

HOST

COFFEE

TO EAT

CLASSICS

TOASTED SOURDOUGH £2.50

Add jam or marmalade 50p

(V) EGGS YOUR WAY £7.50

Poached or scrambled eggs on toasted sourdough

(V) AVOCADO ON TOAST £8.00

Smashed avocado, lemon & micro herb garnish on sourdough. *Add poached egg £1.50 | Add hot honey halloumi £3.00 | Add sriracha hollandaise £1.50*

(V) EGGS FLORENTINE £9.00

Sautéed spinach on toasted sourdough with two poached eggs and sriracha hollandaise sauce

SCANDI SMOKED SALMON £9.00

Whipped dill & caper cream cheese on toasted sourdough with smoked salmon. *Add poached egg £1.50*

(V) KEFIR BERRY BOWL £5.50

Fresh mixed berries topped with kefir & mixed seeds

ORGANIC ACAI BOWL £8.50

Acai is the super-berry rich in anthocyanins, antioxidants & potent levels of vitamin C, amazing for glowing skin. Our acai is sourced direct from the Amazon, blended then topped with strawberries, banana, blueberries, coconut flakes, chia seeds, palm-oil-free peanut butter, cacao nibs, and our homemade spelt granola

SPECIALS

(V) BANANA BREAD SPECIAL £6.00

Topped with homemade chia berry compote, organic Greek yoghurt and agave drizzle *(vegan option available)*

CHORIZO AND NDUJA
SCRAMBLED EGGS £9.50

Smokey Spanish sausage, infused with spicy N'duja folded through scrambled eggs, served on toasted sourdough. A rich and flavourful twist on a classic.

(V) CREAMY GARLIC MUSHROOMS
ON SOURDOUGH TOAST £8.00

A mix of chestnut & wild mushrooms, with garlic, parsley and cream on toasted sourdough. *Vegan option available*

TURKISH EGGS £9.50

A super high protein bowl of organic Greek yoghurt with garlic, dill and lemon topped with two poached eggs, chorizo, zaatar & fresh chilli served on sourdough. *Veggie option available*

If you have any dietary requirements or want to know the seasonal specials, please ask a member of the team.

Please note our Hoylake store is our in-house bakery, so we cannot guarantee there is no cross-contamination due to the constant use of flour and nuts. Regrettably, we cannot serve serious nut or gluten allergy sufferers.

PANINI £7.25

Chicken, tuna or hot honey halloumi with homemade pesto, tomato and avocado. *Add sriracha and jalapeño for extra spice*

CAESAR SALAD SANDWICH £7.50

Lettuce, parmesan, chicken, bacon on sourdough

HIGH PROTEIN SPANAKOPITA
EGGS £9.50

Jammy eggs on a bed of spinach & organic Greek yoghurt dressed with pomegranate, gut booster seeds.

ADD ONS

Smoked salmon £3.00

Avocado £2.00

Hot honey halloumi £3.00

Extra poached egg £1.50

Sriracha hollandaise £1.50

Truffle cheddar £1.00

Please order at the till

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COFFEE

TO DRINK

COFFEE

ESPRESSO	£2.90	MOCHA	£4.10
AMERICANO	£3.30	HOT CHOCOLATE	£3.50
LONG BLACK	£3.10	HOT CHOCOLATE	£4.00
CORTADO	£3.40	with cream and marshmallows	
FLAT WHITE	£3.60	SYRUPS	50p
LATTE	£3.80	EXTRA SHOT	£1.00
CAPPUCCINO	£3.80		

COLD DRINKS

STILL WATER	£1.50	PROTEIN SHAKE	£6.00
SPARKLING WATER	£1.60	Chocolate or Vanilla protein with milk of your choice, banana & nut butter. 25g protein (<i>vegan protein available</i>)	
ICED LATTES	£4.00	IMMUNITY CUBES	£3.00
ELDERFLOWER FIZZ	£3.50	Organic ginger, orange, turmeric & cinnamon iced cubes. Add to hot water.	
PEACH ICED TEA	£3.50		
STILL LEMONADE	£3.50		
ORGANIC APPLE OR ORANGE JUICE	£2.50		

SPECIAL BLENDS

PRETTY IN PINK	£3.90
Pink pitaya & vanilla syrup latte	
BLUE SAPPHIRE	£3.90
Organic blue matcha & vanilla syrup latte	
SPICED CHAI	£3.90
Aromatic spices & sweetened black tea latte	
GLOW UP	£3.90
Turmeric, cinnamon, date syrup latte	
CEREMONIAL GRADE CACAO	£4.50
Cacao, cinnamon, agave & plant-based milk	

TEA

ENGLISH BREAKFAST TEA FOR ONE	£2.90
SELECTION OF HERBAL TEAS	£3.80

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WELLNESS SMOOTHIES

THE ALPHA £10.00

Muscle recovery – boosts testosterone – boosts energy
Ashwagandha, Tongkat Ali, Magnesium, Zinc, vanilla protein, frozen banana, peanut butter and milk of choice

FOREST FUEL £8.50

Brain function and focus – immunity boost – energy
Lions mane, Chaga, vanilla protein, cinnamon, almond butter, frozen banana and milk of choice

MOON MILK £7.00

Muscle recovery – sleep support – anti-inflammatory
Magnesium powder, cocoa nibs, frozen banana, almond butter, pinch celtic sea salt, ice and milk of choice

HAILEY BIEBER SMOOTHIE £8.50

Skin glow – gut health – natural energy
Frozen strawberries, coconut yoghurt, ¼ avocado, collagen, dates, spinach and coconut milk

ACAI SMOOTHIE £6.00

Anti-oxidants – heart health – vitality
Frozen Organic Acai Pulp, banana, chia seeds, and coconut milk

GUT GLOW £6.00

Digestion – anti-inflammatory
Kefir yoghurt, flax seeds, chia seeds, frozen papaya, mango, pineapple and milk of choice

DETOX SMOOTHIE £6.50

Cleansing – anti-inflammatory – digestion
Spinach, shot of super greens, papaya, mango, pineapple and coconut water

BERRY BOTOX £6.00

Radiance – antioxidant rich – digestive health
Collagen, frozen strawberries, raspberries, blueberries, flax seeds, Greek yogurt & milk of choice

SMOOTHIE ADD ONS

Espresso shot £1.00	Ashwaghandha £1.00
Protein powder £1.50	Chaga £1.00
Collagen £1.00	Magnesium £1.00
Lions Mane £1.00	Zinc £1.00
Avocado £1.00	Tonkat Ali £1.00

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Follow us on Instagram @hostcoffee_

HOST

COFFEE

matcha ^{YOUR} mood

We now serve our own organic ceremonial-grade matcha.
Choose a matcha to enhance your mood.

THE OG BLEND £3.90

Matcha latte

A balanced and sustained energy boost without the jitters associated with coffee. It contains L-theanine, an amino acid that promotes relaxation and reduces stress while enhancing cognitive function. This can lead to increased alertness, mental clarity, and a sense of calm focus.

CACAO COMFORT £6.50

Ceremonial cacao & matcha latte

Cacao Comfort offers a comforting and indulgent experience, combining the natural energy boost of matcha with the mood-enhancing properties of cacao. Cacao contains high levels of magnesium, which supports women's cycles, and theobromine, which may help promote relaxation and reduce stress. This blend can evoke feelings of warmth, comfort, and satisfaction.

CBD DREAM £6.50

CBD drops, lavender & matcha latte

CBD Dream is designed to promote relaxation, stress relief, and restful sleep. CBD (cannabidiol) interacts with the body's endocannabinoid system to help regulate mood, reduce anxiety, and induce feelings of calmness and tranquillity. Lavender extract further enhances relaxation and promotes a sense of peace and well-being.

ENERGY ELIXIR £6.50

Turmeric, ginger & matcha latte

Energy Elixir provides a revitalising and invigorating experience, combining the natural energy boost of matcha with the warming and stimulating properties of ginger and turmeric. Ginger and turmeric are known for their anti-inflammatory and antioxidant properties, which can promote a sense of vitality, well-being, and mental clarity. This blend can help combat fatigue, uplift mood, and enhance focus and concentration.

FOUNTAIN OF YOUTH £6.50

Collagen, rose & matcha latte

Fountain of Youth offers a rejuvenating and nourishing experience, combining the antioxidant-rich properties of matcha with the beauty-enhancing benefits of rose petals and collagen. Collagen peptides support skin health and elasticity, promoting a youthful complexion and overall vitality. This blend can evoke feelings of beauty, vitality, and inner radiance.

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