

The Café

by **FLY**

Food served daily until 3pm

Homemade Granola (V) £6.50 With Greek or coconut yoghurt, fresh fruit & honey	Banana Bread (V) £6.50 Served warm with Greek yoghurt, banana, peanut butter & honey	Açaí Bowl (V)(NF) £6.95 Açaí (ah-sigh-EE) berries are a powerhouse of fibre, antioxidants, and healthy fats. This smoothie bowl is served with homemade granola, fresh fruit, seeds & coconut Gluten Free Available
Porridge (VE)(NF) £3.75 Made with oat milk Add: freshfruit/honey/raisins/ nuts & seeds/ peanut butter 65p Add vegan protein £1.00	Smashed Avocado on Toasted Sourdough (VE)(NF) £5.95 Made with chilli flakes & a squeeze of lime Gluten Free Available	Quiche of the Day £6.95 Please ask for today's options. Served with salad & pickled slaw
Loaded Protein Pancakes Choose from either: The Classic Stack (V) - with banana, berries, honey, coconut & peanut butter or: The Berry Stack (VE)(NF) - with berry compote, greek yoghurt & granola Small: £6.95 Large: £8.95	Homemade Smoky Beans on Toasted Sourdough (VE)(NF) £5.95 Gluten Free Available Sourdough/ Doorstop Toast (V) £3.20 With your choice of marmite, jam, marmalade or peanut butter	Doorstop Toasties £4.50 Ham & Cheese Cheese & Tomato Relish (V)

Please see the cafe counter for a delicious selection of cakes, pastries and treats!

PROTEIN SHAKES

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

Basic Bro	£3.95
Banana, milk of choice, chocolate or vanilla protein	
Kickstart	£4.50
Double espresso shot, chocolate protein, milk of choice, oats, banana	
FLY High	£4.50
Peanut butter, cacao, almond milk, chocolate protein	
PBJ	£4.50
Strawberry, blueberry, peanut butter, almond milk, vanilla protein	

SMOOTHIES

Mixed with fresh ingredients & blended with apple juice

Berry Blast	£4.50
Blueberries, blackberries, blackcurrants & banana	
Passion Punch	£4.50
Passion fruit, peach & mango	
Green Machine	£4.50
Banana, curly kale, mango & lemongrass	
Strawberry Dream	£4.50
Strawberry & banana	

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
(NF) Nut Free

FOLLOW AND TAG US ON INSTAGRAM!

@thecafebyfly

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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.

Espresso	£2.40
Macchiato	£2.50
Cortado	£2.60
Americano	£2.60
Flat White	£2.80
Latte	£2.90
Cappuccino	£2.90
Mocha	£3.00
Hot Chocolate	£3.00
Chai Latte	£3.00
... add extra coffee shot	50p
... oat/almond/coconut milk	20p
... add syrup (vanilla/caramel/hazelnut)	50p
Iced Latte	£2.90
Iced Americano	£2.60
Iced Mocha	£3.00
Iced Chai	£3.40

SUPER LATTES

Made using Blendsmiths Superfood powders & 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	
Red Velvet Latte	£3.50
All the goodness of the beetroot latte with the added depth of heart health promoting cacao	

LOOSE LEAF TEAS

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

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

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SOFT DRINKS

Coca-cola / Diet Coke	£2.75
Cawston Press	£2.60
Sparkling Rhubarb / Sparkling Apple / Sparkling Ginger Beer / Sparkling Elderflower	
San Pellegrino	£2.60
Limonata / Aranciata	
Nocco - see fridge for current selection	£2.50
Bath Culture House Kombucha	£3.50
Jasmine Flower / Ginger & Turmeric	
Orange Juice	£2.95
Hey Day Maté	£2.50
Cawston Press juice cartons	£1.50
Apple & Pear / Apple & Mango / Apple & Berries	
Still mineral water	£2.15
Sparkling mineral water	£2.15

Going to a class at FLY?
Don't forget that FLY Members get 10% off food and drink in the cafe!

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