# HOST T

# ΤΟ ΕΑΤ

# CLASSICS

### (V/VE) TOASTED SOURDOUGH £2.60

Add jam or marmalade 50p.

(VE) AVOCADO ON TOAST £8.20

Smashed avocado, lemon & micro herb garnish on sourdough. *Add boiled egg £1*.

### PEANUT BUTTER ON TOAST £6.95

Peanut butter on toasted sourdough topped with bananas & organic cacao nibs and agave. With your choice of toppings:

- (V) Caramel pieces and caramel sauce.
- (VE) Mixed seeds: pumpkin seeds, sunflower seeds, sesame seeds, golden linseed, chia seeds.
- (VE) BANANA BREAD SPECIAL £6.00

Topped with homemade berry compote, coconut yoghurt and agave drizzle (greek yoghurt available).

### (VE) TROPICAL SMOOTHIE BOWL £8.00

Frozen mango, pineapple and papaya blended base, topped with in house granola, banana, palm oil-free peanut butter mixed seasonal berries & garnished with coconut flakes, chia seeds, organic cacao nibs & agave.

# SPECIALS

### CHICKEN CAESAR SALAD ON TOAST £7.50

Crispy lettuce, shredded chicken, crispy bacon and parmesan tossed in Cesar salad dressing on toasted sourdough. *Add a boiled egg £1*.

### (V) HOT HONEY BURRATA ON TOAST £8.50

Homemade pesto with sliced tomatoes, creamy burrata and hot honey drizzle on toasted sourdough.

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

Please note our Oxton kitchen is incredibly small so we cannot guarantee there is no cross-contamination due to the constant use of bread and nuts. Regrettably, we cannot serve serious nut or gluten allergy sufferers.

### (V) KEFIR BERRY BOWL £5.50

Good for your gut Kefir yoghurt topped with fresh mixed berries and mixed seeds.

### (VE) ORGANIC ACAI BOWL £9.00

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, raspberries, coconut flakes, chia seeds, palm oil-free peanut butter, cacao nibs, & our homemade spelt granola.

### (VE) GRANOLA POTS £5.50

Coconut yoghurt with homemade berry compote and homemade granola.

### (V) OVERNIGHT OAT POTS £5.50

Gluten free oats combined with coconut milk and vanilla protein powder with:

- Pistachio, fresh raspberry & organic white chocolate
- Biscoff

### HOST PANINI £7.25

Homemade pesto, tomato and avocado with a choice of:

- Chicken
- Tuna

Add sriracha and/or jalapeños for extra spice.

### SCANDI SMOKED SALMON £8.50

Whipped cream cheese with dill and capers on toasted sourdough with smoked salmon. *Add a boiled egg £1*.

## ADD ONS

Smoked salmon £3.00 Avocado £2.00

Boiled egg £1.00

# HOST COFFEE

# TO DRINK

### COFFEE

ESPRE	SSO	<b>£</b> 3.00
AMERI	CANO	<b>£</b> 3.40
LONG	B L A C K	<b>£</b> 3.20
CORTA	ADO	<b>£</b> 3.50
FLAT	WHITE	<b>£</b> 3.70
LATTE		<b>£</b> 3.90
САРРС	CCINO	<b>£</b> 3.90

МОСНА	£4.20			
HOT CHOCOLATE	<b>£</b> 3.60			
HOT CHOCOLATE	<b>£</b> 4.10			
with cream and marshmallows				
S Y R U P S	50 p			
EXTRA SHOT	£1.00			

# COLD DRINKS

STILL WATER	<b>£</b> 1.60
SPARKLING WATER	<b>£</b> 1.60
ICED LATTE	<b>£</b> 4.00
ELDERFLOWER FIZZ	<b>£</b> 3.50
PEACH ICED TEA	£3.50
STILL LEMONADE	<b>£</b> 3.50
ORGANIC APPLE OR ORANGE JUICE	<b>£</b> 2.50

PROTEIN SHAKE	£6.20
Chocolate or Vanilla protein with milk of your choice, banana & nut butter. 25g protein <i>(vegan protein available)</i>	
IMMUNITY CUBES	<b>£</b> 3.00
Organic ginger, orange, turmeric &	

# cinnamon iced cubes. Add to hot water.

### SPECIAL BLENDS

PRETTY IN PINK £4.00 Pink pitaya & vanilla syrup latte BLUE SAPPHIRE £4.00 Organic blue matcha & vanilla syrup latte SPICED CHAI £4.00 Aromatic spices & sweetened black tea latte GLOW UP **£**4.00 Turmeric, cinnamon, date syrup latte CEREMONIAL GRADE CACAO £4.50 Cacao, cinnamon, agave & plant-based milk

### ΤΕΑ

ENGLISH BREAKFAST TEA FOR ONE £2.90

SELECTION OF HERBAL TEAS £3.80

# H O S T

# TO DRINK

# 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

### GUT GLOW £7.00

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

### DETOX SMOOTHIE £7.00

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

### BERRY BOTOX £7.00

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

## SMOOTHIE ADD ONS

Espresso shot £1.00 Protein powder £1.50 Collagen £1.00

Lions Mane £1.00

Avocado £1.00

Ashwaghanda £1.00 Chaga £1.00 Magnesium £1.00 Zinc £1.00 Tonkat Ali £1.00





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

### THE OG BLEND £ 4.00

#### 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 antiinflammatory 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.