



COWDRAY

## Cowdray Express Menu

Open Saturday 8am to 3pm and Sunday 9am to 3pm

### Breakfast

#### Acai Bowls £4.50

Acai Powder, Coconut Oil, Avocado, Banana, Dates, Berries  
Packed with antioxidants and full of goodness

#### Chia Seed Puddings £4

Chia Seeds, Raw Honey, Yoghurt, Vanilla, cinnamon and Almond Milk  
Rich in fibre, omega 3 fats, vitamins and minerals

#### Bircher Muesli £3.50

Apple, Oats, Almond Milk, Apple Juice, Yoghurt, Nuts, Dried Fruit & Honey

The breakfast to keep your heart Healthy

Extra Shots 50p

### Lunch

Served from 11am

Vegan Soup with Pitta Bread £5.50

Vegetarian Salad £6

Vegetarian Wrap £6

### Smoothies

#### Peanut Power £4.25

Cacao Nibs, Banana, Peanut Butter & Almond Milk

#### Breakfast Smoothie £4.25

Frozen Yoghurt, Oats, Cows Milk, Blueberry, Blackberry & Banana

#### Carrot Cake Smoothie £4.25

Frozen Yoghurt, Ginger, Cinnamon, Nutmeg, Carrot, Banana & Almond Milk

Fruit Smoothie of the Day £4

### Snacks

Raw, Vegan & Gluten Free

Protein Balls £1.30

Haystacks - Vanilla or Chocolate 75p

Peanut Butter Cups £1.30



COWDRAY

## Cowdray Express Menu

### Hot Drinks

#### Coffee

Espresso £2.20

Macchiato or Double Espresso £2.20

Americano £2.80

Cappuccino £2.80

Latte £2.80

Flat White £2.90

Mocha £2.90

Babycino £1.20

#### Tea

All at £2

English Breakfast

Earl Grey

Decaffeinated

Detox

Peppermint & Liquorice

Turmeric

Elderberry

Green

Lemon & Ginger

Three Mint

#### Hot Chocolate

Hot Chocolate £2.90

Child's Hot Chocolate £1.80

With marshmallows add 50p

### Cold Drinks

Southdown's Still or Sparkling Water  
330ml £2.00

Freshly Squeezed Orange Juice  
£3.50

### Cowdray Fresh Juices

Vitalise – Romaine, Cucumber, Celery, Apple & Lemon £4

Vitamin C – Fennel, Pineapple, Apple & Lemon £4

### Unicorn Latte

Vegan - all made with Almond Milk

Turmeric Latte sweetened with Maple Syrup £4

Matcha Latte sweetened with Coconut Sugar £4

### Moju Shots

Ginger £2.25