

The Café

by **FLY**

BRUNCH ...served until 3pm

Homemade Granola **VE** **NF** £6.50

Honey roasted oats, mixed seeds, dried cranberries and dates. Served with greek or coconut yoghurt, honey, fresh berries and honey roasted mixed nuts (optional)

Porridge **VE** **NF** £3.75

Made with your choice of skinny or oat milk
...fresh fruit/compote/honey/raisins/
toasted nuts and seeds 65p
...vegan protein (chocolate/vanilla) £1.00

Overnight Oats **VE** **NF** £3.95

Oats and chia seeds with coconut milk
See fridge or ask for topping options

Loaded Protein Pancakes

Served with either: Banana, blueberry
strawberry, honey, coconut and nut butter **VE**
or

Homemade berry compote, coconut yoghurt,
honey and granola **VE** **NF**

Small £6.95

Large £8.95

Smashed Avocado on Toasted

Sourdough **VE** **NF** £5.95

...add poached egg £1.00

...add feta and seeds £1.50

...add smoked salmon £2.50

Homemade Smoky Baked Beans

on Toasted Sourdough **VE** **NF** £5.95

...add poached egg £1.00

...add cheese £1.00

Smashed Avocado and

Poached Egg **NF** £5.95

A lighter bite, served on lightly toasted
organic rye and pumpkin seed bread

Sourdough Toast **VE** **NF** £3.20

Served with your choice of marmite,
jam, marmalade or peanut butter

Açaí Bowl **VE** **NF** £6.95

Açaí (*ah-sigh-EE*) berries are a powerhouse
of fibre, antioxidants, and healthy fats.

Açaí, blueberries, raspberries, banana,
coconut water, on a bed of homemade
granola, topped with fresh fruit, linseeds,
chia, coconut and goji berries

Green Power Bowl **VE** £6.95

Matcha tea is extremely high in
antioxidants and amino acids.

Matcha, avocado, spinach, mango
and nut butter on a bed of homemade
granola, topped with fresh fruit, almonds,
pumpkin seeds and coconut

**PLEASE TAKE A SEAT AND WE
WILL COME AND TAKE YOUR ORDER**

WE HAVE WIFI! JUST ASK FOR THE CODE

**FOR THE
GRAM!**

LUNCH ...served from midday

House Super Salad £6.95

Avocado, mango, radish, sugar snap peas,
mixed leaves, carrot, toasted nuts and seeds
...add chicken £2.50
...add halloumi £2.50

House Frittata £7.95

Made with spinach, cherry tomatoes and feta
Served with a side of the House Super Salad

Freshly made wraps £6.95

Hey Pesto! **GF**
Chicken, tomato, mozzarella,
spinach and pesto

Greek Chic **GF** **NF**

Halloumi, cucumber, tomato, red onion,
spinach and yoghurt dressing

Doorstop Toasted Sandwiches £6.00

The Classic One **NF**
Ham and cheese

The Cheesy One **NF** £5.50
Cheese and tomato relish

The Balanced One **NF** £6.50
Chicken, cheese and avocado

**ALL FOOD IS MADE FRESH TO ORDER
BY OUR AMAZING KITCHEN TEAM
AT BUSY TIMES PLEASE BE PATIENT**

PROTEIN SHAKES

Blended with vegan, gluten free protein powder, 25g of protein per serving

Basic Bro £3.95

Banana, milk choice, chocolate or vanilla protein

FLY Lite £4.50

Chocolate protein, blueberries, spinach, peanut powder
and coconut water

FLY High £4.50

Nut butter, cacao, almond milk, chocolate protein

PBJ £4.50

Strawberry, blueberry, nut butter, almond milk, vanilla protein

Make it lighter - switch out nut butter for peanut powder

We cannot list every ingredient in our dishes and although every care is taken,
due to the size and busy nature of our cafe, we cannot guarantee the absence of
nuts or other allergens.

If you have any allergies or other specific dietary requirements, please speak to a
member of the team before ordering.

KEY

VE Vegan
GF Gluten Free
NF Nut Free

FOLLOW AND TAG US ON INSTAGRAM!
@thecafebyfly

A discretionary service charge of 10% will be added to your bill

The Café

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COFFEE

Made with locally roasted coffee beans from Round Hill Roastery in Radstock. Our coffees are served with a double shot as standard
See the counter for our current House Blend. Decaf available

| | |
|---|-------|
| Espresso | £2.40 |
| Macchiato | £2.50 |
| Cortado | £2.60 |
| Flat White | £2.80 |
| Americano | £2.60 |
| Latte | £2.90 |
| Cappuccino | £2.90 |
| Mocha | £3.00 |
| Hot Chocolate | £3.00 |
| Chai Latte | £3.00 |
| Iced Latte | £2.90 |
| Iced Mocha | £3.00 |
| ...add extra shot | 50p |
| ...oat/almond/coconut milk | 20p |
| ...add Sweetbird Syrup (vanilla/caramel/hazelnut) | 50p |



Bristol based Sweetbird Syrups are vegan, free from artificial colours and preservatives and GMO free.

VIVA LA VEGAN!

SMOOTHIES

| | |
|--|-------|
| Coco Loco | £4.50 |
| Mango, banana, pineapple, coconut yoghurt and coconut milk | |
| Very Berry | £4.50 |
| Strawberry, raspberry, blueberry, coconut yoghurt and coconut milk | |
| Snickerdoodle | £4.50 |
| Nut butter, banana, cacao and almond milk | |
| <i>Make it lighter - switch out nut butter for peanut powder</i> | |
| Breakfast Blitz | £4.50 |
| Banana, oats, honey, cinnamon and milk | |
| Lean Green | £5.00 |
| Kiwi, apple, ginger, spinach and avocado | |

SOFT DRINKS

| | |
|---------------------------------------|-------|
| Coca-cola | £2.75 |
| Diet coke | £2.75 |
| Sparkling Rhubarb (Cawston Press) | £2.60 |
| Sparkling Apple (Cawston Press) | £2.60 |
| Sparkling Ginger Beer (Cawston Press) | £2.60 |
| San Pellegrino Limonata | £2.60 |
| San Pellegrino Aranciata | £2.60 |
| Nocco | £2.50 |
| Kombucha | £3.50 |
| Orange Juice | £2.95 |
| Still mineral water | £2.15 |
| Sparkling mineral water | £2.15 |

CHECK OUT THE COUNTER FOR A SELECTION OF CAKES AND SWEET TREATS

*excludes fridge drinks and certain countertop food items

LOOSE LEAF TEAS

We source our delicious loose leaf teas from Bath's Teahouse Emporium

| | |
|------------------------------|-------|
| Bath Breakfast | £2.75 |
| Breakfast Decaf | £2.75 |
| Earl Grey | £2.75 |
| Lemongrass and Ginger Tisane | £2.75 |
| China Sencha Green Tea | £2.75 |
| Rooibos | £2.75 |
| Peppermint | £2.75 |

10% OFF!

GOING TO A CLASS AT FLY?

Don't forget that you can pre-order your food or shakes for after the class and we'll have it ready and waiting for you when you finish!

FLY MEMBERS GET 10% OFF ALL FOOD AND DRINK IN THE CAFE!*

See boards for FLY Member offers.

SUPER LATTES

Made using Blendsmiths Superfood powders and blended with coconut milk

| | |
|--|-------|
| Turmeric | £3.00 |
| Anti-inflammatory and rich in antioxidants | |
| Beetroot | £3.00 |
| Packs vitamins, minerals and antioxidants | |
| Matcha | £3.00 |
| Antioxidant powerhouse with a caffeine boost | |

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