

# Look after your brain and body choose

## coffee

Coffee instead of pre-workout

Increases endurance

increases concentration

increases muscle power

decreases the feeling of fatigue

make yourself

All coffee served with a high protein milk

Mushroom coffee £4.26

The blend of lions mane ashwagandha and MTC oils.

CBD coffee £4.21

A medium roast coffee infused with CBD

Lions Mane latte £4.55

Blend of lions mane ashwagandha turmeric and cinnamon.

Pre-workout coffee espresso with a dash of pink salt £1.88

Butter coffee with protein £4.80

Protein café mocha £4.93

## Smoothies

High energy high hydration spinach and cranberry juice smoothie  
£2.93

High protein peanut butter, banana and oats smoothie £3.56

Mango and turmeric smoothie £3.28

Good for immunity, cognitive function and energy

Beauty berry smoothie £3.42

Blend of organic hibiscus, baobab, nettle leaf powder and collagen  
formula for healthy skin high in protein

Citrusy energy smoothie £3.00

A blend of baobab, maca and matcha powders. That reduces  
tiredness of fatigue.

Coffee frappé £3.49

With lions mane and ashwagandha £4.49

Protein coffee frappé £4.49

With lions mane and ashwagandha £5.49

Cocacola zero £1.00

Diet coke £1.00

Fanta orange zero £1.00

Monster original £2.50

Monster mango local £2.50

Monster ultra £2.50