

Please order at the counter and have your table number ready

Breakfast Muffin - available all Day!
Tofu 'egg', meat free sausage, dairy free cheese and tomato slice in a 'buttered' English muffin 4.99 / take away 4.50

GF *** Soup**
Homemade and served with choice of side salad or bread (white baguette, sliced wholemeal or ask for *gluten free roll for an additional 0.50) 4.50 / take away 3.25

Thrive Sandwiches

Served with side salad when eaten in and choose from granary bread or multigrain wrap. White baguettes available for an additional 0.20
* Menu items labelled as GF can be made free of gluten ingredients if gluten free bread is requested (additional 0.25)

GF *** Mediterranean Cashew 'Cheese'**
Cashew 'Cheese', roasted balsamic mushrooms, 'pesto' & sundried tomatoes 5.50 / take away 4.50

GF *** Classic Falafel**
Falafel, home made hummus, roasted vegetables and tahini dressing 5.50 / take away 4.50

GF *** Super Greens**
Avocado, pumpkin seed 'pesto', pea shoots and leafy salad with an avocado, lime and herb dressing 5.50 / take away 4.50

Thrive Sausage
Meat free sausages with wholegrain mustard mayo 5.50/ take away 4.50

'TLT'
Smokey tempeh rashers, tomato, avocado and mayo 4.50 / take away 4.50

The 'New Yorker' Reuben
Warm tempeh 'bacon', 'cheese', sauerkraut with thousand island style dressing in toasted bread or baguette 5.99 / takeaway 5.50

New Sweet Chilli 'Chicken' Wrap
Southern fried style seitan with 'mayo' and salad 6.99/ take away 5.99

New Sausage Burrito
Meat free sausage, spicy rice, salsa, guacamole, salad leaves, dairy free cheese and 'mayo' 7.99 / takeaway 6.99

Add chips to any sandwich for 2.00 or sweet potatoes for £1.75

GF New Jackfruit 'Fish' and Chips
Jackfruit seasoned with nori and coated with crispy batter made without gluten ingredients. Served with vegan tartar sauce. 8.50 / take away 7.50

Thrive Salad Bowls

GF **Quinoa and Tofu Bowl**
Lemon and basil quinoa with tomato infused tofu, alfalfa sprouts, salad leaves, toasted seeds and lemon vinaigrette 5.99 / take away 4.99

GF *** Sweet - Root Salad**
Roasted Sweet Potatoes, Beetroot, Toasted Walnuts, Dairy Free Mediterranean 'Cheese', Avocado. Salad Leaves and Balsamic Dressing 6.99 / take away 5.99

GF *** Super Green Bowl**
Avocado, pea shoots, tomato, salad & smokey chickpeas with a lime, herb & avocado dressing. * Omit chickpeas to make soya free. 6.99 / take away 5.99

GF *** Big Thrive Bowl**
Roasted vegetables, balsamic mushrooms, hummus, avocado, basil and lemon quinoa, salad leaves, sprouts, seeds, falafel, with tahini dressing. 7.99/ take away 6.99

GF *** Salad Extras:**
Falafel (3) / Avocado / Smokey Chickpeas (contain soya) / Lemon quinoa / Hummus / Sundried tomatoes / Balsamic Mushrooms / Cashew 'Cheese' 1.50 each

Thrive Burger Meals

Burger meals come with chips and side salad. (Take Away burger meals come without salad.)

GF *** The Wholefood Burger**
Handmade with lentils, roasted mushrooms, fresh herbs and quinoa, served with spicy red pepper relish, gherkins and salad on a wholemeal roll. *Can be ordered free of gluten ingredients 8.25 / take away 7.25

The Fried 'Chicken' Burger
Crispy meat free seitan 'chicken' burger with barbecue sauce, dairy free cheese and coleslaw on white seeded roll 8.25 / take away 7.25

The 'Meaty' Burger
Our flavoursome handmade meat-free burger served with our special sauce, dairy free cheese, gherkins and salad on a white sesame topped roll. 8.25 / take away 7.25

Upgrade to sweet potato fries for 0.75

Burger Extras:
Tempeh rasher / Onion Rings / Cashew 'Cheese' : 0.80 each; Dairy free cheese slice / Spicy red pepper relish / hash brown / roasted vegetables / mushrooms : 0.50 each; Special burger sauce/ hummus : 0.40 each; Extra gherkins: 0.30 each

Take away burger without chips and salad ...just 4.50
Gluten Free Seeded Bun +0.50

Double up your burger for 1.99!

Sides and Extras

- GF** **Dips: egg free mayo / our special sauce** 0.40 each
- GF** **Soya 'Chicken' Nuggets (6)** 3.80 / take away 3.20
- GF** **Garlic bread (baguette)** 2.99 / take away 2.49
- GF** **Onion rings** 2.99 / take away 2.50
- GF** **Side salad** 2.99 / take away 2.49
- GF** **Lemon and basil quinoa** 3.50 / take away 2.99
- GF** **Home-made hummus** 1.50 / take away 0.99

- GF** *** Bowl of Chips** 3.20 / take away 2.75
- GF** *** Bowl of Sweet Potato Fries** 3.99 / take away £3.50
- Upgrade to Garlic Chips or Garlic Sweet Potatoes** + 0.50
- Load with ...cashew sour 'cream', salsa, jalapeños, red onions and fresh parsley** +1.99
- Load with ... 'cheese' and tempeh 'bacon'** +1.99

Kid's Menu (under 12's only)

- GF** **Nuggets and beans with chips** 3.99 / take away 3.20
- GF** **Beans on toast** 1.99/ take away 1.50
- GF** *** Children's Sandwiches**
Choose from: dairy free cheese / hummus and salad / peanut butter and jam / Veggie Sausage (contains soya) 1.99 / take away 1.50
- Veggie Sausage, beans and chips** 3.99 / take away 3.20

For Kids Mini ice cream sundae
Choose from our regular flavours of berry/ banana/ brownie! (see dessert section for full description) 2.50 / take away 1.99

Important Allergen Info

- GF** This menu item is free of any gluten containing ingredients OR has the option to be made gluten free- please specify if required
 - GF** This menu item is free of soya OR can be ordered soya free- please specify
- Please ask if you require a full allergens list for each menu item. Whilst we take cross contamination seriously, please be aware that we are a small kitchen and cannot guarantee against allergen traces. We are 100% vegan.

Desserts / Sweets

Check out our cake counter...we've got low sugar & non gluten choices too!

Gf Dairy Free Icecream

Vanilla, Chocolate or Berry 1 scoop: 1.50, 2 scoops: 2.80, 3 scoops: 4.10

Gf *Upgrade to soya free Booja Booja 'Icecream'

Vanilla flavoured, cashew based, soya free and sweetened with agave (This would also make brownie and blondie bowls soya free) 0.30 per scoop

...Toppings and sauces listed in green box below!

0.75 each

Gf Banoffee Bomb Sundae

Dairyfree vanilla 'ice cream' with banana, coconut caramel sauce, chopped nuts, fudge pieces, wafer and squirty soya cream 6.99

Brownie Blast Sundae

Chocolate and vanilla coconut 'ice cream', brownie chunks, chocolate sauce, wafer and squirty soya cream 6.99

Gf Berry Bliss Sundae

Vanilla and berry 'ice cream' with berry sauce, fresh berries, wafer and squirty soya cream 6.99

Gf Refined Sugar Free Sundae

Cashew based Booja Booja 'icecream' (sweetened with agave), topped with Sweet Freedom chocolate sauce (sweetened with natural fruit syrup), berries, banana and chopped nuts 7.50

Gf Thrive Waffle

Made with buckwheat flour and comes with a scoop of dairy free ice cream (vanilla/berry/chocolate) and a choice of two toppings from options below. Soya free option: swap the ice cream for a suitable third topping to make your waffles soya free. 6.99 / take away 6.40

Sundae and Waffle Extra Toppings

Chocolate Syrup - Strawberry Syrup - Sweet Freedom Chocolate Syrup - Maple Syrup - 'Caramel' sauce - Fresh Berries - Banana - Chopped Nuts - Marshmallows - Choc Drops - Fudge (contains soya) - Brownie Pieces (contain gluten) - Squirty soya cream 0.75 each

Gf Brownie Bowl

Warm chocolate brownie with chocolate sauce and dairy free vanilla 'ice cream' eat in 4.50 / takeaway 3.99

Gf Peanut Blondie Bowl

Made with gluten free ingredients and served warm with vanilla dairy free 'ice cream' and coconut 'caramel' sauce eat in 4.50 / take away 3.99

Gf Acai Bowl

'Superfood' acai puree, banana, non-gluten granola, fresh berries, coconut chips and cacao nibs eat in 5.50 / take away 4.99

Big selection of cold and alcoholic drinks available in our counter

Cold Drinks

Gf Smoothies- organic frozen fruits and vegetables blended with apple juice.

...Very Berry Purple Smoothie

Strawberry, Raspberry, Blueberry, Blackberry, Blackcurrant & Banana 3.99

...Passionate Pink Smoothie

Passion fruit, strawberry, raspberry, mango and banana 3.99

...Thrive Super Green Smoothie

Banana, spinach, broccoli, apple, fresh herbs, ginger, spirulina, wheatgrass, barleygrass and chlorella 3.99

Gf * Milkshakes

Made with soya milk and dairy free 'ice cream'. Choose from chocolate / strawberry / banana / vanilla / maple pecan / caramel / 'white' chocolate / chocolate hazelnut / peanut butter cup / banoffee / cookies 'n' 'cream' / biscoff* (*last two choices contain gluten) eat in 4.50 / takeaway 3.99

Gf Superfood Milkshake

Dairy free milk of your choice blended with maca powder, banana, dates, peanut butter, raw cacao and ice eat in / takeaway 4.50

Add a shot of rice / soya / pea / hemp protein for 0.60

Hot Drinks - Drink in or Take Away

Hot drinks made with your choice of dairy free milk: Soya or Oat. (Almond, Coconut, Hemp or Rice +0.20)

Our coffee is TRIPLE CERTIFIED: organic and Fairtrade Foundation + Rainforest Alliance approved

Espresso	1.60
Americano	small 2.15 large 2.55
Latte or Flat White	small 2.25 / large 2.85
Cappuccino	small 2.35 / large 2.95
Mocha	small 2.65 / large 3.25
Extra shot of coffee	0.50
Hot Chocolate	small 2.65 / large 3.25
Add marshmallows, choc flakes & squirty 'cream'	+ 1.25
Organic Tea	1.75
Organic loose fruit, herbal & speciality teas	1.90
Turmeric/ Matcha / Beetroot or Charcoal Latte	2.75
Coffee free alternatives - made with your choice of dairy free milk	2.75

Ask about our seasonal drink specials!

Book a table online!
www.cafethrive.co.uk/reservation

cafe
Thrive

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All prices are VAT inclusive where applicable.

Autumn / Winter 2018