

PLEASE ORDER AT THE COUNTER WHEN READY

Gf * Thrive Breakfast-served 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 wedges 1.20, Tempeh (contains soya+gluten) 0.75; Veggie 'black pudding' (contains gluten) 0.75, Extra sausage (contains soya+gluten) / tofu (contains soya) / kale / beans / mushrooms: 0.60, extra tomato / toast: 0.40

Gf **Gl** * 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

Gf Tofu and Cashew Tart

Served with sweet potato wedges/chips and side salad 7.20 / take away 6.00

Gf ...just a slice of tofu and cashew tart

2.99 / take away 2.49

THRIVE SANDWICHES

Choose from granary bread, white baguette or multigrain wrap. * For a non-gluten option, choose one of the labelled options and opt for either a non-gluten roll (contains soya) or a leafy green low carb 'wrap'

Gf **Gl** * Mediterranean Cashew 'Cheese'

Cashew 'Cheese', roasted balsamic mushrooms, 'pesto' & sundried tomatoes 4.79 / take away 3.99

Gf **Gl** * Classic Falafel

Falafel, home made hummus, roasted vegetables and tahini dressing 4.79 / take away 3.99

Gf **Gl** * Super Greens

Avocado, pumpkin seed 'pesto', sprouts and leafy salad with an avocado, lime and herb dressing 4.79 / take away 3.99

Thrive Sausage

Meat free sausages with wholegrain mustard mayo 4.25 / take away 3.50

'TLT'

Smokey tempeh rashers, tomato, avocado and mayo 4.79 / take away 3.99

Coronation 'Chicken'

Meat free chicken style pieces in a curried mayonnaise dressing with celery and mango chutney 4.79 / take away 3.99

The 'New Yorker' Reuben

Warm tempeh 'bacon', 'cheese', sauerkraut with thousand island style dressing in toasted bread or baguette 5.49 / takeaway 4.49

THRIVE SALAD BOWLS

'Caesar' Bowl

Meat free 'chicken', salad leaves, croutons, dairy free parmesan and Caesar style dressing 5.99 / take away 4.99

Gf Quinoa and Tofu Bowl

Lemon and basil quinoa with tomato infused tofu, alfalfa sprouts, salad leaves, toasted seeds and lemon vinaigrette 5.40 / take away 4.50

Gf **Gl** Mediterranean Bowl

Balsamic roasted mushrooms, roasted vegetables, sundried tomatoes, salad leaves, alfalfa sprouts, tahini dressing and hummus 5.99 / take away 4.99

Gf **Gl** * Super Green Bowl

Avocado, alfalfa, tomato, salad and smokey chickpeas with a lime, herb & avocado dressing. * Omit chickpeas to make soya free. 5.99 / take away 4.99

Gf **Gl** Big Thrive Bowl

Roasted vegetables, balsamic mushrooms, hummus, avocado, basil and lemon quinoa, salad leaves, sprouts, seeds, falafel, with tahini dressing. 7.80 / take away 6.50

Gf **Gl** Salad Extras:

Falafel (3) 1.20 / Avocado 1.20 / Smokey Chickpeas (contain soya) 0.75

THRIVE BURGER MEALS

Gf **Gl** * The Wholefood Burger

A handmade wholefood burger made from lentils, roasted mushrooms, fresh herbs and quinoa, served with spicy red pepper relish, gherkins and salad on a wholemeal roll. Served with chips / sweet potato wedges and side salad. *Order with gluten free roll to make free of gluten ingredients 7.80 / take away 6.60

The 'Meaty' Burger

Our flavoursome handmade meat-free burger served with our special sauce, dairy free cheese, gherkins and salad on a white sesame topped roll. Comes with chips / sweet potato wedges and side salad. 7.80 / take away 6.60

Burger Extras:

Tempeh rasher / Onion Rings : 0.80 each; Dairy free cheese slice / Spicy red pepper relish / hash brown / roasted vegetables / cashew cheese / mushrooms : 0.50 each; Special burger sauce/ hummus : 0.40 each; Extra gherkins / salad: 0.30 each

Double Bourger ...add 1.50 / Take away burger 3.99

THRIVE STONE BAKED PIZZA-FRI/ SAT FROM 5PM

Gf **Gl** * Classic

Keep it simple with dairy free cheese and tomato 6.50 / take away 5.99

Gf **Gl** * Vegetable feast

Topped with mushrooms, tomato pieces, red onion, sweetcorn, roasted Mediterranean vegetables and dairy free cheese 7.30 / take away 6.79

'Meaty' feast

Topped with meat free 'chicken' pieces, sausage slices, veggie mince, peperoni and dairy free cheese 8.49 / take away 7.99

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: 0.90 // Mushroom/ Red onion/ Olives/ Jalapeno slices / Sweetcorn/ Basil Leaves 0.30 // (Sausage, pepperoni, mince and chicken' contains soya and gluten. Tofu contains soya).

SIDES AND EXTRAS

Gf Dips: egg free mayo / BBQ sauce / salsa 0.40 each

Gf Soya 'Chicken' Nuggets (6) 3.80 / take away 3.20

Gl Garlic Pizza Bread (cheese-extra 1.50) 2.99 / take away 2.49

Gl Onion rings 2.50 / take away 2.25

Gf **Gl** Chips / Sweet potato wedges 3.20 / take away 2.75

Gf **Gl** Side salad 2.99 / take away 2.49

Gf **Gl** Lemon and basil quinoa 2.75 / take away 2.40

Gf **Gl** Home-made hummus 0.99 / take away 0.75

Loaded chips/sweet potato wedges : 4.99 / takeaway 3.99

Dairy free cheese and tempeh 'bacon' pieces OR

Gf **Gl** Cashew 'sour cream', salsa, jalapeño & red onion

CHILDREN'S MENU (UNDER 12S)

Gl * Mini Pizza

Topped with dairy free cheese and vegetables or sausage slices - *order without sausage to make soya free 3.99 / take away 3.20

Gf Chia rice nuggets and beans with sweet potato or chips 3.99 / take away 3.20

Gf * Veggie Sausage, beans with sweet potato wedges or chips (*gluten free sausage available) 3.99 / take away 3.20

Gf **Gl** *Beans on toast (*gluten free bread available) 1.99/ take away 1.50

Gl * Children's Sandwiches

Choose from: dairy free cheese / hummus and salad / veggie ham (*ham' contains gluten and soya) / peanut butter and jam. 1.99 / take away 1.50

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

Gl 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 very seriously, please be aware that we cannot guarantee against allergen traces. Our kitchen is 100% vegan.

ROAST DINNER MENU AVAILABLE ON SUNDAYS

DESSERTS / SWEETS

Don't forget to check out our specials board and our cake counter for more treats, including non-gluten and low sugar choices.

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 5.95 / take away 4.99

Brownie Blast Sundae
Chocolate and vanilla coconut 'ice cream', brownie chunks, chocolate sauce, wafer and squirty soya cream 5.95 / take away 4.99

Gf **Berry Bliss Sundae**
Vanilla and berry 'ice cream' with berry sauce, fresh berries, wafer and squirty soya cream 5.95 / take away 4.99

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 5.95 / take away 4.99

Classic Waffle 5.99 / take away 5.49

Gf **Buckwheat Waffle**
All waffles are sweetened with coconut sugar and come 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 icecream for a suitable third topping to make your waffles soya free. 5.99 / take away 5.49

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 (Extra Ice cream- 1.50 per scoop) 0.49 each

Brownie Bowl
Warm chocolate brownie with chocolate sauce and dairy free vanilla 'ice cream' eat in 3.99/ takeaway 3.50

Gf **Peanut Blondie Bowl**
Made with gluten free ingredients and served warm with vanilla dairy free 'icecream' and coconut 'caramel' sauce eat in 3.99/take away 3.50

Gf **Acai Bowl**
'Superfood' acai puree, banana, non-gluten granola, fresh berries, coconut chips and cocoa nibs eat in/ take away 4.99

Please contact us if you would like us to host a private event. Catering menu and prices for whole cakes and desserts available -please ask for details!

COLD DRINKS

Gf **Organic Smoothies- made with frozen fruits and vegetables & organic apple juice:**

...**Very Berry Purple Smoothie**
Strawberry, Rasperry, Blueberry, Blackberry, Blackcurrant & Banana 3.99

...**Yellow Sunshine Smoothie**
Mango, pineapple, banana and coconut 3.99

...**Passionate Pink Smoothie**
Passion fruit, strawberry, rasperry, mango and banana 3.99

...**Thrive Super Green Smoothie**
Banana, spinach, broccoli, apple, fresh herbs, ginger, spirulina, wheatgrass, barleygrass and chlorella 3.99

Gf **Whole Young Coconut**
Delicious fresh and raw coconut water straight from the coconut! 3.99

Gf *** Milkshakes**
Made with soya milk and dairy free 'ice cream'. Choose from chocolate / fresh strawberry / fresh banana / vanilla / mocha / maple 'butter' pecan / 'caramel' / 'white' chocolate / Choc hazelnut / matcha green tea / cookies 'n cream' / biscoff* (*last two choices contain gluten) Eat in / takeaway 3.99

Gf **Superfood Milkshake**
Dairy free milk of your choice blended with maca powder, banana, dates, peanut butter, raw cacao and ice eat in/ takeaway 3.99

...Add a shot of rice, soya or hemp protein powder to your milkshake +0.60

Further selection of cold/alcoholic drinks available-please see our takeaway chiller or ask at the counter.

HOT BEVERAGES

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 alternatives -with your choice of milk 2.45

ORDER AND PAY ONLINE:
WWW.CAFETHRIVE.CO.UK

cafe
Thrive

18 HANOVER BUILDINGS

SOUTHAMPTON

SO14 1JX

02380 338708

INFO@CAFETHRIVE.CO.UK

All prices are VAT inclusive where applicable.