

FLY

THE CAFE & KITCHEN BY FLY

COFFEE • CAKES • SMOOTHIES

FOOD MENU

Please note that all of our food and drinks are served in take away containers.

Please order inside

FLY BY GRAB & GO FRESH FOOD

TOASTIES & PANINIS

Original Cheese
Ham & Cheese
Tuna & Cheese
Tomato & Pesto

Vegan Ham & Cheese
Vegan Cheese, Pesto, Tomato

SANDWICHES & BAGUETTES

Please see our fridge

Salmon & Cream Cheese
BLT (Bacon, Lettuce, Tomato)
Ham & Cheese

Vegan BLT
Vegan New Yorker

BREAKFAST POTS

Please see our fridge

Chia Pots
Granola Bowl
Overnight Oats
Bircher Musli

SMOOTHIE BOWLS (vg, gf)

Served with mixed nut granola topped with cacao nibs, raspberry pieces, mixed nuts & seeds, nut butter and fresh fruit.

Original Acai

THE antioxidant bowl!
Acai, banana, blueberries,
raspberries.

Blue Lagoon

Refreshing and full of vitamins.
Mango, passion fruit, banana
pineapple, fresh fruit and
blue spirulina.

Passion Fruit Acai

Sweet and satisfying.
Acai, banana, strawberries
and passion fruit.

Homemade Banana Bread(v)

Thick cut chocolate and walnut
banana bread made fresh in
The FLY Kitchen.

Indulgent, filling and nutritious.
Served warm. Topped with soya yoghurt,
fresh fruit, nut butter, mixed nuts, seeds,
raspberry pieces, cacao nibs and honey.

Protein Pancakes (vg)

Fuel your workout while treating yourself!
Topped with fresh fruit, mixed nuts and
seeds, cacao nibs, raspberry pieces, protein
soya yogurt, granola, maple syrup drizzle
and nut butter.

This dish has an impressive 34g protein.
All the gains you need after a workout.

We cannot always list all of our ingredients. Please let the server know if you have an allergy. Unfortunately we are not an allergy free environment. We are a small kitchen and there is a risk of cross contamination. Even if you ask for items to be removed from the dish.

FLY

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COFFEE • FRESH SMOOTHIES • FOOD

DRINKS MENU

**Bring your own cup,
get 50p off any drink**

LOOSE LEAF TEAS

Bath Breakfast
Earl Grey
Lemongrass & Ginger
Good Mood Tea
Anti-Stress
Mint
Chamomile
Peach
Green Sencha

FRIDGE SELECTION

Fentimans	Water
Nocco	Green tea
Coca-cola	Prebiotic
Juice	Lemonaid+

FRESHLY GROUND COFFEE

Regular OR Large

Americano	Espresso
Flat White	Macchiato
Latte	Cortado
Cappuccino	Iced Coffee

SUPER LATTES

Made with coconut milk

Turmeric Great for digestion	Sweet Earth Chai & Matcha
Matcha Packed with antioxidants	Dirty Matcha Fresh espresso & matcha
Beetroot Immune Boosting	Dirty Chai Fresh espresso & sweet chai

PROTEIN SHAKES (vg)

Made with coconut milk
and soya protein
Regular or Large

KICK START

Double espresso,
cacao, chocolate
protein powder, oats,
banana

STRAWBERRIES & CREAM

Fresh Strawberries,
vanilla protein powder
+add Cacao nibs

BASIC BRO

Banana, vanilla or
chocolate protein
powder
+add peanut butter

PBJ

Blueberries,
strawberries, peanut
butter, vanilla protein

MANGO MATCHA

Matcha, mango,
vanilla protein

PINA COLADA

Coconut, pineapple,
vanilla protein

SPECIALTY DRINKS

Regular OR Large

FLY Latte:
Signature Drink
Earl grey, orange,
topped with fragrant
pink rose petals

Hot
Chocolate:
Original,
Chai, Orange
or Mint

Chai Latte
Aromatic blend of
black tea spices,
made with
coconut milk

FRESH FRUIT SMOOTHIES

Made with fresh apple juice

**STRAWBERRY
DREAM**
Banana, strawberry,
apple

MINT REFRESHER
Fresh mint,
cucumber,
pineapple, apple

SOUR BERRY
Pineapple, apple,
blueberry

BLUE LAGOON
Passion fruit,
mango, pineapple,
banana, apple,
blue spirulina

MEGA MANGO
Mango, banana, apple

ACAI ENERGISER
Acai, blueberries,
raspberries, banana,
flaxseed with added
vitamin D & bio
cultures, coconut
water

**FREE tea or coffee
when you buy from our
retail selection**

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