

# LOADED CHIPS

Our skin-on chips fully loaded with toppings - a meal in itself or enough to share!

- Dirty** 7.15  
Melted cheeze, smokey seitan pieces, crispy onion & spring onion
- Pesto Party** 7.15  
Garlic 'butter', pumpkin seed pesto & vegan parmesan
- Spicy 'Chicken'** 7.15  
Crispy seitan pieces, creamy garlic sauce hot sauce, spring onion, sesame, & pickled red cabbage
- Kebab** 7.15  
Meat free 'kebab' style slices, hot sauce, garlic sauce, pickled red cabbage & crispy onion
- Satay** 7.15 **Staff Pick!**  
Chinese five spice seasoning, peanut satay sauce spring onion, sesame, crushed peanuts & chilli flakes

# SIDES & STUFF

- Skin on Chips** 3.40
- Nuggets** +garlic mayo 5.49
- Onion Rings** 4.25
- Coleslaw** 2.99
- Garlic Focaccia** 4.99
- Hummus** + flatbread 5.25
- Sauces** 1.25  
mayo • creamy garlic sauce  
smashed avo • special sauce  
peanut satay (contains soya)  
spicy mayo • pesto sauce  
tahini sauce • hot sauce  
dragon sauce (contains soya)

Add garlic butter to any chips +0.60



**Dogs Welcome!**  
For good boys & girls  
Puppuccino 1.00  
(whipped soya cream topped with biscuit)  
Large one 2.00  
Doggy sorbet 2.50  
Please ask if you'd like a bowl of water

# SHAKES & DESSERTS

- Milkshakes** 6.50  
Made with our soft serve & topped with thick whipped 'soya' cream!  
Banana Caramel • Biscoff • Cookies 'n 'Cream'
- Tiramisu Shake** 6.99 **NEW!** Fan favourite!  
Made with fresh coffee, soft serve & topped with chocolate sauce, 'cream' & a whole traditional style lady finger biscuit!
- Mini Soft Serve Sundaes** 3.65  
Smores : Marshmallows, chocolate sauce & oreo  
Caramel Biscoff : Caramel sauce & biscoff crumbs  
Smartie : Vegan 'smarties' & chocolate sauce
- "Mr Whippy" Cone** 2.99  
Or ask for it in a tub! With choice of sauce & sprinkles
- Add a Whippy Dollop** +2.50  
Check out our big selection of cakes, doughnuts, traybakes, tarts & cookies in the cake counter - add a dollop of our soft serve to make any treat extra special!
- Chocolate Icecream tub** 2.50  
Dairy & soya free - made with mixed nuts

**NEW! Blondie Bowl** 5.99  
One of our home made peanut blondies warmed, topped with soft serve & caramel sauce!

**Brownie Bowl** 5.99  
Or try one of our brownies with soft serve & chocolate sauce!

# SMOOTHIES 5.80

- made with apple juice & real fruit
- Passionate Pink**  
Strawberry, papaya & peach
- Sunshine Yellow**  
Pineapple, papaya, mango
- Super Green**  
Avocado, spinach, spirulina, basil & lime

Add whipped 'cream', choc sprinkles & marshmallows (large only) +1.50

# Hot Drinks

- our coffee is triple certified!  
We use barista oat or soya milk.  
Almond or coconut milk +25p
- |                   | sm    | lrg  |
|-------------------|-------|------|
| Espresso          | 2.50  |      |
| Latte             | 3.10  | 3.60 |
| Cappuccino        | 3.10  | 3.60 |
| Americano         | 2.90  | 3.30 |
| Mocha             | 3.40  | 4.10 |
| Flat White        | 3.25  |      |
| Extra coffee shot | 0.65  |      |
| Turmeric Latte    |       | 3.75 |
| Chai Latte        |       | 3.65 |
| Beetroot Latte    |       | 3.75 |
| Matcha Latte      |       | 4.20 |
| Breakfast Tea     |       | 2.25 |
| Speciality Tea    |       | 2.50 |
| Hot Chocolate     | 3.35  | 3.85 |
| White Chocolate   | 3.35  | 3.85 |
| Syrups            | +0.60 |      |
| Iced              | +0.50 |      |

Check the menu screens for seasonal drink specials too!

www.cafethrive.co.uk  
info@cafethrive.co.uk  
18 Hanover Buildings  
Southampton  
so14 1jx



# BREAKFAST MENU

- available until midday - normal menu available all day!
- Full Thrive Breakfast** 10.99  
Sausage, hash brown, mushrooms, beans, smokey seitan, scrambled tofu, tomato, 'buttered' toast & peashoots
  - Avocado or Tofu Scramble** 7.25  
Served on toasted granary with sesame seeds & pea shoots ...Or ask for half & half if you can't decide!
  - No Gluten Breakfast Bun** 6.99  
Tofu scramble, smashed avo, mushrooms & hash brown (Please note we cook on the same griddle so cannot guarantee against gluten traces)
  - Big Breakfast Burrito** 9.25  
Sausages, tofu 'omelette', hashbrowns, tomato relish, melted cheeze, guacamole & salad leaves
  - All Day Breakfast Bun** 6.85  
Sausages, tofu 'egg' round, tomato relish & cheeze in a 'buttered' brioche bun
  - Acai Bowl** 7.69  
Superfood puree blended with banana, blueberry, mango & apple, topped with fruit & nut muesli, berries & topped with maple & peanut butter sauce
  - Loaded Hashbrowns** 4.30  
With melted cheeze, creamy garlic sauce & crispy onions
  - Side of Hashbrowns** 2.85
  - Beans on Toast** 3.99

Don't forget to check out our weekly specials!

All prices are inclusive of VAT



# BURGERS

Add an extra patty ('meaty', 'chicken' or 'wholefood') +3.00

**Classic 'Meaty'** 8.79

Soya based quarter pounder patty with burger sauce, cheese, crispy onions, salad & gherkins on brioche bun

**Half Pounder 'Meaty'** For the extra hungry! 11.50

**Healthy Wholefood** 8.79

Our house made patty made with roasted mushrooms, quinoa, lentils, sundried tomato & fresh herbs in a locally baked wholemeal bun with tomato relish, salad, gherkins, pumpkin pesto, pickled red cabbage & roasted Mediterranean vegetables

Upgrade to a non gluten bun +0.50

**Southern fried 'Chicken'** 8.99 *staff pick!*

Our infamous crispy seitan 'chicken' with coleslaw, cheese & bbq sauce on brioche bun

**BBQ Stack Burger** 9.79

Crispy seitan 'chicken' burger, sriracha mayo, onion rings, bbq jackfruit, crispy onion, gherkins, cheese & salad in brioche bun

**Burger Add Ons:** +0.70

Tomato relish • Cheese • Special sauce • Gherkins  
Mayo • Coleslaw • Hummus • Spicy mayo  
Crispy onions (gluten) • Pumpkin seed pesto

Onion rings (gluten) • Peanut satay (soya) +1.30

Avocado • Mushrooms • Smokey seitan (gluten)  
Cashew 'cheeze' • Roasted veg

Don't forget Burger Tuesdays...  
Buy one get one half price!

# COMBO BOXES

**Satay Combo** 9.99

Crispy seitan, spring rolls, chips with Chinese five spice seasoning, peanut satay sauce, spring onions, sesame seeds & chilli flakes

**'Chicken' Combo** 9.99

Two pieces of our crispy seitan 'chicken', skin on chips & coleslaw

# HOT DOGS

**American Hot Dog** 8.99

Ketchup, yellow mustard, crispy onions & gherkins

**Korean Hot Dog** 8.99

Korean style bbq sauce, spicy mayo, crispy onions & sesame seeds

# SALADS & HEALTHY STUFF

Our super sized salad bowls are piled high with fresh ingredients & tasty flavour combinations!

**Big Thrive Bowl** 10.45

Falafel, hummus, smashed avocado, balsamic mushrooms, roasted vegetables, quinoa, tahini dressing, salad & seeds

**Buffalo Bowl** 10.45

Crispy seitan 'chicken', coleslaw, salad, buffalo sauce & creamy garlic sauce

**Satay Bowl** 10.45

Marinated tofu, salad leaves, lime & sesame slaw, edamame, smashed avocado, cucumber, peanut satay sauce, spring onion sesame & peashoots

**Dragon Protein Bowl** 10.45 *NEW!*

Over 40g of plant based protein! Tempeh, edamame beans, quinoa, roasted veg, hummus, salad, seeds topped with sweet & savoury turmeric 'dragon' dressing & peashoots

**Build - a - Bowl** from 3.99

Start with a base of salad leaves, tomato & cucumber dressed in lemon & olive oil, then add whatever toppings tickle your fancy!

Crispy seitan • Crispy onion • Smokey Seitan  
Tempeh • Marinated tofu • Peanut Satay  
Edamame bean • Dragon sauce

All other options are free from gluten/ soya ingredients:

Falafel • Hummus • Balsamic mushrooms  
Roasted vegetables • Quinoa • Cashew 'cheeze'  
Pickled cabbage • Coleslaw • Sundried tomatoes  
Avocado • Creamy' garlic sauce • Pumpkin seeds  
Pumpkin pesto • Lemon tahini

+1.80 each

**Hot Bowl** 6.50

Healthy & home made - see the board to find out what we've cooked up!

Add a flatbread (gluten)

+1.99

**Soup of the Day** 5.49

Lovingly made by us!  
Served with granary bread or side salad

Upgrade to focaccia or non gluten bun

+0.75

## Important Allergen Info

This menu item is free of gluten containing ingredients but we are limited by space and so are able to use separate equipment/utensils. Has the option to be made free of gluten ingredients- please specify!

This menu item is free of soya containing ingredients.

Contains nuts - please note, nuts are used throughout our kitchen.

Please ask if you require a full allergens list for each menu item.

Please be aware that we are a small kitchen and regretfully apologise that we cannot safely cater for coeliacs or people with severe allergies.

We are proudly 100% vegan- free from all animal ingredients!

We can do everything on the menu to takeaway too!



Don't forget..save the delivery app fees & 'click and collect' using our website!  
www.cafethrive.co.uk

# SANDWICHES & WRAPS

**Flatbread Kebab** 8.99

Kebab style pieces, salad, tomato, cucumber, pickled red cabbage, 'creamy' garlic sauce & buffalo sauce in a flatbread

**Big Breakfast Wrap - available all day!** 9.25 *NEW!*

Sausages, tofu 'omelette' hashbrowns, tomato relish, melted cheese, guacamole & salad leaves

**Sweet Chilli Chicken Wrap** 8.25

Crispy seitan 'chicken', mayo, sweet chilli sauce, tomato, cucumber & salad

**Classic Falafel** 7.25

Granary bread or wrap  
Falafel, hummus, roasted veg, tahini & pickled cabbage  
Upgrade to a non gluten bun +0.75

**Cashew 'Cheese'** 7.25

Granary bread or wrap  
Roasted balsamic mushrooms, sundried tomatoes & pumpkin seed pesto & cashew 'cheese' spread  
Upgrade to a non gluten bun +0.75

**Toasted New Yorker Ruben** 7.25

Granary bread or wrap  
Smokey seitan, melted cheese, sauerkraut, special sauce

**SLT** 7.25

Granary bread or wrap  
Smokey seitan, tomato, mayo & smashed avocado

Upgrade any granary bread sandwich to focaccia bread! 0.75 *NEW!*

# WE NEED YOU!

As a small, independent business, your experience truly matters to us and we hope you've had a lovely time!

If you enjoyed your visit today, we'd be really grateful if you could share a review. Positive reviews are so valuable to us- they spread the word to new customers and keep our doors open.

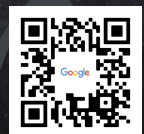
Thank you!



facebook



Trip advisor



Google



Don't forget to tag us on instagram too!  
**cafe\_thrive\_southampton**