

cafe

Thrive

100% vegan

18 Hanover Buildings
Southampton, SO14 1JX

CAFETHRIVE.CO.UK
023 8033 8708



Plain small chips 2.50
or Large 3.75 (SF) (GF)
Add garlic butter 0.75 (SF) (GF)

LOADED SKIN ON CHIPS +2.50

Dirty: 'cheese', smokey seitan, crispy onion & spring onion

Mexican: salsa, jalapenos, spring onion & 'ranch' (SF) (GF)

Satay: salt & pepper 5 spice, peanut satay, sesame seeds, spring onions & chilli flakes (GF)

Spicy 'Chicken': crispy seitan, sriracha, 'ranch', red cabbage, spring onion & sesame seeds (SF) (GF)

BURGERS



'Meaty' 7.25

'Taste & Glory' meaty style patty, special burger sauce, pickles, salad, dairy free 'cheese', crispy onions on sesame bun

Wholefood 7.25 (GFO) (SF)

Lentils blended with mushrooms, fresh herbs & quinoa with tomato relish, pumpkin seed pesto, roasted mediterranean vegetables, pickled cabbage & salad on wholemeal bun

...Upgrade to gluten free bun +0.50

Halloumi' 7.25 (SF)

Deep fried battered 'halloumi', salad, sweet chilli sauce and mayo on brioche

Fried 'Chicken' 7.25 (SF)

Southern fried style 'chicken', coleslaw BBQ sauce, 'cheese' on brioche bun

Double Up
+1.99

Burger Extras

smashed avo
satay sauce
smokey seitan
cashew 'cheese'
onion rings
roasted veg +1

cheese
tomato relish
hash brown
mushrooms
burger sauce
hummus
gherkins +0.5

SANDWICHES / WRAPS

Smokey Seitan or Sausage 4.99

Simply with ketchup / mayo or brown sauce



Classic Falafel 5.50 (GFO) (SF)

Falafel, hummus, tahini, pickled cabbage & roast veg

Super Greens 5.50 (GFO) (SF)

Avocado & lime dressing, pesto, avocado & green salad

Mediterranean Cashew 'Cheese' 5.50

Balsamic mushrooms, sundried tomatoes, cashew 'cheese' & pesto (GFO) (SF)

Gluten free bun upgrade +0.50 (SF)

Add chips to
burger or
sandwich
+2.50

SLT' 5.50

Smokey seitan, avocado, tomato & mayo

Toasted New Yorker Rubeen 5.99

Smokey seitan, sauerkraut, 'cheese' & special sauce

Sweet Chilli Chicken Wrap 6.99 (SF)

Fried seitan, tomato, cucumber, mayo & sweet chilli

FAVOURITES & SIDES



Hot Dog 5.99

Ketchup, mustard, onion bits & gherkin

'Chicken' Combo Box 7.99 (SF)

Chips, coleslaw & 2 bits of crispy seitan

All Day Breakfast Muffin 5.50

Sausages, tofu 'egg', tomato, 'cheese'

Nuggets (6) + ranch 4.99

Garlic Bread 3.99 (SF)

Onion Rings (10) 3.50 (SF)

Hummus / Coleslaw 2.50 (SF) (GF)

Dips: mayo, ranch, pesto, salsa, satay, burger sauce: 0.50

ALLERGEN INFO

(GF) (GFO) This menu item is free of any gluten containing ingredients OR has the option to be made gluten free- please specify if required.

(SF) (SFO) 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. Where we use nuts as an ingredient, we include it in the menu item's name or description. Whilst we take cross contamination seriously, please be aware that we are a small kitchen and cannot guarantee against allergen traces. We are proud to be 100% vegan.

'Buffalo' Salad Bowl 8.99 (SF)

Crispy fried seitan, coleslaw, hot sauce, 'ranch', salad, cucumber & tomato

'Big Thrive' Bowl 8.99 (GF) (SF)

Falafel, hummus, quinoa, roasted veg, balsamic mushrooms, avocado, leaves with tahini dressing

'Build a Bowl' from 2.99 (SFO) (GFO)

Start with a base of leaves, tomato & cucumber then customize with toppings & dressings 1.50 each:

Falafel	Cashew 'cheese'	'Feta'	*Toppings containing
Avocado	Pickled red cabbage	'Halloumi'	gluten / soya:
Hummus	Pumpkin seeds	Coleslaw	Crispy Seitan
Roasted Veg	Sundried tomatoes	Quinoa	Smokey Seitan
Balsamic Mushrooms	Smokey Chickpeas		Crispy Onion (SF)



SALAD BOWLS

Dressings (GF) (SF)
Lemon Tahini
Pumpkin Pesto
Creamy 'Ranch'
Lime & Avocado
Peanut Satay (GF)

SHAKES 4.99

Made with dairy free ice cream & soya milk. Topped with 'cream'

Biscoff

Cookies and Cream

Salted Caramel Popcorn (GF)

SMOOTHIES 4.50 (SF) (GF)

Super Green
avocado, spinach, spirulina, basil, apple & lime



Passionate Pink
strawberry, papaya, apple & peach

Yellow Sunshine
pinapple, mango, papaya and apple

SOFT SERVE SUNDAES 4.99

Caramel Biscoff

Caramel sauce, biscoff pieces

Smores

Marshmallows, chocolate sauce & oreo pieces

Eton Mess (GF)

Berry sauce, vegan meringue pieces & strawberries

Soft Serve Cone 2.00

Plain or with chocolate, caramel or berry sauce

Add soft serve to any item from our cake counter +1.50 (GF)



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We can do anything to take away too!

Our coffee is triple certified!

Soya Free Chocolate Icecream Tub (contains nuts) 1.99 (SF) (GF)

HOT DRINKS

Espresso 1.90

Latte small 2.50 / large 3.10

Cappucino small 2.50 / large 3.10

Americano small 2.40 / large 2.80

Mocha small 2.80 / large 3.40

Flat White small 2.75

Iced Drinks +0.50

Breakfast Tea 1.99

Speciality Teas (see selection) 2.25

Turmeric Latte 2.85

Beetroot Latte 2.85

Chai Latte 2.85

Matcha Latte 3.25



Hot Chocolate small 2.65 / large 3.25

Add marshmallows, 'cream' & chocolate +1.25

Served with soya or oat milk
Almond or coconut
+0.25

Vegan Wine
£15



UNDER 12's MENU

Sausage, chips & beans 4.25*

Nuggets, chips & beans 4.25

Mini Bowl (hummus, cucumber, avocado & falafel) 2.99 (SF) (GF)

Sandwich: 'cheese' or hummus & cucumber or sausage 1.99 (SFO)

Beans on Toast 1.99 (SF)

Please see our cold drinks fridge for a big choice of soft drinks, alcohol & kombucha!

Please order at the Counter when you're ready & don't forget to check out our cake selection!



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