vegan chocolate brownie served with vegan vanilla ice cream		indulgent Belgium chocolate cake	

Food Allergies and Intolerances - Some of our foods contain allergens. Please speak to a member of staff for more information 12.5% discretionary service charge to be added to the bill