

**Please order at the counter. Have your table number ready or ask to take away**

**Gf \* Thrive Breakfast (available until 11.30)**  
Veggie sausage, scrambled tofu, mushroom, tomato, beans, toast & kale  
\* Order with gluten free sausages & bread to make GF 7.50

**Breakfast Add Ons and Extras**

Avocado 1.50 - Hash brown 0.50 - Chips/Sweet potato fries 1.20 - Tempeh (contains soya+gluten) 0.75 - Veggie 'black pudding' (contains gluten) 0.75 - Extra Scrambled Tofu 1.20 - Extra sausage (contains soya+gluten) / kale / beans / mushrooms : 0.75 - extra tomato / toast: 0.40

**Breakfast Muffin - available all Day!**

Tofu 'egg', meat free sausage, dairy free cheese and tomato slice in a 'buttered' English muffin 4.99

**Gf Acai Bowl -Available until midday**

'Superfood' acai puree, banana, non-gluten granola, fresh berries, coconut chips and cocoa nibs eat in 5.50

**Gf \* Soup**

Homemade and served with choice of side salad or sliced granary. +0.25 for gluten free bread or +0.20 for a white baguette 4.50

**Thrive Sandwiches**

Served with side salad when eaten in and choose from granary bread or white wrap. White baguettes + 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

**Gf \* Classic Falafel**  
Falafel, home made hummus, roasted vegetables and tahini dressing 5.50

**Gf \* Super Greens**  
Avocado, pumpkin seed 'pesto', pea shoots and leafy salad with an avocado, lime and herb dressing 5.50

**'TLT'**  
Smokey tempeh rashers, tomato, avocado and mayo 5.50

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

**Sweet Chilli 'Chicken' Wrap**  
Southern fried style seitan with 'mayo' and salad 6.99

*Add chips for 2.00 or sweet potatoes for £2.75!*

**Thrive Salad Bowls**

**Gf Quinoa and Tofu Bowl**  
Lemon and basil quinoa with tomato infused tofu, sundried tomatoes, alfalfa sprouts, salad leaves, toasted seeds and lemon vinaigrette 7.50

**Gf Sweet - Root Salad**  
Roasted Sweet Potatoes, Beetroot, Toasted Walnuts, Dairy Free 'Feta', Avocado. Salad Leaves and Balsamic Dressing 7.50

**Gf Super Green Bowl**  
Avocado, pea shoots, tomato, cucumber, salad leaves & smokey chickpeas with a lime, herb & avocado dressing. 7.50

**Gf Big Thrive Bowl**  
Roasted vegetables, balsamic mushrooms, hummus, avocado, basil and lemon quinoa, salad leaves, sprouts,seeds, falafel, with tahini dressing. 8.25

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

**New Burgers and Hotdogs**

**Gf \* The Wholefood Burger**  
Lentils blended with mushrooms, fresh herbs and quinoa, served with spicy red pepper relish, pumpkin pesto, gherkins and salad on a wholemeal roll. \*No gluten containing ingredients if ordered with a GF bun 6.50

**...Upgrade to Gluten Free Bun** +0.50

**The Fried 'Chicken' Burger**  
Crispy meat free seitan 'chicken' burger with barbecue sauce, dairy free cheese and coleslaw on brioche style roll 6.50

**The 'Meaty' Burger**  
Our handmade meat-free burger served with our special sauce, dairy free cheese, gherkins and salad on a white sesame topped roll. 6.50

**Burger Extras**  
Tempeh rasher / 3 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

**New Thrive Hot dog**  
Meat free sausage topped with ketchup, mustard and gherkins £4.99

*Double up for 1.99!*

*Add chips for 2.00 or sweet potatoes for £2.75!*

**New Macaroni Cheese**  
Dairy free man 'n cheese topped with smokey coconut 'bacon' £6.50

**Sides and Extras**

**Gf Dips: egg free mayo / our special sauce** 0.40 each

**Gf Soya 'Chicken' Nuggets (6)** 3.80

**Garlic bread (baguette)** 2.99

**Onion rings** 2.99

**Gf Side salad** 3.50

**Gf Home-made hummus** 1.99

**Gf Bowl of Chips** 3.20

**Gf Bowl of Sweet Potato Fries** 3.99

**...Make them garlicky!** +0.50

**Load with ...cashew sour 'cream', salsa, jalapeños, red onions and fresh parsely** +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

**Beans on toast** 1.99

**\* Children's Sandwiches**  
Dairy free cheese / hummus and salad / peanut butter and jam or Veggie Sausage (contains soya) 1.99 / take away 1.50

**Veggie Sausage, beans and chips** 3.99

**New Children's Mac 'n Cheese Portion** £2.99

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

**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

Have you seen our incredible 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

Vanilla 'ice cream' with banana, caramel sauce, chopped nuts, fudge pieces and squirty soya cream 7.50

### Brownie Blast Sundae

Chocolate and vanilla 'ice cream', brownie chunks, chocolate sauce and squirty soya cream 7.50

### **Gf** Berry Bliss Sundae

Vanilla and berry 'ice cream' with berry sauce, fresh berries and squirty soya cream 7.50

### **Gf** *New* Snickers Sundae

Vanilla and Chocolate 'icecream', chunks of peanut butter 'blondie', chocolate sauce, chocolate drops and squirty soya cream 7.50

### **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 8.25

### **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

### 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)- Peanut Blondie Pieces - Squirty soya cream 0.75 each

### Brownie Bowl

Warm chocolate brownie with chocolate sauce and dairy free vanilla 'ice cream' 4.50

### **Gf** Peanut Blondie Bowl

Served warm with vanilla dairy free 'ice cream' and 'caramel' sauce 4.50

Upgrade to Booja Booja icecream to make blondie and brownie bowls soya free!

## Cold Drinks

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

### ...Very Berry Purple Smoothie

Strawberry, Rasperry, Blueberry, Blackberry, Blackcurrant & Banana 4.25

### ...Passionate Pink Smoothie

Passion fruit, strawberry, rasperry, mango and banana 4.25

### ...Thrive Super Green Smoothie

Banana, spinach, broccoli, apple, fresh herbs, ginger, spirulina, wheatgrass, barleygrass and chlorella 4.25

### **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) 4.50

### **Gf** Superfood Milkshake

Dairy free milk of your choice blended with maca powder, banana, dates, peanut butter, raw cacao and ice 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 or Coconut +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' (large hot chocolate only) + 1.25

Organic Tea 1.75

Organic loose fruit, herbal & speciality teas 1.90

Turmeric/ Matcha / Beetroot Lattes 2.75  
Coffee free alternatives - made with your choice of dairy free milk

Ask about our seasonal drink specials!

Book a table online!  
[www.cafethrive.co.uk/reservation](http://www.cafethrive.co.uk/reservation)

10% OFF  
Take away  
food orders

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All prices are VAT inclusive where applicable.

Spring/Summer 2019