

## Please order at the counter and have your table number ready

### **GF** \* Thrive Breakfast (available until 12)

Sausage, scrambled tofu, mushroom, tomato, beans, toast + sauted kale  
\* Order with gluten free sausages & bread to make GF 6.95 / take away 6.25

### Breakfast Add Ons and Extras

Avocado 1.25; 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: 0.60, extra tomato / toast: 0.40

### **New** Breakfast Muffin - available all Day!

Tofu 'egg', meat free sausage, dairy free cheese and tomato slice in a 'buttered' English muffin 4.50 / take away 3.99

### **GF** \* Soup

Daily special with choice of side salad or bread (white baguette, sliced wholemeal or ask for \*gluten free roll) 3.75 / take away 2.95

## Thrive Sandwiches

Choose from granary bread, white baguette or multigrain wrap. \* 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 4.99 / take away 4.20

### **GF** \* Classic Falafel

Falafel, home made hummus, roasted vegetables and tahini dressing 4.99 / take away 4.20

### **GF** \* Super Greens

Avocado, pumpkin seed 'pesto', pea shoots and leafy salad with an avocado, lime and herb dressing 4.99 / take away 4.20

### Thrive Sausage

Meat free sausages with wholegrain mustard mayo 4.99/ take away 4.20

### TLT

Smokey tempeh rashers, tomato, avocado and mayo 4.99 / take away 4.20

### The 'New Yorker' Reuben

Warm tempeh 'bacon', 'cheese', sauerkraut with thousand island style dressing in toasted bread or baguette 5.75 / takeaway 5.50

### **New** Sweet Chilli 'Chicken' Wrap

Warm meat free seitan with 'mayo' and salad 6.50/ take away 5.99

*Add chips to any sandwich for 2.00*

## 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 4.50

### **GF** Sweet - Root Salad

Roasted Sweet Potatoes, Beetroot, Toasted Walnuts, Dairy Free Mediterranean 'Cheese', Avocado. Salad Leaves and Balsamic Dressing 6.50 / take away 4.99

### **GF** \* Super Green Bowl

Avocado, pea shoots, tomato, salad & smokey chickpeas with a lime, herb & avocado dressing. \* Omit chickpeas to make soya free. 6.50 / take away 4.99

### **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 6.50

### 'Caesar' Bowl

Meat free 'chicken', salad leaves, croutons, dairy free parmesan and Caesar style dressing 6.20/ take away 4.99

### **GF** Salad Extras:

Falafel (3) 1.20 / Avocado 1.20 / Smokey Chickpeas (contain soya) 0.99

## Thrive Burger Meals

### All burger meals come with chips and salad.

*Upgrade to sweet potato fries for 0.75*

### **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 7.99 / take away 6.60

### **New** The Fried 'Chicken' Burger

Breaded meat free seitan 'chicken' burger with barbecue sauce, dairy free cheese and coleslaw on white seeded roll 7.99 / take away 6.60

### The 'Meaty' Burger - Our Best Seller!

Our flavoursome handmade meat-free burger served with our special sauce, dairy free cheese, gherkins and salad on a white sesame topped roll. 7.99 / take away 6.60

### 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 / salad: 0.30 each

### Take away burger ...just 4.50

### Gluten Free Seeded Bun +0.40

*Double up for 1.75!*

## Thrive Pizza- Fri/ Sat from 5pm

### **GF** \* Classic

Keep it simple with dairy free cheese and tomato 7.50 / take away 6.50

### **GF** \* Vegetable feast

Topped with mushrooms, tomato pieces, red onion, sweetcorn, roasted Mediterranean vegetables and dairy free cheese 7.99 / take away 7.50

### 'Meaty' feast

Topped with meat free 'chicken' pieces, sausage slices, veggie mince, peperoni and dairy free cheese 9.25 / take away 8.75

### **GF** \* Garlic Bread Pizza

3.99 / Take away 3.50

### **GF** \* Non-gluten base

add £1.50

### Extra Pizza Toppings

Extra Cheese 1.50 // Extra Sausage/ Pepperoni/ 'Chicken'/ Roast Vegetables/ Sundried tomatoes/ Tomato infused Tofu: 0.99 // Mushroom/ Red onion/ Olives/ Jalapeno / Sweetcorn/ Basil Leaves 0.50

## Sides and Extras

**GF** Dips: egg free mayo / salsa / 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 2.50 / take away 2.25

**GF** Side salad 2.99 / take away 2.49

**GF** Lemon and basil quinoa 2.75 / take away 2.40

**GF** Home-made hummus 1.50 / take away 0.99

**GF** Chips 3.20 / take away 2.75

**GF** Sweet Potato Fries 3.99 / take away £3.50

**New** Upgrade to Garlic Chips or Garlic Sweet Potatoes + 0.50

**New** Load with ...cashew sour 'cream', salsa, jalapeños, red onions and fresh parsley +1.75

**New** Load with ... dairy free cheese and tempeh 'bacon' +1.99

## Kid's Menu (under 12's only)

**GF** \* Mini Pizza (Friday and Saturday night only)  
Topped with dairy free cheese and vegetables or sausage slices - \*order without sausage to make soya free 3.99 / take away 3.20

**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

### 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.

*Don't forget to check out our weekly specials!*



## 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! 0.49 each

### **Gf** Banoffee Bomb Sundae

Dairyfree vanilla 'ice cream' with banana, coconut caramel sauce, chopped nuts, fudge pieces, wafer and squirty soya cream 6.50

### Brownie Blast Sundae

Chocolate and vanilla coconut 'ice cream', brownie chunks, chocolate sauce, wafer and squirty soya cream 6.50

### **Gf** Berry Bliss Sundae

Vanilla and berry 'ice cream' with berry sauce, fresh berries, wafer and squirty soya cream 6.50

### **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 6.99

### **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

### 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 cocoa nibs eat in 5.50 / take away 4.99

Please contact us if you would like us to host a private event or would like to order bigger quantities of menu items to takeaway.

## Cold Drinks

**Gf** Smoothies- made with organic frozen fruits and vegetables blended with apple juice. No added sugars.

### ...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 / cookies 'n 'cream' / biscoff\* (\*last two choices contain gluten) eat in 4.20 / takeaway 3.99

### **Gf** Superfood Milkshake

Dairy free milk of your choice blended with maca powder, banana, dates, peanut butter, raw cocoa 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, Oat, Almond, Coconut, Hemp or Rice. Also available iced!

We use TRIPLE CERTIFIED coffee: organic and approved by the Fairtrade Foundation and Rainforest Alliance

Espresso	1.60
Americano	small 2.15 large 2.55
Latte or Flat White	small 2.25 / large 2.65
Cappuccino	small 2.35 / large 2.75
Mocha	small 2.55 / large 2.95
Extra shot of coffee	0.50
Hot Chocolate	small 2.45 / large 2.85
Add marshmallows, choc flakes & squirty soya cream	+ 1.25
Organic Tea	1.75
Organic loose fruit, herbal & speciality teas	1.90
Turmeric/ Matcha / Beetroot or Charcoal Latte	
Coffee free alternatives - made with your choice of dairy free milk	2.45

Big selection of cold and alcoholic drinks available  
- Please see our fridge or ask at the counter!

Order and pay online:  
[www.cafethrive.co.uk](http://www.cafethrive.co.uk)

cafe  
**Thrive**

18 Hanover Buildings, Southampton

SO14 1JX

02380 338708

[info@cafethrive.co.uk](mailto:info@cafethrive.co.uk)

All prices are VAT inclusive where applicable.

Spring/Summer 2018