



COWDRAY

Cowdray Express Menu

Open Weekdays 8am to 2pm
Saturday 8am to 3pm and Sunday & Bank Holidays 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

Power Smoothie £4.25

Chia Seeds, Raspberries, Banana,
Frozen Yoghurt, Honey & Almond
Milk

Cocoa Nut £4.25

Cocoa, Banana, Peanut Butter &
Almond Milk

Fruit Smoothie of the Day £4

Create Your Own Smoothie £4

1. Start with our base - Banana,
Berries and Spinach
2. Add your extra items - 50p each

Maca Powder, Energising Powder,
Lucuma Powder, Detoxing Powder,
Pea Protein, Sunflower Seeds,
Pumpkin Seeds, Flax Seeds,
Chia Seeds, Bee Pollen,
Nuts, Goji Berries

3. We blend with Apple Juice or
Almond Milk



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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 Water Infusion £1.50
Ginger, Lemongrass or Lemon

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

Healer – Turmeric, Carrot,
Grapefruit & Ginger £4

Hydrate – Spinach, Cucumber,
Lemon & Apple £4

Unicorn Mylkshakes

Vegan - all made with Almond Milk
Turmeric - Maple Syrup £4
Cacao & Coconut - Raw Cacao,
Coconut Oil & Maple Syrup £4.50
Beetroot - Vanilla Extract & Maple
Syrup £4
Matcha - Coconut Sugar £5

Moju Shots

Turmeric or Ginger ££2.25