

BREAKFAST

FAMOUS ENGLISH Sausage, bacon, grilled tomato, mushrooms, fried egg, beans, toast	10.90
FAMOUS VEGGIE (v) Veggie sausage, hash browns, grilled tomato, fried egg, mushrooms, beans, fried onions, buttered toast	10.90
SANDWICH Bacon or sausage or fried egg	6.30
BREAKFAST WRAP Bacon, avocado, tomato, mixed leaves & mayo	11.50
EGGS BENEDICT Two poached eggs, muffin, ham, hollandaise sauce	10.90
EGGS FLORENTINE Two poached eggs, muffin, spinach, hollandaise sauce	10.90
EGGS ROYAL Two poached eggs, muffin, smoked salmon, hollandaise sauce	11.00
OMELETTE Served with toast or leaves Add: cheese / ham / tomato / feta / mushrooms / jalapeños (+0.50 - 4.00)	8.00

ON TOAST

CHILLI EGGS Scrambled eggs, spring onion, chilli flakes, bacon & parmesan served on Prokorn or Sunbun	12.50
BACON & SMASHED AVOCADO Cherry tomatoes, bacon, two fried eggs, pesto served on Prokorn or Sunbun	13.80
SMASHED AVOCADO (v) Feta, mint & pine nuts on Prokorn or Sunbun	12.00
VEGGIE EGGS (v) Scrambled with spinach, cherry tomatoes, red onion & feta served on Prokorn or Sunbun	12.60
SCRAMBLED, POACHED OR FRIED EGGS On sliced brown or white	8.60
POACHED EGGS Smashed avocado with chilli flakes served on sliced brown or white	11.50
BUFFALO MOZZARELLA Fresh tomato, avocado, rocket & olive oil served on Prokorn or Sunbun	12.60
SMOKED SALMON Cream cheese & smashed avocado served on Prokorn or Sunbun	12.60
WARM MUSHROOMS Spinach & goats cheese served on Prokorn or Sunbun Add: Irish sausage	12.00 13.80
SMASHED AVOCADO With bread of your choice	9.50
BEANS ON TOAST On sliced brown or white	7.50

EXTRAS

(Not sold individually +1.50 - 3.00)
Egg · Mushrooms · Tomatoes · Baked beans · Hash brown · Ham · Sausage · Cheddar cheese · Cream cheese

BREAKFAST BOWLS

AÇAÍ BOWL Açaí, frozen berries, banana & almond milk Toppings: Blueberries · Banana · Raspberries · Homemade granola · Sunflower & pumpkin seeds · Chia seeds · Coconut	11.50
PLANT PROTEIN PICK ME UP Coconut & banana mix, chocolate pea protein / maca powder, dash of espresso & almond milk Toppings Coconut flakes · Cocoa nibs · Sunflower & pumpkin seeds · Blueberries · Banana	13.50
BLUE SPIRULINA BOWL Coconut & banana, blue spirulina & almond milk Toppings Homemade granola, Blueberries, Fresh mango · Coconut flakes · Hemp seeds · Cocoa nibs	12.50
TROPICAL BOWL Fresh mango, coconut flakes & banana mix & almond milk Toppings Homemade granola · Blueberries · Sunflower seeds · Chia seeds · Mango · Banana	12.50
MUESLI, FRUIT & YOGHURT BOWL	11.60
FRUIT BOWL	10.30
PORRIDGE BOWL Made with milk of your choice, served with banana or walnuts or mixed berries	8.00
Add peanut or almond butter	1.50

PANCAKES

MAPLE SYRUP STACK	10.00
NUTELLA STACK	11.00
FRESH STRAWBERRY STACK	11.00
NATURAL YOGHURT, FRESH BERRIES & WALNUTS STACK	12.00

TOASTIES

Ham, cheddar cheese & tomato	8.00
Turkey, brie & cranberry sauce	7.50
Tuna, mayo, mozzarella & sun dried tomato	9.00
Mozzarella, tomato, avocado, capers, basil mayo	9.00

BREAD OPTIONS

PROKORN A dark, multi cereal bread	+1.00
SUN BUN Unbleached white bread with oats & sunflower seeds	
BAGEL	GRANARY BAGUETTE
SIN GLUTEN BREAD	RYE BAGUETTE
WHITE BAGUETTE	

SAVOURY BOWLS

<i>(Served with brown rice or quinoa)</i>	
SALMON BOWL Avocado, edamame, cherry tomatoes, mango & teriyaki marinade	20.50
TUNA BOWL Lightly cooked tuna steak served with broccoli, edamame, mango & soy & ginger marinade	19.50
AFRITADA CHICKEN Chicken, potato, bell peppers, carrots in a tomato based sauce	17.00
CHILLI CON CARNE BOWL	16.50
BEEF STEW	18.00
VEGGIE BOWL Warm bowl with mixed veggies, edamame, cashew nuts & soy, honey & ginger marinade ADD: Chicken	15.00 19.00
TOFU BOWL Teriyaki Tofu with avocado, edamame, cherry tomatoes & mango	16.70
TERIYAKI CHICKEN BOWL Avocado, edamame, cherry tomatoes & mango	19.50
FALAFEL BOWL Cucumber, tomatoes, parsley & lemon salad, beetroot houmous with yoghurt & Tahini dressing	17.00
CHICKEN KATSU Aromatic katsu curry sauce, chicken in crispy panko breadcrumbs served with a side salad	18.00
CAJUN CHICKEN Whole cajun chicken breast	17.50
ASIAN BOWL Tofu, beef or chicken with rice noodles, spring onion, carrots, red bell pepper, cabbage, peanuts, bean sprouts with a sweet chilli & soy sauce dressing	16.00
<i>All of our bowls are served with fresh coriander unless requested without</i>	

WRAPS

<i>(All wraps are toasted. If you like yours cold please request at order. Served with crisps & salad garnish)</i>	
TRICOLORE (v) Mozzarella, tomato, avocado, leaves & pesto	12.50
SIMPLY SALAD (v) Cheddar cheese, leaves, tomato, cucumber, avocado, red onion & mayo Add: chicken	12.50 15.00
CAESAR Chicken, cos lettuce, parmesan & Caesar dressing	13.80
BEANIE (v) Kidney beans, sour cream, jalapeños, fresh tomatoes, cos lettuce & cheddar cheese	12.50
GAMBERETTI Prawns, cream cheese, spinach leaves, red pepper, mango & sweet chili	13.80
TROPICAL Chicken, mango, avocado, mayo & lettuce Add: Sriracha mayo	15.50 16.00
CORONATION CHICKEN With leaves	14.00
FALAFEL WRAP Falafel, leaves, tomato, cucumber, red onion & tahini. Chilli optional	14.00

LUNCH

SALADS

THE FRESH FOOD CAFE SALAD (v) Crumbled feta, cherry tomatoes, olives, cucumber, red onion, avocado, mint, dates, cashews, hazelnuts, walnuts & salad leaves with lemon & herb house dressing	14.00
TUNA NICOISE Tuna steak, egg, olives, red onion, tomato, cucumber, salad leaves & house dressing	16.50
TRICOLORE SALAD (v) Mozzarella, avocado, tomato, rocket, balsamic glaze	14.30
CAESAR SALAD Chicken, cos lettuce, parmesan & Caesar dressing	15.50
VEGGIE CAESAR SALAD Avocado, tomato, carrot, cucumber, cos lettuce, Parmesan, croutons & Caesar dressing	13.80
CALIFORNIAN SALAD (v) Crumbled goats cheese, gem lettuce, avocado, cherry tomatoes, cucumber, carrot, zucchini, pine nuts, bean sprouts & balsamic, lemon & herb house dressing	13.80
BISTRO SALAD (v) Warm goats cheese, spinach leaves, pear, sun dried & vine tomatoes & cashews with a light balsamic dressing	13.80
PRAWN & AVOCADO SALAD Mixed leaves, cucumber, tomato, avocado & prawns in a rosa	15.00
CHICKEN SALAD Chicken, mixed leaves, cucumber, tomato, carrot, fresh beetroot, avocado, egg & house dressing	16.50
PASTA SALAD Fusilli, black olives, cherry tomatoes, capers, rocket, red pesto, chicken or tuna with red onion	16.00
SUPERFOOD SALAD (v) Quinoa, mixed leaves, carrot, beetroot, tomatoes, avocado, mixed seeds, broccoli, butternut, pomegranate, mint & feta served with a light balsamic dressing	18.50
ADD: Chicken + 4.00 Prawns + 4.50 Beef + 4.50	

OVEN BAKED JACKET POTATOES

<i>(All served with a side salad)</i>	
Beans / cheddar cheese / cottage cheese / coleslaw / prawns in rosa sauce / tuna mayonnaise / chicken mayonnaise / avocado / sweetcorn / rocket	12.00
Add an extra filling from above (+ 1.50 - 4.00)	
Jacket potato with chilli con carne	16.00
Jacket potato with coronation chicken	16.00

SIDE DISHES

Skinny / Chunky fries (v)	5.20
Skinny / Chunky fries with Cajun seasoning (v)	5.50
Sweet potato fries	5.50
Regular, sweet potato or Cajun fries served with Sriracha mayo	6.20
Homemade coleslaw (v)	4.00

BURGERS

<i>(All served with a side salad)</i>	
CAJUN CHICKEN BURGER Avocado, cheese, leaves, tomato salsa, mayo	16.00
HOMEMADE BEEF BURGER 220g burger, home-made relish, cheese, bacon, tomato, red onion, gherkin, lettuce & mayo, served with salad or fries	16.60
VEGGIE BURGER (v) Homemade bean burger, cheese, leaves, tomato, onion, gherkin, mayo & sweet chilli	15.50
BEYOND MEAT BURGER Vegan cheese, leaves, tomato, onion, gherkin, mayo & sweet chilli	17.00

QUESADILLAS

Cheddar cheese, tomato, jalapeño & red onion with sour cream, guacamole & salad garnish	13.50
Add: chicken / prawns / bacon	15.50

SANDWICHES

<i>(Brown or white sliced or see bread options. All sandwiches served with salad garnish & crisps)</i>	
Cheese & tomato (v)	8.50
Egg, mayo & rocket (v)	8.50
Cheese, lettuce, tomato, cucumber, pickle (v)	8.50
Brie, walnut & grape (v)	9.00
Avocado, mozzarella, tomato, basil mayo (v)	9.45
Chicken, mayo & sweetcorn	9.90
Chicken breast, basil mayo & tomato	9.90
Chicken, mayo & avocado	9.90
Chicken coronation with grapes	9.90
Roast beef, mayo, English mustard & rocket	9.90
Tuna, mayo, cucumber & lemon	9.50
Prawns rosa & avocado	9.90
Smoked Salmon, Cream Cheese, Capers, Leaves	10.50
BLT Bacon, lettuce, tomato	9.50
FRESH FOOD CLUB Chicken, mayo, lettuce, tomato, cheese & bacon (double layer sandwich) Add fried egg	12.50 +1.00
Add extra ingredient (+ 1.50 - 2.00)	

KIDS

CHICKEN NUGGETS & FRIES	7.50
FUSILLI PASTA Butter & green or red pesto ADD: Cheese	7.00 +1.50
FISH FINGERS Served with broccoli & sweetcorn or fries	8.60
TUNA MAYO & CHEESE WRAP	7.00
PEANUT BUTTER SANDWICH (OR ON TOAST)	5.50
CHEESE SANDWICH	8.00
HAM SANDWICH	8.50
NUTELLA SANDWICH	6.00

FRESH JUICE

WAKEY WAKEY Pineapple, orange, lemon & honey	7.00
ZINGER Carrot, orange & ginger	7.00
VITALIZER Carrot, apple & ginger	7.00
DETOX Carrot, apple pear & cucumber	7.00
ALLERGY BUSTER Apple, cucumber & ginger	7.00
FRESH START Carrot & lemon	7.00
LIQUID LUNCH Beetroot, carrot, apple & celery	7.00
PEAK PERFORMANCE Pear, pineapple, strawberry & ginger	7.00
SUMMER LOVE Orange, pineapple, & strawberry	7.00
CREAMY GREEN Apple, spinach, banana, avo & lemon	8.50
PICK ME UP Orange, banana & strawberry	7.00
IMMUNITY Pineapple, apple, lemon	7.00
DAILY GREENS Spinach, celery, apple, cucumber & lime	7.00
HAPPY APPLE Apple, lime & ginger	7.00
THE CURE Carrot, beetroot, apple & lime	7.00
CLEANSE Apple, celery & lemon	7.00
POWER KALE Kale, Pineapple, apple, cucumber & lemon	7.50
CELERY JUICE	7.50
DETOX WATER Cucumber, mint & lemon	5.00
BLUE SPIRULINA LEMONADE	5.50
CLOUDY APPLE	7.00
FRESH ORANGE	5.50
SMALL FRESH ORANGE	4.50
ADD Whey protein Ginger Fresh Tumeric	2.00 0.50 0.65

JUICE SHOTS

PURE GINGER SHOT	4.50
GINGER & LEMON	4.00
GINGER SHOT Ginger & apple Strenghtens immune system · Lessons likelihood of colds & flu · Eases stomach discomfort · Eases morning sickness · Reduces pain & inflammation	3.50
CHLORELLA Chlorella, ginger & apple Reduces body fat · Boosts energy · Aids digestion · Alleviates depression · Balances blood sugar · Boosts immune system	4.50
WHEATGRASS Wheatgrass , ginger & apple Reduce effects of aging · Slows hair going gray · Increase feeling of strength, endurance & renewed health · Boosts immune system · Purifies liver	4.50
SPIRULINA Spirulina, ginger & apple Reduce effects of aging · Loaded with antioxidants · Complete protein, containing all essential amino acids plus betacaeotene · Improves eye sight, good vision · Rich in Iron, B12, vitamins A, K & B Complex	4.50
TUMERIC & CAYENNE SHOT Orange, turmeric & cayenne Supports weight loss · Helps detoxification · Helps to reduce muscle & joint pain · Helps reduce depression · Increases antioxidant capacity of the human body	4.50
BEET SHOT Beetroot & apple Researchers have discovered that nitrate-rich beetroot juice can enhance the performances of athletes, as well as provide numerous health benefits to the body overall · Can help digestion & inflammation · Filled with antioxidants that can help increase the white blood count in the body	4.50
LEMON, GINGER & TUMERIC SHOT Detoxifying · High in vitamin C · Helps digestion · Strengthens immune system · Energising	4.50

BOOSTER JUICES

(Booster Juices are a long drink)

POWER BOOSTER Pineapple, broccoli, cucumber, lime & Chlorella	7.50
ANTIOX BOOSTER Avocado, strawberries, lemon, wheatgrass, honey, ice & almond milk	8.00

SMOOTHIES

BREAKFAST SMOOTHIE Strawberries, banana, muesli & yoghurt. Blended with antioxidant mixed berry juice.	7.00
BANANA BERRY Mixed berries, banana, yoghurt. Blended with antioxidant mixed berry juice.	7.00
MANGO MAMBO Mango, raspberry, pineapple. Blended with antioxidant mixed berry juice.	7.00
BANANA SURPRISE Banana, milk & honey	7.00
DAIRY PROTEIN SMOOTHIE	
CLASSIC PROTEIN Frozen strawberries & banana, protein and milk	8.00
PEANUT PROTEIN Banana, PB powder, protein and milk	8.00
CHIA BERRY PROTEIN Mixed berries, chia, protein and anti oxidizing mixed berry juice	8.00

PLANT PROTEIN SMOOTHIE

CLASSIC PLANT Strawberry, banana, chocolate pea protein & almond milk	8.50
SLOW BURN PLANT PROTEIN Coconut & banana mix Chocolate pea protein Cocoa nibs Almond milk	8.50
PEANUT PLANT Banana, PB powder, chocolate pea protein and almond milk	8.50

Protein shakes can be made with your choice of milk; organic, almond, soja, coconut or oat milk.

WE USE FLAVOURLESS WHEY PROTEIN BECAUSE:

- Builds muscle
- Easily digested
- Provides all of the amino acids needed to stimulate muscle synthesis
- It is a complete protein

FRAPPUCCINOS

Cafe latte	7.00
Coffee Caramel	7.00
Coffee Mocha Chip	7.00
Matcha Green	7.00
White Chocolate	7.00
Spice Chai	7.00

MILKSHAKES

(Made with ice cream)

Chocolate / Vanilla / Oreo / Brownie /	7.00
Banana / Fresh Strawberries	

BEER, WINE & SPIRITS

San Miguel	3.50
Heineken	3.50
Coronita	4.80
White, Rose, Red wine (by the glass)	4.80
Spirit with mixer	9.00

SOFT DRINKS

Still water	2.90
Sparkling water	3.90
Coke / Coke Light / Fanta / Sprite / Aquarius	2.90
Coconut water	4.00
Mangojo Iced Tea (natural):	4.40
Lemon / Goji / Açai / Pomegranate	
Takeaway cup	0.10

COFFEE & MORE

	Reg	Tall	Grande
Espresso / Cortado / Americano	2.50	3.20	
Cafe con leche	2.70	3.70	4.30
Cappuccino / Cafe latte		3.70	4.30
Hot chocolate		3.70	4.30
Chai tea latte / Mocha		3.90	4.30
Matcha & vanilla latte		3.90	4.80
Extra coffee shot		+0.50	
Shot of caramel/vanilla/hazelnut		+0.50	
Tea		2.60	2.90
Infusion tea			3.50
Fresh ginger, lemon & honey			4.00
Fresh ginger & fresh mint			4.00
Baby chino / Baby HotChoc		3.00	
Mug of hot milk		3.50	
Add Cream		+0.50	

(All coffee made with full or skinny organic milk. Soya, almond, coconut and oat milk also available)

CAKES & TREATS

Carrot cake / banana & walnut cake	5.50
Cookies / cupcakes	3.00
A selection of low sugar oat cookies	3.50
Dark chocolate oat cookie	3.80
Brownies / gluten free chocolate cake	5.50
ADD: Ice cream	+1.50



THE FRESH FOOD CAFE

Breakfast Coffee Lunch Cakes

We love great flavours and smiles on our customers' faces. This is why our food principles are all about good, simple ingredients, always freshly prepared to order.

IVA Included

TAKEAWAY
Tel: 952 90 73 64

WIFI PASSWORD:
iloveFFC

We do not serve fast food, we just serve good food as quickly as possible!

Please be aware, each dish is prepared freshly to order, so your meal can take a little while to get to you.

Please note that if you order a bespoke plate we cannot guarantee the flavours and you will still be charged for the order.

Our menu is well thought out and varied so that we can assist you with a choice.

Please note that extras will be charged for individually.

If you have a food allergy please inform one of our staff.

Please note service of 10% will be added to tables of 6 people or more.

We appreciate your understanding.