

Signature Juices

6.75

- BOUNCE BACK**
Carrot, Orange, Ginger
- GREEN & LEAN**
Cucumber, broccoli, spinach, Kale, Apple
- TO THE BEET**
Beetroot, Celery, Apple
- VITAMIN ME**
Cucumber, Kale, Spinach, Pear
- YELLOW SUBMARINE**
Turmeric, Ginger, Pineapple, Apple
- STORM PROOF**
Grapefruit, Carrot, Ginger, Chili
- THE LAGOON**
Apple, Pineapple, Lemon, Spirulina
- AURORA**
Apple, Kale, Spinach, Coconut H2O, Matcha
- DOCTOR'S ORDERS**
Beetroot, Carrot, Ginger, Lemon
- FASHION FRUIT**
Apple, Pineapple, Passion Fruit
- YUZUJITO**
Pear, Yuzu, Lime, Mint



Smoothies

6.75

- AVO SIGNATURE**
Avocado, Lemon, Apple
- SUPERHERO**
Banana, Strawberries, Vanilla, Apple
- BERRY DREAM**
Mixed berries, Banana, Mint, Apple
- MANGOLADA**
Mango, Passion fruit, Lime, Coconut milk

Super Smoothies

6.95

- WILD BOY**
Banana, Dates, Mixed Nuts, Raw Cocoa, Almond Milk
- NUTTY MONKEY**
Peanut Butter, Banana, Super seeds ground, Almond Milk
- AVOLINA**
Blue Spirulina, Avocado, Banana, Honey, Coconut milk
- PURPLE LOVE**
Organic Acai, Banana, Berries, Oat milk
- DRAGANAVO**
Dragon Fruit, Passion Fruit, Banana and Oat Milk

Protein Shakes

- WHEY WITH WATER OR MILK 5.35
- VEGAN WITH WATER OR MILK 5.35
- PRE-WORKOUT 3.25
- + ADD BANANA OR PEANUT BUTTER 1.45
- ADD WHEY PROTEIN 2.75
- ADD VEGAN PROTEIN 2.75

Choice of Milk

- FULL FAT, SEMI SKIMMED 0.00
- ALMOND, COCONUT, OAT, SOY 0.50
- Add Super Food 1.50

- MATCHA • CHARCOAL • CHIA SEEDS
- SPIRULINA • CACAO • 3 DATES

Add Roots 0.95

- GINGER • TURMERIC

FOOD ALLERGIES AND DIETARY REQUIREMENTS: Please speak to our staff about the ingredients in your meal, when making your order. Calorie content approximate. A discretionary service charge of 12.5% will be added to your final bill.

Coffee, Tea and Treats

Coffee

- ESPRESSO SINGLE/DOUBLE 2.30/2.85
- MACCHIATO SINGLE/DOUBLE 2.50/2.85
- AMERICANO 3.20
- CAPPUCCINO 3.45
- FLAT WHITE 3.35
- CORTADO 3.10
- MOCHA 3.80
- HOT CHOCOLATE 3.20

Latte

- CAFÉ LATTE 3.45
- MATCHA LATTE 3.60
- TURMERIC LATTE 3.60
- CHARCOAL LATTE 3.50
- BEETROOT LATTE 3.50
- CHAI LATTE 3.50

Iced Drinks

- ICED AMERICANO 3.30
- ICED LATTE 3.60
- ICED CAPPUCCINO 3.60
- FREDDO ESPRESSO 3.60
- ICED MOCHA 4.10
- ICED CHOCOLATE 3.90
- ICED TEA 3.50
- FRAPPUCCINO 3.80
- ICED MATCHA LATTE 4.00
- ICED CHAI LATTE 3.70

Tea

- ENGLISH BREAKFAST
- MATCHA
- FRESH MINT
- FRESH GINGER & LEMON
- JASMINE
- SENCHA GREEN TEA
- PEPPERMINT
- SENCHA CHERRY ROSE TEA

IN (Treats)
3.35 T/A 2.95

Treats

- BANANA & DATES BREAD (VG) 3.95
- ALMOND & TAHINI BROWNIE 3.25
- LOW SUGAR GRANOLA & DATES COOKIE (VG) 2.95
- LEMON LOAF SLICE 3.25
- PISTACHIO TART 3.75
- NUTRIBALL 3.25
- CROISSANT 2.45
- PAIN AU CHOCOLATE 2.65
- PAIN AU RAISIN 2.65

Immunity Boosting Shots



BOOST YOUR IMMUNITY

Ginger, Turmeric, Apple

FIRST AID

Ginger, Lemon, Apple

AFTER PARTY

Beetroot, Celery, Apple

TO THE SPA

Charcoal, Lemon, Apple

MORNING GLORY

Ginger, Turmeric, Grapefruit, Cayenne pepper.



@ haveanavo_uk
f haveanavo cafe

www.haveanavo.com
info@haveanavo.com

Breakfast

(Available from 8am – 11:30am Mon to Fri/ 8:30am – 2pm Sat & Sun)

Pancakes



POWER **13.35**
(VG, GF OPTIONS AVAILABLE)
With Protein Powder, Banana, Berries And Choice of :
Nutella 527kcal, Protein 28.7g
Peanut Butter 597kcal, Protein 26.5g,
Pistachio Cream 492 Kcal, Protein 23g,
Yoghurt & Berry coulis 412kcal, Protein 19.5g. (Soy/Greek)

KIDS **7.65**
(GF OPTION AVAILABLE) Kcal 248, Protein 14.35g. With
Protein Powder, Nutella, Banana, and Berries.

Toasts

FRUITY TOASTY **8.65**
(VG;GF OPTIONS AVAILABLE) Kcal 622, Protein 26.5g. With
Peanut Butter, Banana Slices, Berries, Mixed Nuts and Honey.

OUR AVO TOAST **7.95**
(VG;GF OPTIONS AVAILABLE) Kcal 317, Protein 13.8g.
Smashed Avocado on Seeded Toasted Sourdough Served
With Heritage Tomatoes, Omega Seeds and Chili Flakes.

HUMMUS AVO TOAST **10.95**
Kcal 387, Protein 28.6g (V) With Beetroot, Avocado And
Halloumi On Toasted Sourdough.

SCRAMBLED EGGS & SMOKED SALMON **12.45**
(VG;GF OPTIONS AVAILABLE) Kcal 489, Protein 38g. Scrambled
Free Range Eggs With Spring Onion Served On Toasted
Sourdough With Scottish Smoked Salmon And Chili Flakes.

EGGS AVO-TINE (V) **10.95**
Kcal 389, Protein 18g. With Smashed Avo. Free-Range
Poached Eggs, Homemade Hollandaise On English Muffin.
Make It **Avo Royale** - Kcal 405, Protein 30g With Scottish
Smoked Salmon - (£3.80)
Make It **Avo Benedict** - Kcal 429, Protein 28g, With Turkey
Bacon - (£3.80)

VG = Vegan
V = Vegetarian
GF = Gluten free

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Please speak to our staff about the ingredients in your
meal, when making your order. Calorie content approxi-
mate. A discretionary service charge of 12.5% will be add-
ed to your final bill.

Morning Fuel Bowl

GRANOLA BOWL **7.95**
(VG;GF OPTIONS AVAILABLE) Kcal 566, Protein 12.6g. With
Berries, Coconut Flakes, Ground Super Seeds, Honey And
Yoghurt (Soy Or Greek).

ACAÍ or DRAGON FRUIT BOWL **10.95**
(VG;GF OPTIONS AVAILABLE) Kcal 402, Protein 5.7g. With
Organic Açaí Or Dragon Fruit, Banana, Berries, Granola, Goji,
Chia Seeds And Coconut Flakes.

HEARTY PORRIDGE **8.45**
(VG ;GF OPTIONS AVAILABLE) With Oat Milk, Berries & Banana
Peanut Butter And Chia Seeds Kcal 395, Protein 9.3g.

HEALTHY-ISH BREAKFAST **13.95**
Kcal 791, Protein 56g Free-Range Eggs, Premium
Chicken Sausages, Turkey Bacon, Organic Portobello Mushroom
Vine Tomato On Four Grain Sourdough Served With Homemade
Baked Beans And Petite Sweet Potato Fries.

SHAKSHUKA **12.95**
(V; GF OPTION AVAILABLE) Kcal 501, Protein 26.6g Mixed
Peppers, Tomato Passata, Red Onion, Free Range Poached
Eggs, Feta Cheese And Coriander Served With Bread.



ADD ON:

⌘ Poached or Hardboiled (F.R) Egg 1.95 ⌘ Peanut butter or Nutella 1.85
⌘ Turkey Bacon 2.85 ⌘ Feta 1.95 ⌘ Halloumi 3.75 ⌘ Avocado 3.85
⌘ Roasted Nuts 2.75 ⌘ Smoked Salmon 4.75 ⌘ Salmon Fillet 5.35
⌘ Chicken Breast 4.85 ⌘ Make It Gluten Free 1.25

Lunch

(Available from 11:30am – 4:00pm Mon to Fri/11:30am – 3:45pm Sat & Sun)

Salads

SELF-CONTROL BOWL (V&GF) **12.95**
Kcal 310, Protein 19 G. With Quinoa, Kale, Beetroot, Carrot,
Edamame, Pomegranate And Roasted Butternut Squash
With Orange Mustard Dressing.

SASHIMI SALAD (GF OPTIONS AVAILABLE) **12.95**
Salmon - Kcal 165, Protein 17.5g.
Tuna - (£1.5) Kcal 159, Protein 19.5g
Mixed Selected Leaves, Coriander Cress, Crispy Onion And
Roasted Shallot Sesame Dressing.

AVO CAESAR **10.95**
Kcal 369, Protein 6.3g. Avocado, Omega Seeds, Romaine
Lettuce, Croutons, Shaved Parmesan With Homemade
Caesar Dressing.
ADD: **Chicken Breast** - (£4) Kcal 478, Protein 27.6g
Salmon Fillet - (£4.95) Kcal 657, Protein 33.9g

Soups & Baguette

DAILY SOUP **8.25**
(VG; GF OPTIONS AVAILABLE) Freshly Made Every Day.
Served With Toasted Sourdough.

FRESHLY MADE TUNA BAGUETTE **7.95**
Kcal 355, Protein 22g With Mozzarella, Cucumber And Mixed
Leaves.

Bites

SWEET POTATO or FRENCH FRIES **5.25**
Kcal 216, Protein 3g Served With Creamy Spiced Dip.

CRISPY FALAFEL **4.95**
Kcal 306, Protein 22g Served With Truffle & Tahini Hummus

HALLOUMI FRIES **4.50**
Kcal 291, Protein 12g Served With Honey & Sesame.

Our Signature Wraps

CHICKEN WRAP **12.95**
Kcal 420, Protein 28g Lemon And Herb Marinated Chicken With
Avocado, Cheddar, Lettuce, Cucumber, And Pickles Served
With A Side Of Salad.

FALAFEL WRAP (VG) **12.85**
Kcal 445, Protein 14.5g Homemade Falafel With Avocado,Tahini
Lettuce and pickles Served With A Side Of Salad.

HALLOUMI WRAP (V) **12.85**
Kcal 520, Protein 21g Halloumi With Avocado, Lettuce, Red Onion
Hummus And Cucumber Mint Yogurt Sauce Served With A Side
Of Salad.

Power Bowls

MANGO AVO POKE BOWL (VG) **10.45**
(GF OPTIONS AVAILABLE) Kcal 452, Protein 9.9g.
Diced Mango, Smashed Avocado, Red Cabbage With
Sesame Yuzu Soy, Topped With Edamame, Seaweed And
Crispy Onion. Served On Sushi Rice Or Quinoa (£1.5).

-Falafel & Halloumi (V) - (£3.5) Kcal 590, Protein 19g.
-Salmon sashimi - (£3.5) Kcal 568, Protein 22.2g.
Marinated In Honey Yuzu Soy.
-Tuna sashimi - (£4.5) Kcal 430, Protein 23.8g.
Marinated In Honey Yuzu Soy.

WOK TOSSED RICE NOODLES (VG & GF) **12.85**
Kcal 485, Protein 9g. Stir Fried Rice Noodles With Seasonal
Vegetables. Tossed In A Light Sesame Soy & Ginger Sauce
Topped With Coriander And Sesame Seeds.
-Add Beef - (£2.75) Kcal 598, Protein 28g.

TERIYAKI BENTO BOX **14.25**
With Steamed Broccoli, Carrot Salad, Edamame And
Nori Seaweed Served On Sushi Rice Or Quinoa (£1.5).
-Salmon (£1.5) Kcal 695, Protein 40.2g.
-Chicken Kcal 516, Protein 33.9g.
-Beef (£1.5) Kcal 637, Protein 23g.