

BODYISM

|

Cafe

Nourish, recharge and
watch the world go by.

Delicious, nourishing foods. Always local, seasonal, gluten free, organic where possible and made with love. Please inform a member of staff if you have any allergies.

SHAKES | £7.00

All our supplements are plant-based, highly bioavailable and contain herbal adaptogens designed with a specific function to elevate your health and wellbeing.

BODY BRILLIANCE (GF, SF, DF, V)

The Supermodel’s Secret Weapon | Nourish + Thrive

Body Brilliance, Hazelnut Milk, Cacao, Maca

+ a shot of coffee for a energy boost £1

PROTEIN EXCELLENCE (GF, SF, DF, V)

The Muscle Restorer | Restore + Define

Protein Excellence, Cashew milk, Cinnamon, Banana, Maca

+ frozen berries for an energy boost £1

ULTIMATE CLEAN (GF, SF, DF, V)

The Prebiotic Powerhouse | Digest + Cleanse

Ultimate Clean, Avocado, Spinach, Mint, Cashew Milk

BERRY BURN (GF, SF, DF, V)

The Metabolic Master | Energise + Slender

Berry Burn, Mixed Berries, Coconut Water, Lemon, Ginger

BEAUTY FOOD (GF, DF, SF)

The Holistic Elixir | Youth + Glow

Beauty Food, Spinach, Cucumber, Lime, Mint

MALE OPTIMUM (GF, DF, SF, V)

The Energy Bolster | Build + Repair

Male Testo, Peanut Butter, Banana, Cashew milk, Cacao

COFFEE + HOT DRINKS

We only use the finest Australian Allpress Espresso to be paired with your choice of organic whole milk, or a dairy free alternative: oat, coconut, almond, cashew, hazelnut.

We use organic plenish plant-fuelled m*lks, with just a handful of natural ingredients - as they are the ultimate way to supercharge your shakes and level up your lattes.

COFFEE

Bodyism Signature Coffee | £3.50

Americano + grass fed organic butter + organic virgin coconut oil

+ CBD £3

+ protein boost £1.50

Espresso | £2.00

Double espresso | £2.50

Americano | £3.00

Piccolo | £3.00

Flat white | £3.50

Latte | £3.50

Cappuccino | £3.50

Ayurvedic Turmeric Latte | £4.00

Matcha Latte | £4.00

Red Velvet Beetroot Latte | £4.00

Chai Latte | £4.00

Bodyism Signature Hot Chocolate | £4.00

+ a kick of mint or chilli £0.50

TEA

English Breakfast Tea | £3.00

Green Tea | £3.00

Relax Tea | £3.00

Chai Tea | £3.00

Lemon and Ginger | £3.00

Fresh Mint | £3.00

ICED DRINKS

Iced Coffee | £4.50

Iced Turmeric Latte | £5.00

Iced Matcha Latte | £5.00

Iced Tea | £3.50

ALL DAY BREAKFAST

BODYISM AÇAÍ BOWLS | £8.50

(DF,GF, CONTAINS NUTS)

Our signature acai bowls are packed with antioxidants, topped with almond butter, GF granola, fresh seasonal berries and enriched with Bodyism superfood supplements. Choose from the following:

‘Nourish me’

Enriched with Body Brilliance + cacao nibs

‘Lean on me’

Enriched with Protein Excellence + coconut flakes

‘Beautiful me’

Enriched with Beauty Food + wild honey

‘Energise me’

Enriched with Berry Burn + goji berries

+ almond butter, banana, superfoods £1.50 each

BODYISM GRANOLA | £8.00

(GF, DF, VG, CONTAINS NUTS)

Freshly toasted blend of cinnamon spiced organic oats, buckwheat seeds, pecans and brazil nuts. Served with organic seasonal berries, coconut yogurt and cold-pressed almond milk, with your choice of superfood topping

TOASTED BANANA BREAD | £4.00

(GF, DF, VG, CONTAINS NUTS)

Delicious vegan banana bread, smothered with your choice of organic butter or organic virgin coconut oil

+ almond butter £1.50

BODYISM PROTEIN PANCAKES | £9.50

(DF, RSF)

Light and fluffy pancakes enriched with bioavailable Bodyism Protein Excellence, fresh berries, coconut yogurt and almond butter

EGGS + AVOCADO ON TOAST | £12.00

(DF, RSF)

Organic free range boiled eggs, avocado with chilli and lime, served on our gluten-free paleo toast

BREAKFAST BURRITO | £12.00

(DF)

Gluten-free sweet potato wrap filled with organic free-range soft boiled eggs, avocado, wilted spinach and chili

+ organic cheddar cheese £1

ALMOND BUTTER TOASTIE | £7.00

(DF)

Paleo Toast smothered with almond butter, sliced banana and a dusting of cinnamon

LUNCH FROM 12PM

CHEDDAR TOASTIE | £7.00

(CONTAINS NUTS)

Organic mature cheddar cheese + basil + chilli + paleo toast/GF multi seed loaf

GOATS CHEESE TOASTIE | £7.00

(GF)

Organic goats cheese + tomato + chilli + gluten free bread

PBJ TOASTIE | £7.00

(GF)

Bodyism’s take on a PBJ, Peanut butter, sugar-free raspberry jam and chia seeds on gluten-free charcoal bread

CHICKEN WRAP | £12.00

(GF, V)

Gluten-free sweet potato wrap, organic chicken, spinach, avocado and spinach

SUMMER ROLLS | £8.00

(GF, V)

Brightly coloured goodness brought together with delicious flavour combinations, rolled into a rice paper roll, served with a creamy tahini dip

TREATS

BODYISM COOKIES | £2.50

(DF, RSF)

Life-changing organic gluten-free oat cookies with 100% raw cacao - you’ve never had better!

Pack of 5 for £10

MEDICINE BALLS | £3.50

(DF, V, CONTAINS NUTS)

A nutritious mix of delicious nuts, seeds and pumpkin puree enriched and elevated with our supplements to provide a pre or post workout boost

- Vanilla Protein Excellence

- Berry Burn

- Chocolate Body Brilliance

- Matcha Beauty Food

BROWNIES | £4.50

(DF, RSF)

Choose from a selection of raw, paleo, nutty delicious brownies

PALEO CAKES | £4.00

(DF, GF, RSF)

Selection of delicious Paleo cakes