

PLEASE ORDER AT THE COUNTER WHEN READY

Gf * Thrive All Day Breakfast

Sausage, scrambled tofu, mushroom, tomato, beans, toast + sauted kale
* Order with gluten free sausages & bread to make GF 6.95 / take away 6.25

Breakfast Add Ons and Extras

Avocado 1.25; Hash brown 0.50; Chips/Sweet potato wedges 1.20, Tempeh (contains soya+gluten) 0.75; Veggie 'black pudding' (contains gluten) 0.75, Extra sausage (contains soya+gluten) / tofu (contains soya) / kale / beans / mushrooms: 0.60, extra tomato / toast: 0.40

Gf * Soup

Daily special with choice of side salad or bread (crusty white baguette, sliced wholemeal or ask for *gluten free roll) 3.75 / take away 2.95

Gf Tofu and Cashew Tart

Served with sweet potato wedges and side salad 7.20 / take away 6.00

Gf ...just a slice of tofu and cashew tart

2.99 / take away 2.49

THRIVE SANDWICHES

Choose from granary bread, white baguette or multigrain wrap. * For a non-gluten option, choose one of the labelled options and opt for either a non-gluten roll (contains soya) or a leafy green low carb 'wrap'

Gf * Mediterranean Cashew 'Cheese'

Cashew 'Cheese', roasted balsamic mushrooms, 'pesto' & sundried tomatoes 4.60 / take away 3.75

Gf * Classic Falafel

Falafel, home made hummus, roasted vegetables and tahini dressing 4.65 / take away 3.99

Gf * Super Greens

Avocado, pumpkin seed 'pesto', sprouts and leafy salad with an avocado, lime and herb dressing 4.60 / take away 3.99

Thrive Sausage

Meat free sausages with wholegrain mustard mayo 4.25 / take away 3.50

'TLT'

Smokey tempeh rashers, tomato, avocado and mayo 4.79 / take away 3.99

Coronation 'Chicken'

Meat free chicken style pieces in a curried mayonnaise dressing with celery and mango chutney 4.79 / take away 3.99

The 'New Yorker' Reuben

Warm tempeh 'bacon', 'cheese', sauerkraut with thousand island style dressing in toasted bread or baguette 5.49 / take away 4.49

THRIVE SALAD BOWLS

'Caesar' Bowl

Meat free 'chicken', salad leaves, croutons, dairy free parmesan and Caesar style dressing 5.99 / take away 4.99

Gf Quinoa and Tofu Bowl

Lemon and basil quinoa with tomato infused tofu, alfalfa sprouts, salad leaves, toasted seeds and lemon vinaigrette 5.40 / take away 4.50

Gf * Mediterranean Bowl

Balsamic roasted mushrooms, roasted vegetables, sundried tomatoes, salad leaves, alfalfa sprouts, tahini dressing and hummus 5.99 / take away 4.99

Gf * Super Green Bowl

Avocado, alfalfa, tomato, salad leaves, smokey chickpeas with a lime, herb and tahini dressing 5.99 / take away 4.99

Gf * Big Thrive Bowl

A selection of everything! Roasted vegetables, balsamic mushrooms, avocado, basil and lemon quinoa, salad leaves, sprouts, toasted seeds, roasted chickpeas with tahini dressing. 7.19 / take away 5.99

Gf * Salad Extras:

Falafel (3) 1.20 / Avocado 1.20 / Smokey Chickpeas 0.75

THRIVE BURGER MEALS

Gf * The Wholefood Burger

A handmade wholefood burger made from lentils, roasted mushrooms, fresh herbs and quinoa served with spicy red pepper relish, gherkins and salad on a seeded whole meal roll. Served with chips / sweet potato wedges and side salad. *Order with gluten free roll to make free of gluten ingredients (GF roll contains soya). 7.80 / take away 6.60

The 'Meaty' Burger

Our flavoursome handmade meat-free burger served with our special sauce, dairy free cheese, gherkins and salad on a white sesame topped roll. Comes with chips / sweet potato wedges and side salad. 7.80 / take away 6.60

Burger Extras:

Tempeh rasher / Onion Rings : 0.80 each; Dairy free cheese slice / Spicy red pepper relish / hash brown / roasted vegetables / cashew cheese / mushrooms : 0.50 each; Special burger sauce/ hummus : 0.40 each; Extra gherkins / salad: 0.30 each

Extra burger patty ...add 1.50 / Take away burger 3.99

THRIVE STONE BAKED PIZZA

Gf * Classic

Keep it simple with dairy free cheese and tomato 6.50 / take away 5.99

Gf * Vegetable feast

Topped with mushrooms, tomato pieces, red onion, sweetcorn, roasted Mediterranean vegetables and dairy free cheese 7.30 / take away 6.79

'Meaty' feast

Topped with meat free 'chicken' pieces, sausage slices, veggie mince, peperoni and dairy free cheese 8.49 / take away 7.99

Gf * Non-gluten base

Please be aware that whilst we bake non gluten pizzas on a separate tray, they are still cooked in the same oven as gluten pizzas so may contain gluten traces. add £1.50

Extra Pizza Toppings

Extra Cheese 1.50 //
Extra Sausage/ Pepperoni/ 'Chicken/ Roast Vegetables/ Sundried tomatoes/ Tomato infused Tofu: 0.90 // Mushroom/ Red onion/ Olives/ Jalapeno slices / Sweetcorn 0.30 // (Sausage, pepperoni, mince nd chicken' contains soya and gluten. Tofu contains soya).

SIDES AND EXTRAS

Gf * Garlic Pizza Bread

...add dairy free cheese 1.50 2.99 / take away 2.49

Gf * Chips / Sweet potato wedges

3.20 / take away 2.75

Gf * Side salad

2.99 / take away 2.49

Gf * Lemon and basil quinoa

2.75 / take away 2.40

Gf * Home-made hummus

0.99 / take away 0.75

Gf * Onion rings

2.50 / take away 2.25

CHILDREN'S MENU (UNDER 12S)

Gf * Mini Pizza

Topped with dairy free cheese and vegetables or sausage slices - *order without sausage to make soya free 3.99 / take away 3.20

Gf * Rice protein & chia nuggets and beans with sweet potato or chips

3.99 / take away 3.20

Gf * Veggie Sausage, beans with sweet potato wedges or chips (*gluten free sausage available)

3.99 / take away 3.20

Gf * Beans on toast (*gluten free bread available)

1.99 / take away 1.50

Gf * Children's Sandwiches

Choose from: dairy free cheese / hummus and salad / veggie ham ("ham' contains gluten and soya) / peanut butter and jam. 1.99 / take away 1.50

Gf * Mini ice cream sundae

Choose from our regular flavours or berry/ banana/ brownie! (see dessert section for full description) 2.50 / take away 1.99

IMPORTANT ALLERGEN INFO

Gf This menu item is free of any gluten containing ingredients OR has the option to be made gluten free- please specify if required

Gf This menu item is free of soya OR can be ordered soya free- please specify

Please ask if you require a full allergens list for each menu item. Whilst we take cross contamination very seriously, please be aware that we cannot guarantee against allergen traces. Our kitchen is 100% vegan and all menu items are free of dairy, egg and other animal products.

ROAST DINNER MENU AVAILABLE ON SUNDAYS

DESSERTS / SWEETS

Don't forget to check out our specials board and our cake counter for more treats, including non-gluten and low sugar choices.

Gf Peanut Blondie Bowl

Made with gluten free ingredients and served warm with vanilla dairy free 'icecream' and coconut 'caramel' sauce eat in/take away 3.99

Brownie Bowl

Warm chocolate brownie with chocolate sauce and dairy free vanilla 'ice cream' eat in/ take away 3.99

Gf Dairy Free Icecream

Vanilla / Berry / Chocolate
Toppings and sauces 49p each -choices listed under waffle options
1 scoop: 1.50, 2 scoops: 2.80, 3 scoops: 4.10

Gf Banoffee Bomb Sundae

Dairyfree vanilla 'ice cream' with banana, coconut caramel sauce, chopped nuts, fudge pieces, wafer and squirty soya cream 5.95 / take away 4.99

Brownie Blast Sundae

Chocolate and vanilla coconut 'ice cream', brownie chunks, chocolate sauce, wafer and squirty soya cream 5.95 / take away 4.99

Gf Berry Bliss Sundae

Vanilla and berry 'ice cream' with berry sauce, fresh berries, wafer and squirty soya cream 5.95 / take away 4.99

Gf Refined Sugar Free Sundae

Cashew based Booja Booja 'icecream' (sweetened with agave), topped with Sweet Freedom chocolate sauce (sweetened with natural fruit syrup), berries and chopped nuts 5.95 / take away 4.99

Classic Waffle

5.99 / take away 5.49

Gf Buckwheat Waffle

All waffles are sweetened with coconut sugar and come with a scoop of dairy free ice cream (vanilla/berry/chocolate) and a choice of two toppings from options below. Soya free option: swap the icecream for a suitable third topping to make your waffles soya free. 5.99 / take away 5.49

Sundae and Waffle Extra Toppings

Chocolate Syrup - Strawberry Syrup - Sweet Freedom Chocolate Syrup - Maple Syrup - 'Caramel' sauce - Fresh Berries - Banana - Chopped Nuts - Marshmallows - Choc Drops - Fudge (contains soya) - Squirty soya cream (Extra Ice cream- 1.50 per scoop) 0.49 each

Gf Acai Bowl

'Superfood' acai puree, banana, non-gluten granola, fresh berries, coconut chips and cacao nibs eat in/ take away 4.99

COLD DRINKS

Gf Organic Smoothies- made with frozen fruits and vegetables & organic apple juice:

...Very Berry Purple Smoothie
Strawberry, Rasperry, Blueberry, Blackberry, Blackcurrant & Banana 3.99

...Yellow Sunshine Smoothie
Mango, pineapple, banana and coconut 3.99

...Passionate Pink Smoothie
Passion fruit, strawberry, rasperry, mango and banana 3.99

...Thrive Super Green Smoothie
Banana, spinach, broccoli, apple, fresh herbs, ginger, spirulina, wheatgrass, barleygrass and chlorella 3.99

Gf Whole Young Coconut
Delicious fresh and raw coconut water straight from the coconut! 3.99

Gf * Milkshakes
Made with soya milk and dairy free 'ice cream'. Choose from chocolate / fresh strawberry / fresh banana / vanilla / mocha / maple 'butter' pecan / 'caramel' / 'white' chocolate / hazelnut / matcha green tea / cookies 'n 'cream' / biscoff* (*Contain gluten ingredients) Eat in / takeaway 3.99

Gf Superfood Milkshake
Dairy free milk of your choice blended with lacuma powder, banana, dates, peanut butter, raw cacao and ice eat in/ takeaway 4.25

...Add a shot of rice, soya or hemp protein powder to your milkshake +0.60

Further selection of cold/alcoholic drinks available-please see our takeaway chiller or ask at the counter.

HOT BEVERAGES

Americano (black coffee) 123- take away 123

Latte 123 - takeaway 123

Cappuccino 123- takeaway 123

Esspresso 123- takeaway 123
(Double Espresso 123- takeaway 123)

Mocha 123 - takeaway 123

Tea 123 - take away 123

Fruit and Herbal Teas 123 - takeaway 123

Turmeric Latte (coffee alternative)
Made with coconut milk and coconut nectar 123 - takeaway 123

Hot Chocolate
Add marshmallows, squirty 'cream' AND chocolate flakes (+1.25)
123 - take away 123

All prices are VAT inclusive where applicable.

ORDER AND PAY ONLINE:
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Thrive

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