

# ALL DAY YUMZ

SERVED ALL DAY

ACAI BOWL (GF) (V) . £7.95

Acai Mix, **Homemade Granola**, Banana, Pineapple, Green Apple, Desiccated Coconut

Contains **Nuts, Sulphites.**

BEL AIR BREAKFAST WITH EGGS (GF) (DF) . £9.95

Baked Carrot & Turmeric Fritter, **Poached Eggs**, Avocado Mash, Salsa Hermosa, Coriander

Contains **Egg.**

BEL AIR BREAKFAST WITH TOFU (GF) (V) . £9.95

Baked Carrot & Turmeric Fritter, **Sesame Tofu**, Avocado Mash, Salsa Hermosa, Coriander

Contains **Soy, Sesame.**



GRANOLA BOWL (GF) . £6.95

**Homemade Granola**, Strawberry, Blueberry, Coconut Flakes, Agave, Hemp Seeds

**CHOOSE YOUR YOGURT**

Coconut Yogurt (V) or **Greek Yogurt\***

Contains: **Nuts, Sulphites, Milk\***.

VEGAN PORRIDGE (GF) (V) . £6.10

Oat Flakes, Rice Milk, Berry & Chia Compote, Banana, **Amaranth & Almond Crumble**,  
Agave

Contains **Nuts**.



PINK HAZE BOWL (GF) (V) . £8.95

**Pitaya Mix, Amaranth & Almond Crumble**, Chia Seed Pudding, Berry & Chia Compote

Contains **Nuts, Soy**.

CHESTNUT & ALMOND WAFFLE (GF) (DF) . £8.50

Coconut Yogurt, Berry & Chia Compote, Banana Mash, Cranberry Sprinkle

Contains **Nuts, Egg**.

SKINNY BENEDICT . £7.50

**Poached Eggs, Cherry Tomatoes, Avocado, Basil Pesto, Saffron Yogurt, Chives, Choice of Toast\***

Contains **Eggs, Nuts, Milk, Gluten\***. (GF option available)

SKINNY ROYALE . £9.50

**Poached Eggs, Smoked Salmon, Saffron Yogurt, Chives, Choice of Toast\***

Contains **Eggs, Fish, Milk, Gluten\***. (GF option available)

## BYO-AVO TOAST



BYO-AVO TOAST (BUILD YOUR OWN AVO TOAST) . £5.75

**THE OG W/ CHILI**

Avocado on **Toast\***

Contains **Gluten\***. (GF Option Available)

**ADD ONS:**

Salsa Hermosa . £0.50

Salmon Teriyaki (**Fish, Sesame, Soy**) . £4

Sesame Tofu (**Sesame, Soy**) . £4

Poached Egg (**Eggs**) . £1

Jerk Chicken . £3

Smoked Salmon (**Fish**) . £4

## EXTRAS

1/2 AVOCADO W/ OMEGA SEEDS (GF) (V) . £1.50

Contains **Sesame**.

ALMOND BUTTER (GF) (V) . £2.00

Contains **Sesame**.

COCONUT YOGURT (GF) (V) . £2.00

GREEK YOGURT (GF) (DF) . £2.00

Contains **Milk**.

SMOKED SALMON . £4.00

Contains **Fish**.

MIXED BERRIES . £3.00

JUST BLUEBERRIES . £3.25

POACHED EGG OR HARD BOILED . £1.00

Contains **Egg**.

WHOLEGRAIN SUNFLOWER RYE . £1.00

Contains **Gluten**.

WHEAT FREE CHIA & FLAX SEED BREAD . £1.00

Contains **Gluten**.

CHARCOAL SOURDOUGH BREAD . £1.00

Contains **Gluten**.

GLUTEN FREE BREAD . £1.25

Contains **Egg**.

We use a Heritage Breed of Clarence Court Eggs, produced in Cornwall.

**We always indicate when a product does contain an allergen as an ingredient, but please be aware we use multiple ingredients in our kitchens and therefore cannot guarantee that our food is completely free of any allergen.**

# SUPERFOOD SALADS

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MALIBU SHRED (GF) (V) . £7.75

Shredded Greens, Roasted Broccoli, Beetroot Spirals, Carrots, Chopped Gem, Kale, **Turmeric Dressing**

Contains **Mustard**.



**SUNSET CHOPPED (GF) (DF) . £11.25**

Chopped Gem, Chopped Chicken, Tomato, **Edamame**, Crumbled Bacon, **Hard Boiled Egg, Herbs, Dijon Vinaigrette**

Contains **Soy, Eggs, Mustard.**

**GOOD LIFE SALAD (GF) (V) . £11.00**

Kale, Roasted Sweet Potato, Quinoa, Lentils, **Walnuts, Goji Berries**, Nutritional Yeast, **Lemon Tahini Dressing**

Contains **Nuts, Sulphites, Sesame.**

**GOODNESS BOWL (GF) (V) . £12.50**

Tomato Chickpeas, Roasted Quinoa **Falafels**, Pea & Kale Dip, Malibu Shred w/ **Turmeric Dressing**, ½ Avocado w/ **Omega Seeds**, Salsa Hermosa

Contains **Soy, Celery, Mustard, Sesame.**

**ME GUSTA ENSALADA (GF) (DF) . £11.25**

Jerk Chicken, Chopped Gem, Kale, Sweetcorn, Tomato, Black Beans, Avocado, Pickled Onion, **Vegan Cheezy Sprinkle**, Coriander, Jalapeno Dressing

Contains **Nuts, Sesame.**





ME GUSTA VEGGIE ENSALADA (GF) (DF) . £10.75

Roasted Sweet Potatoes, Chopped Gem, Kale, Sweetcorn, Tomato, Black Beans, Avocado, Pickled Onion, **Vegan Cheezy Sprinkle**, Coriander, Jalapeno Dressing

Contains **Nuts, Sesame.**

For customers dining in, all sauces and dressings will come on the dish unless specified. For take-away and delivery, all sauces and dressings will be served on the side.

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## WRAPS & SANDWICHES

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SO-CAL VEGAN WRAP (GF) (V) . £9.50

Carrot & Turmeric Fritter, Tomato, Chickpeas, Pickled Onion, Shredded Greens, Lemon **Tahini Dressing**, Seeded Wrap and Side of Gem & Kale Salad W/ **Turmeric Dressing**

Contains **Sesame, Mustard.**

JUANA BURRITO (GF) (DF) . £9.50

Jerk Chicken, Brown Rice, Sweet Corn, Black Beans, Avocado, Tomato, Kale, Coriander, Seeded Wrap and Side of Gem & Kale Salad W/ Jalapeno Dressing

SUNSET CLUB . £7.50

Chicken Breast, **Swiss Cheese**, Tomato, Little Gem, **Egg**, Crumbled Bacon, **Dijon Vinaigrette**, **Choice of Toast\***

Contains **Milk, Egg, Mustard, Gluten\***. (GF option available)

HAM & CHEESE ON SPELT CROISSANT . £4.75

Contains **Gluten, Milk**.

TOMATO & CHEESE ON SPELT CROISSANT . £4.75

Contains **Gluten, Milk**.

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# WARM BOWLS

SERVED ALL DAY

GURU BOWL W/ CHICKEN (GF) (DF) . £9.95

Roasted Chicken, Tomato Chickpeas, Wilted Spinach, Roasted Broccoli, **Lemon Tahini Sauce**,

**Choice of Quinoa or Brown Rice**

Contains **Sesame**.

GURU BOWL **VEGAN** (GF) (V) . £9.95



**Sesame Tofu, Tomato Chickpeas, Wilted Spinach, Roasted Broccoli, Lemon Tahini Sauce,**

**Choice of Quinoa or Brown Rice**

Contains **Soy, Sesame.**



**EL HOMBRE BOWL (GF) (DF) . £9.95**

**Jerk Chicken, Kale, Black Beans, Sweetcorn, Tomato Sauce, Avocado Mash, Vegan Cheezy Sprinkle, Coriander, Chilli Flakes,**

**Choice of Quinoa or Brown Rice**

Contains **Nuts, Sesame.**



**THE MAN BOWL 2.0 (GF) (DF) . £12.50**

**Teriyaki Salmon, Shredded Greens, Teriyaki Sauce, Pickled Chilli, Omega Seeds,**

**Choice of Quinoa or Brown Rice**

Contains **Fish, Soy, Sesame.**

THE **VEGGIE MAN BOWL** (GF) (DF) . £10.50

**Sesame Tofu**, Shredded Greens, **Teriyaki Sauce**, Pickled Chilli, Omega Seeds,

**Choice of Quinoa or Brown Rice**

Contains **Soy, Sesame**.

EL HOMBRE **VEGAN** (GF) (V) . £9.50

Roasted Sweet Potatoes, Kale, Black Beans, Sweetcorn, Tomato Sauce, Avocado Mash, **Vegan Cheezy Sprinkle**, Coriander, Chilli Flakes,

**Choice of Quinoa or Brown Rice**

Contains **Nuts, Sesame**.

DAILY SOUP (V) . £6.50

All of Our Soups are Garnished with **Omega Seeds** and **Choice of Toast\***

Contains **Sesame, Gluten\***.

PLEASE FIND BELOW A LIST OF OUR DAILY SOUPS:

Broccoli . Butternut Squash & Sweet Potato . Carrot & Ginger

Cauliflower . Courgette . **Mushroom (Celery)** . **Pea & Edamame (Soy)** . Red Lentil & Red Pepper

Sweetcorn & Turmeric . Tomato & Chickpea

**\*GF Option Available**

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# SMALL PLATES & ADD ONS

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SEASONAL DIP: PEA & KALE (GF) (V) . £4.50

W/ Gf Seeded Crackers

ROASTED SHREDDED GREENS WITH OMEGA SEEDS (GF) (V) £2.50

Contains **Sesame.**

GEM & KALE SALAD (GF) (DF) . £4.00

w/ **Dijon Vinaigrette**

Contains **Mustard.**

QUINOA FALAFEL (GF) (V) . £4.00

W/ Tomato Sauce

Contains **Soy, Celery, Mustard.**

TERIYAKI SALMON FILLET (GF) (DF) . £6.75

Contains **Fish, Soy, Sesame.**

SMOKED SALMON (GF) (DF) . £4.00

Contains **Fish.**

CHOPPED CHICKEN (GF) (DF) . £3.00

JERK CHICKEN (GF) (DF) . £3.00

SESAME TOFU (V) (DF) . £4.00

Contains **Soy, Sesame.**

POACHED EGG OR HARD BOILED . £1.00

Contains **Egg**.

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# BREADS

WHOLEGRAIN SUNFLOWER RYE . £1.00

Contains **Gluten**.

WHEAT FREE CHIA & FLAX SEED BREAD . £1.00

Contains **Gluten**.

CHARCOAL SOURDOUGH BREAD . £1.00

Contains **Gluten**.

GLUTEN FREE BREAD . £1.25

Contains **Egg**.

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ALL OF OUR SWEET TREATS ARE MADE WITH UNREFINED SUGARS!

BERRY BIRCHER MUESLI (GF) (V) . £4.25

Contains **Nuts**.

CLASSIC CHIA PUDZ (GF) (V) . £4.75

Contains **Nuts, Sulphites**.

MATCHA CHIA PUDZ (GF) (V) . £4.75

Contains **Nuts, Sulphites.**

CHOCO CHIA PUDZ (GF) (V) £4.75

Contains **Nuts.**

AMAZEBALLS – CRANBERRY (GF) (V) . £3.75

Contains **Nuts, Sulphites.**

AMAZEBALLS – SPIRULINA (GF) (V) . £3.75

Contains **Nuts, Sulphites.**

CHOCOLATE CHIP COOKIE (GF) . £1.90

Contains **Egg, Milk, Soy.**

OAT & CRANBERRY COOKIE (GF) . £1.90

Contains **Egg, Milk, Nuts, Sulphites.**

SPELT CROISSANT . £2.65

Contains **Gluten, Milk.**

SPELT QUINOA SCONE . £2.65

Contains **Gluten, Milk, Sulphites, Nuts, Egg.**

BANANA MUFFIN (GF) (V) . £2.75

Contains **Nuts.**

BLUEBERRY MUFFIN (GF) (V) . £2.75

Contains **Nuts.**

CHOCOLATE BROWNIE (GF) . £3.00

Contains **Egg, Milk, Soy.**

CARROT CAKE SLICE (GF) (V) . £4.50

Contains **Nuts.**

CHOCOLATE CAKE SLICE (GF) . £4.50

Contains **Egg, Milk, Soy.**

COCONUT CAKE SLICE (GF) . £4.95

Contains **Milk, Sulphites.**

MATCHA VANILLA CAKE SLICE (GF) . £4.75

Contains **Milk.**

RED VELVET CAKE SLICE (GF) . £4.50

Contains **Milk.**

PEANUT BUTTERCUPS (GF) (V) . £3.75



Contains **Nuts, Soy.**

GLE BOUNTIE BITES (GF) (V) . £3.75

GLE SNICKERZ BITES (GF) (V) . £3.75

Contains **Nuts, Peanuts.**

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**IF YOU HAVE ANY ALLERGY CONCERNS PLEASE DO NOT  
HESITATE TO CONTACT US AT [INFO@GOODLIFEEATERY.COM](mailto:INFO@GOODLIFEEATERY.COM)**