

FOOD MENU



OPEN & SERVING EVERYDAY FROM 10AM - 4PM

GLUTEN FREE

MUSHROOM SAUSAGE ROLL £ 4
Wholesome mushroom filled gluten free pastry
Contains sesame seeds & tamari

PINK COLESLAW £ 3 . 5
Vegan mayo, mustard, red onion, red cabbage, carrot
Contains soya

ACAI BOWL £ 8
Cherries, blueberries, açai, banana & coconut mlk blended and topped with home made granola, flax seed, sesame seeds & banana slices
Contains sunflower seeds & sesame seeds
Add peanut butter or almond butter for an extra £2

LEMON CHEESECAKE £ 4
Buttery biscuit base topped with a creamy lemon cheesecake filling and a lemon curd
Contains soya & cashew nuts

PEANUT BUTTER & JAM COOKIE £ 2
Shortbread style peanut butter cookie with a raspberry jam filling
Contains soya & peanuts

PEANUT BUTTER CARAMEL SLICE £ 4
Almond & date base topped with a sweet peanut butter filling & topped with a layer of cacao.
Contains peanuts & almonds

SALTED CHOCOLATE BROWNIE £ 3 . 5
A rich chocolate brownie with a bit of Himalayan salt
Contains soya & almonds

BIRTHDAY CAKE £ 4
Gluten free vanilla sponge topped with a vanilla glaze & covered in birthday sprinkles
Contains soya

TOASTED

MUSHROOM SAUSAGE ROLL £ 4
Wholesome mushroom filled puff pastry
Contains sesame seeds, soya & gluten

"SAVE THE SALMON" BAGEL £ 6
House made marinated carrots in a cream cheese bagel, topped with black sesame seeds
Contains sesame seeds, soya & gluten

CHEEZE & CHUTNEY TOASTIE £ 6
Focaccia stuffed with cheeze, spinach & a home made chilli & tomato chutney.
Contains soya & gluten

BANANA MUFFIN £ 3 . 5
Toasted & buttered
Contains gluten

BAKED

CROISSANTS £ 3 . 5
Plain, chocolate & almond
All contain gluten & soya, almond contains almond

DOUBLE CHOCOLATE CHIP COOKIE £ 2
Crunchy on the outside & chewy in the middle
Contains gluten & soya

COMFORTS

MAC & CHEEZE £ 10
Served with broccoli & tomatoes. Topped with crispy onions, coconut bac'n, sesame seeds
Contains sesame seeds, soya & gluten

BANANA PANCAKES £ 8
3 thick pancakes drizzled in berry coulis, cream & pancake syrup.
Gluten free. Contains soya
Add sliced banana for an extra £2

BEFORE YOU ORDER, PLEASE MAKE US AWARE OF ANY ALLERGIES YOU MAY HAVE OR IF YOU HAVE ANY INGREDIENT RELATED QUESTIONS.

WAVE - WE ARE VEGAN EVERYTHING

DRINKS MENU



ALL OF OUR HOT DRINKS ARE SERVED WITH OAT MLK AS STANDARD. PLEASE LET US KNOW IF YOU WOULD PREFER ALMOND (CONTAINS GLUTEN), COCONUT (CONTAINS SOYA) OR SOYA INSTEAD

JUICES

GOODNESS GRACIOUS GREEN £ 5
Cucumber, apple, spinach, lemon & spirulina

IMMUNE BOOST £ 5
Carrot, apple, ginger & orange

ORANGE £ 3 . 5

APPLE £ 3 . 5

SMOOTHIES

GOLDEN GLOW £ 5
Our twist on the classic mango lassie
Contains mango, coconut yoghurt, organic turmeric, black pepper, agave & coconut mlk

ANTIOXIDANT CACAO HIGH £ 5
An indulgent guilt free cacao shake
Contains cacao, maca, Himalayan salt, banana, cashews & coconut mlk.
Add a double shot of espresso or peanut butter for an extra kick. £1.50

FRIDGE DRINKS

FIX 8 KOMBUCHA £ 4
Tripple ginger, Strawberry tulsi, Citrus saffron

PUNCHY £ 3
Cucumber, yuzu & rosemary soft punch

HUMBLE WARRIOR £ 4
Reishi & pineapple, Tulsi & pomegranate, Turmeric & mango

THE PICKLE HOUSE £ 1 . 9 9
Spiced tomato mix

SPARKLING WATER £ 1 . 5

STILL WATER £ 1 . 5

WAVE HOTTIES

SALTED COFFEE £ 3 . 5
Himalayan salt & agave added to a latte style coffee, giving off flavours of salted caramel

PEANUT BUTTER COFFEE £ 4
Peanut butter, Himalayan salt & agave added to a latte style coffee

TURMERIC LATTE £ 3 . 5 0
Organic turmeric, cinnamon, black pepper, Himalayan salt & agave blended with frothed mlk

HOT CACAO £ 4
Organic raw cacao, Himalayan salt & agave blended with frothed mlk

TURMERIC & CACAO £ 4
Organic turmeric, raw cacao, cinnamon, black pepper himalayan salt & agave blended with frothed mlk

TURMERIC, CACAO & COFFEE £ 4 . 5
Organic turmeric, raw cacao, cinnamon, black pepper, Himalayan salt, agave & a double espresso blended with frothed mlk

BETROOT LATTE £ 3 . 5
Beetroot powder, Himalayan salt, vanilla & agave blended with frothed mlk

MATCHA LATTE £ 3 . 5
Matcha powder & agave blended with frothed mlk

REGULAR COFFEE

SINGLE ESPRESSO £ 1 . 5

DOUBLE ESPRESSO £ 2

MACCHIATTO £ 2 . 8
Double espresso topped with a little bit of frothed mlk

AMERICANO £ 2 . 8
Double espresso topped with a hot water. Let us know if you would like hot or cold mlk in or on the side

FLAT WHITE £ 3
Double espresso topped with a little bit of frothed mlk

LATTE £ 3 . 2
Double espresso topped with frothed mlk

CAPPUCCINO £ 3 . 2
Double espresso topped with foamy frothed mlk & a sprinkle of cocoa

MOCHA £ 4
Double espresso, organic cacao, Himalayan salt & agave blended with frothed mlk