

## BRUNCH

### BOWLS:

#### Açai Bowl (GF) (N) £6.95

100% Brazilian açai puree, topped with our homemade GF granola, banana, apple, grapes, coconut flakes and puffed goji berries

#### Breakfast Bowl (GF) (N) £5.25

Creamy coconut yogurt, topped with our homemade GF granola, banana, blueberries, apple, coconut flakes and puffed goji berries

#### GF Porridge Bowl (GF) (N) £4.25

Our nourishing bowl of goodness comes with the choice of two toppings including: maple syrup, bananas, blueberries, strawberries, raisins, almond butter, peanut butter..

### TJS Waffles (GF) (N) Large £5.25/ Small £3.25

Our famous GF waffles are made from a mixture of nutritious grains and come with a choice of three toppings:

- Raw cacao nutella and banana (N)
- Baobab cream and Chia berry compote (N)
- Blueberries, millet butter and maple syrup (N)

### TOAST:

#### Avocado, Mizuna and Omega Seeds (N) £5.25

Prepared with lime, garlic and olive oil on GF or sourdough bread

#### Wild Mushrooms, Spinach and Cherry Tomatoes (N) £5.25

Sautéed and served with a balsamic glaze on GF or sourdough bread

#### Beans (N) £5.25

Cannellini and butter beans, homemade smokey sauce and beetroot Ketchup

## WEEKEND

AVAILABLE ON SATURDAY AND SUNDAY ONLY

#### The TJS Full English (GF) (N) £7.95

Hash Brown, plum Tomato, Chestnut mushroom, wilted spinach, Smokey beans, beetroot ketchup and Served with a choice of Sourdough or GF and a plant-based butter

#### Half a Grapefruit (GF) (N) £3.95

Served with coconut yogurt and homemade mint sugar

#### Fresh Cold-pressed OJ £3.50

Sweet Specials also available everyday in our fridge.

Delicious dried snacks by the counter!

**MADE 100% IN-HOUSE**

### ASK ABOUT OUR DAILY SOUP

Prepared from scratch in our Kitchen every morning using seasonal produce. Served with

Sourdough or GF Bread **£4.25**

## SIGNATURE DISHES

#### The TJS Cheese Burger (N) (S) £8.95

Black bean patty, cheese sauce and all the trimmings in our soft signature sesame bun. Served with House Slaw

\*Goes perfectly with a side, take a look at our choices.

#### The TJS Superfood Kale and Sweet Potato (N) (S) £8.50

Sautéed sesame kale, chilli sweet potato, wild rice, wasabi cashew dressing and toasted pumpkin seeds

#### Protein Burger (GF) (N) £7.95

Black bean patty with our cheese sauce, smashed avocado, chipotle mayo and tomato. Served on a bed of crispy lettuce with house slaw

#### Burrito Wrap (N) £8.50

Protein packed herby lentils, quinoa, smashed avocado, coriander, chipotle mayo all packed into a warm wrap

## BOWLS

#### Macro Energy Bowl (N) £8.50

Lentils, quinoa, salsa, smashed avocado, mixed leaves, dressed in a chipotle mayo with a wedge of lime

#### Buddha Bowl (GF) £8.50

Chickpeas, quinoa, sweet potato, cherry tomatoes, courgette ribbons, omega seeds, brazil nuts and house slaw dressed in healing dill and parsley

#### Pad Thai (GF) (S) £7.50

Light rice noodles and seasonal veggies, in a peanut satay sauce and topped with sesame seeds and crunchy roasted peanuts

#### Broccoli with Purple Potatoes and Quinoa (GF) (N) £7.50

Antioxidant-rich purple spuds, herby quinoa and broccoli roasted with ginger and garlic. All topped with coconut yogurt and coriander

## SIDES

#### Mac 'N' Cheese topped with Truffle oil (GF) (N) £4.50

Indulgent sweet potato and sunflower seed sauce with our GF fusilli pasta

#### Broccoli with Kale, Omega Seeds and Coconut in Tamari (GF) (N) £4.00

Pan roasted and full of flavour

#### Homemade Tortilla Chips (GF) (N) £4.00

Served with the house smashed avocado and salsa. Seasoned with Himalayan pink salt and black pepper

#### House Slaw (GF) (N) £4.00

Seasonal Vegetables dressed in a healthy alternative to mayonnaise, using lemon, olive oil and fresh herbs

The Juice Smith

COLD PRESSED



## ORGANIC KITCHEN AND COLD-PRESSED JUICERY

## CHILLED DRINKS

### Organic Cold-pressed Juice and plant-based Milks

Available in Large £6.95 and Small £4.25

#### Black LemonAid £4.50 Detoxifier £3.50 The Healer £3.50

Still/ Sparkling Water £1.95

### SMOOTHIES £6.50

#### Rise and Shine

Coconut milk, GF oats, pecans, cinnamon, mesquite, mixed berries, banana and topped with our GF homemade granola

#### True Blue Açai

Almond milk, banana, blueberries, açai, vanilla and agave

#### Goodness Greens

Spinach, kale, avocado, apple, lime, spirulina, baobab, bee pollen

#### Choc Chip Maca Dream

Almond milk, banana, almond butter, carob, cacao, maca and vanilla

#### Beauty and the Baobab

Coconut water, mango, strawberry, baobab, lime, agave and ginger

#### The Workout

Almond milk with a choice of chocolate/vanilla SunWarrior protein powder with either banana, blueberry, strawberry or mango

#### Piña Colada

Coconut water, pineapple, lime, agave, baobab

## HOT DRINKS

We use rich, organic coffee beans from the Beanberry local roastery. Made to order with a huge selection of plant-based milks.

MATCHA LATTÉ | GOLDEN TURMERIC LATTÉ £3.00 CAPPUCCINO | FLAT WHITE |

LATTÉ £2.80 ICED LATTÉ £3.00

AMERICANO | ESPRESSO £2.20

MACCHIATO £2.50

HOT CHOCOLATE £2.80

Decaf coffee is available on request

Regular Tea £2.10 Speciality Tea £2.50 Flower Bomb £4.00

## GRAB AND GO

### SWEET:

#### Super Seed Bar £4.95

Coconut chips, pumpkin seeds, sesame seeds, chia seeds, goji berries, dates, lucuma, carob powder, raisins

#### Cocoa Fudge Bar (N) £4.95

Pecan, hazelnuts & walnuts, cocoa

#### Chocolate Sesame Cupcake £4.25

Cacao, sesame seeds, coconut sugar, maple syrup, vanilla, sea salt

#### Toffee Apple Slice (N) £4.95

Cashews, coconut, apple, maple syrup, coconut sugar, Medjool dates, mesquite, pecans, cacao

#### Buttercup Brownie (N) £4.25

Tahini, hazelnut, brazil nut, almonds, cacao butter, cacao powder, maple syrup, Medjool dates

#### Bounty Bar £3.75

Coconut flakes, GF oats, agave, coconut oil, vanilla, salt

ASK FOR OUR CHILDREN'S MENU!



WWW.THEJUICESMITH.COM @THEJUICESMITH

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Contact us / 01932 864 443

Open: Monday-Friday 8am-5pm Saturday 9am-5pm Sunday 10am-3pm



## ORGANIC KITCHEN AND COLD-PRESSED JUICERY CHILDREN'S MENU

### BREAKFAST

#### MINI PORRIDGE BOWL £3.25

A perfect start to the day, made with gluten free oats and coconut milk.

Pick a topping from our wide selection of fruit and nuts.

#### BANANA AND MAPLE WAFFLE £3.95

One of our famous house waffles with banana slices and maple syrup

### PASTA

#### MAC 'N' CHEESE £4.00

A small bowl of gluten free pasta with a delicious cheesy sauce

#### TJS TOMATO PASTA £4.00

A tasty house-made tomato sauce served with gluten free pasta

#### PASTA BOLOGNESE £4.00

A small bowl of gluten free pasta with a simple ragu sauce

### TOAST

#### AVOCADO ON TOAST £4.25

One slice of toast with our classic smashed avo

#### BEANS ON TOAST £3.95

One slice of toast with homemade smokey beans

#### PB AND HOMEMADE JAM ON TOAST £3.95

One slice of toast with organic, palm oil free PB and chia berry jam