

Please order at the counter with your table number ready or ask to takeaway

Gf * Thrive Breakfast (available until 11.30am)
Sausage, scrambled tofu, mushrooms, tomato, beans, toast & kale
Order with gluten free sausages & bread for extra 0.99 to make GF 7.50

Breakfast Add Ons

Avocado 1.50 / hash brown 0.50 / chips or sweet potato fries 1.20 / smokey seitan slice (contains soya & gluten) 0.80 / veggie 'black pudding' (contains gluten) 0.75 / extra scrambled tofu 1.50 / extra sausage (contains soya & gluten), kale, beans or mushrooms : 0.75 / extra tomato or toast: 0.40

Breakfast Muffin (available all day!)

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

Gf Acai Bowl (available until midday)

'Superfood' acai puree blended with fresh fruits and topped with banana, non-gluten muesli, fresh berries, coconut chips & cocoa nibs 5.50

Gf * Soup

Homemade & served with choice of side salad or sliced granary. +0.50
for gluten free bread or +0.25 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 available + 0.25

* Menu items labelled as GF can be made free of gluten ingredients if gluten free bread is requested +0.50

Gf * Mediterranean Cashew 'Cheese'

Cashew 'Cheese', roasted balsamic mushrooms, 'pesto' & sundried tomatoes 5.50

Gf * Classic Falafel

Falafel, home made hummus, roasted vegetables & tahini dressing 5.50

Gf * Super Greens

Avocado, pumpkin seed 'pesto', pea shoots and leafy salad with an avocado, lime & herb dressing 5.50

New SLT - formerly known as the TLT!

Our sticky and smokey seitan, tomato, avocado & mayo 5.50

New Smokey Seitan Sandwich

Our sticky and smokey seitan in toasted bread & served simply with ketchup or brown sauce 5.50

New The 'New Yorker' Reuben

Our sticky & smokey seitan, 'cheese', sauerkraut with thousand island style dressing -served toasted 5.99

Sweet Chilli 'Chicken' Wrap

Southern fried style seitan with 'mayo' & salad 6.99

Add chips for 2.00 or sweet potatoes for 2.75!

Thrive Salad Bowls

New Buffalo 'Chicken' Salad

Salad leaves topped with our crispy fried meat free seitan, cucumber, tomato, spicy buffalo sauce, 'creamy' dressing & coleslaw 7.50

Gf Sweet - Root Salad

Roasted Sweet Potatoes, beetroot, toasted walnuts, dairy free 'feta', avocado. salad leaves & balsamic dressing 7.50

Gf 'Halloumi' Salad

Dairy free halloumi, sundried tomatoes, roasted lemon & garlic chickpeas, seeds, salad leaves and lemon & olive oil dressing 7.99

Gf Super Green Bowl

Avocado, lemon and basil quinoa, 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, seeds, falafel, with tahini dressing 8.25

Gf Salad Add Ons:

Falafel (3) / avocado / smokey chickpeas (contain soya) / lemon garlic chickpeas / lemon quinoa / hummus / sundried tomatoes / roast veg / balsamic mushrooms / cashew 'cheese' / dairy free halloumi / 'feta' / roasted 'sweet roots' / pumpkin pesto / toasted walnuts 1.50 each

Burgers and Hotdogs

Gf * The Wholefood Burger

Lentils blended with mushrooms, fresh herbs & quinoa, served with spicy red pepper relish, pumpkin pesto, gherkin & 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 & coleslaw on brioche style bun 6.50

The 'Meaty' Burger

Our handmade meat-free burger served with our special sauce, dairy free cheese, gherkin, tomato & cucumber on a white sesame roll 6.50

New The 'Halloumi' Burger

Dairy free halloumi on a brioche bun with salad leaves, tomato & sweet chilli sauce 6.50

Burger Extras

Smokey seitan slice / 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

Thrive Hot dog

Meat free seitan sausage topped with ketchup, mustard & gherkins 4.99

Double up for 1.99!

Add chips for 2.00 or sweet potatoes for 2.75!

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 & fresh parsley +1.99

New Load with ... 'cheese' & smokey seitan pieces (contains gluten and soya) +1.99

Kid's Menu (under 12's only)

Gf Kid's mini Thrive bowl
Falafel, hummus, cucumber & avocado 2.99

Beans on Toast 1.99

Gf Nuggets, Beans & Chips 3.99

Veggie Sausage, Beans & Chips 3.99

Children's sandwiches
Dairy free cheese / Hummus / Peanut butter & jam or Veggie sausage 1.99

Mini ice cream sundae
A kid's size portion of our brownie/ berry of banoffee sundae! 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

So 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 a 100% vegan café.

'Ice cream' and Sundaes

Gf Dairy Free Ice cream

Choice of Vanilla, Chocolate, Berry, Salted Caramel or Banana & Honeycomb Flavour

1 scoop: 1.50 / 2 scoops: 2.80 / 3 scoops: 4.10

Gf Booja Booja Upgrade

Upgrade to Booja Booja 'ice cream': vanilla flavoured, cashew based, soya free and sweetened with agave. (This also makes brownie & blondie bowls soya free) 0.30 per scoop

Ice cream and Dessert Toppings & Extras

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

Gf Banoffee Bomb Sundae

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

Brownie Blast Sundae

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

Gf Berry Bliss Sundae

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

Gf Snickers Sundae

Vanilla and Chocolate 'ice cream', chunks of peanut butter 'blondie', chocolate sauce, chocolate drops & 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 & chopped nuts 8.25

Warm Desserts

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

Brownie Bowl

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

Gf Peanut Blondie Bowl

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

New Cookie Bowl

Choose from our cookie selection and have it warmed up & served with dairyfree vanilla icecream & chocolate sauce 4.50

Don't forget to check out our cake selection too!

Smoothies

Gf Very Berry Purple Smoothie

Blueberry, blackcurrant, blackberry, banana & apple 4.25

Gf Passionate Pink Smoothie

Strawberry, peach, papaya & apple 4.25

Gf Super Green Smoothie

Avocado, spinach, spirulina, basil, apple & lime 4.25

Gf Yellow Sunshine Smoothie

Pineapple, mango, papaya & apple 4.25

Gf Vitamin Boost Orange Smoothie

Carrot, goji berry, papaya & pineapple 4.25

Dairy Free Milkshakes

Gf Chocolate / Strawberry / Banana / Vanilla / Maple pecan / Caramel / 'White' chocolate / Chocolate hazelnut

4.50

Cookies 'n' Cream / Biscoff (caramelised biscuit)

4.50

Gf Superfood Milkshake

Dairy free milk of your choice blended with maca powder, banana, dates, peanut butter, raw cacao & 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, 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 Lattes 2.75

Coffee free alternatives - made with your choice of dairy free milk

Book a table online!
www.cafethrive.co.uk/reservation
(evenings only)

10% OFF
Take away
food orders

cafe **Thrive**

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Autumn / Winter 2019

All prices are VAT inclusive where applicable.