

# The Café

by **FLY**

## BRUNCH ...served weekdays until 11.30 and weekends until 3pm

### Homemade Granola **V** £6.50

Served with Greek or coconut yoghurt, honey and fresh fruit.

Vegan option available **VE**

Nut free option available **NF**

### Porridge **VE NF** £3.75

Made with oat milk

...fresh fruit/comote/honey/raisins/

toasted nuts and seeds ..... 65p

...vegan protein (chocolate/vanilla) ..... £1.00

### Banana Bread **V** £6.50

Served with Greek yoghurt, banana, peanut butter and honey

Vegan option available **VE**

### Loaded Protein Pancakes

Choose from either:

The Classic Stack **V** - Banana, berries, honey, coconut and peanut butter

or

Apple Crumble Stack **VE NF** - Spiced apple compote, Greek yoghurt and granola

Small ..... £6.95

Large ..... £8.95

### Lighter Eggs Benedict **NF** £7.50

Our twist on a classic - Ham, poached eggs and our healthy hollandaise served on sweet potato 'toast' (GF) or toasted sourdough

### Lighter Eggs Florentine **V NF** £7.50

Our twist on a classic - Spinach, poached eggs and our healthy hollandaise served on sweet potato 'toast' (GF) or toasted sourdough

### Lighter Eggs Royale **NF** £8.75

Our twist on a classic - Smoked salmon, poached eggs and our healthy hollandaise served on sweet potato 'toast' (GF) or toasted sourdough

### 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

Served with tomato chutney and pumpkin seeds

### Sourdough or Doorstop Toast **V 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, served on homemade granola, topped with fresh fruit, linseeds, chia, coconut and goji berries

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

### Homemade Soup Of The Day £4.95

Served with sourdough

### Freshly made wraps £5.95

Gluten Free Option Available

Falafel, hummus, pickled slaw and Tzatziki **VE NF**

Chilli beans, cheddar, avocado & salsa **V NF**

Mexican chilli beef, avocado & salsa **NF**

Spicy chicken, chipotle & cheese **NF**

### Doorstop Toasted Sandwiches

The Classic One **NF** ..... £4.50

Ham and cheese

The Cheesy One **V NF** ..... £4.50

Cheese and tomato relish

The Festive One **V NF** ..... £5.50

Brie and cranberry

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

Kickstart ..... £4.50

Espresso shot, chocolate protein, milk of choice, oats, banana

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.

**VE** Vegan  
**V** Vegetarian  
**GF** Gluten Free  
**NF** Nut Free

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@thecafebyfly

# 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 syrup (vanilla/caramel/hazelnut)	50p

## SMOOTHIES

<b>Coco Loco</b>	£4.50
Mango, banana, pineapple, and coconut milk	
<b>Very Berry</b>	£4.50
Mixed berries and coconut milk	
<b>Snickerdoodle</b>	£4.50
Nut butter, banana, cacao and almond milk	
<i>Make it lighter - switch out nut butter for peanut powder</i>	
<b>Breakfast Blitz</b>	£4.50
Banana, oats, honey, cinnamon and milk	
<b>Lean Green</b>	£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
Bath Culture House Kombucha (Jasmine Flower or Ginger & Tumeric)	£3.50
Orange Juice	£2.95
Hey Day Maté	£2.50
Cawston Press juice cartons	£1.50
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

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

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

### KEY

- VE Vegan
- GF Gluten Free
- NF Nut Free

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