

## LOADED CHIPS

Our skin-on chips fully loaded with toppings - a meal in itself or enough to share!

- Dirty** 7.15  
Melted cheeze, smokey seitan pieces, crispy onion & spring onion
- Pesto Party** (V) (S) (NEW!) 7.15  
Garlic 'butter', pumpkin seed pesto & vegan parmesan
- Spicy 'Chicken'** (S) 7.15  
Crispy seitan pieces, creamy garlic sauce hot sauce, spring onion, sesame, & pickled red cabbage
- Kebab** (S) 7.15  
Meat free 'kebab' style slices, hot sauce, garlic sauce, pickled red cabbage & crispy onion
- Satay** (V) (S) Staff Pick! 7.15  
Chinese five spice seasoning, peanut satay sauce spring onion, sesame, crushed peanuts & chilli flakes

## SIDES & STUFF

- Skin on Chips** (S) (V) 3.40
- Nuggets** +garlic mayo 5.49
- Onion Rings** (S) 4.25
- Coleslaw** (S) (V) 2.99
- Garlic Focaccia** (S) (NEW!) 4.99
- Hummus** + flatbread (S) 5.25
- Sauces** (V) 1.25

mayo • creamy garlic sauce  
smashed avo • special sauce  
peanut satay (contains soya) (S)  
spicy mayo • pesto sauce  
tahini sauce • hot sauce  
dragon sauce (contains soya)

Add garlic butter to any chips +0.60



### Dogs Welcome!

For good boys & girls

Puppuccino 1.00  
(whipped soya cream topped with biscuit)

Large one 2.00

Doggy sorbet 2.50

Please ask if you'd like a bowl of water

## KIDS MEALS

For our customers under 12!

- Sausage OR nuggets with Chips & Beans** 4.60
- Kids Sandwich** 2.75  
Cheeze (S) • Sausage • Hummus & Cucumber
- Mini Bowl** (V) (S) 3.60  
Falafel, hummus, cucumber & avocado
- Mini Beans On Toast** (S) 2.50

Don't forget to check out our weekly specials!

All prices are inclusive of VAT

## SHAKES & DESSERTS

- Milkshakes** 6.50  
Made with our soft serve & topped with thick whipped 'soya' cream!  
Bahana Caramel (V) • Biscoff • Cookies 'n 'Cream'
- Tiramisu Shake** (V) (NEW!) Fan favourite! 6.99  
Made with fresh coffee, soft serve & topped with chocolate sauce, 'cream' & a whole traditional style lady finger biscuit!
- Mini Soft Serve Sundaes** 3.65  
Smores : Marshmallows, chocolate sauce & oreo  
Caramel Biscoff : Caramel sauce & biscoff crumbs  
Smartie : Vegan 'smarties' & chocolate sauce (V) (NEW!)
- "Mr Whippy" Cone** 2.99  
Or ask for it in a tub! With choice of sauce & sprinkles

- Add a Whippy Dollop** (V) +2.50  
Check out our big selection of cakes, doughnuts, traybakes, tarts & cookies in the cake counter - add a dollop of our soft serve to make any treat extra special!

- Chocolate Icecream tub** (S) (V) (NEW!) 2.50  
Dairy & soya free - made with mixed nuts

- NEW! Blondie Bowl** (V) (S) (NEW!)  
One of our home made peanut blondies warmed, topped with soft serve & caramel sauce!
- Brownie Bowl** 5.99  
Or try one of our brownies with soft serve & chocolate sauce!

## SMOOTHIES 5.80

made with apple juice & real fruit (S) (V)

- Passionate Pink**  
Strawberry, papaya & peach
- Sunshine Yellow**  
Pineapple, papaya, mango
- Super Green**  
Avocado, spinach, spirulina, basil & lime

Add whipped 'cream', choc sprinkles & marshmallows (large only) +1.50

Check the menu screens for seasonal drink specials too!

## Hot Drinks

Our coffee is triple certified!

We use barista oat or soya milk.  
Almond or coconut milk +25p

- |                   | sm    | lrg    |
|-------------------|-------|--------|
| Espresso          | 2.50  |        |
| Latte             | 3.10  | • 3.60 |
| Cappuccino        | 3.10  | • 3.60 |
| Americano         | 2.90  | • 3.30 |
| Mocha             | 3.40  | • 4.10 |
| Flat White        | 3.25  |        |
| Extra coffee shot | 0.65  |        |
| Turmeric Latte    |       | 3.75   |
| Chai Latte        |       | 3.65   |
| Beetroot Latte    |       | 3.75   |
| Matcha Latte      |       | 4.20   |
| Breakfast Tea     |       | 2.25   |
| Speciality Tea    |       | 2.50   |
| Hot Chocolate     | 3.35  | • 3.85 |
| White Chocolate   | 3.35  | • 3.85 |
| Syrups            | +0.60 |        |
| Iced              | +0.50 |        |

www.cafethrive.co.uk  
info@cafethrive.co.uk

18 Hanover Buildings  
Southampton  
so14 1jx

cafe  
**Thrive**

## BREAKFAST MENU

available until midday - normal menu available all day!

- Full Thrive Breakfast** 10.99

Sausage, hash brown, mushrooms, beans, smokey seitan, scrambled tofu, tomato, 'buttered' toast & peashoots

- Avocado** (S) or **Tofu Scramble** 7.25

Served on toasted granary with sesame seeds & pea shoots ...Or ask for half & half if you can't decide!

- No Gluten Breakfast Bun** (V) 10.99

Tofu scramble, smashed avo, mushrooms & hash brown (Please note we cook on the same griddle so cannot guarantee against gluten traces)

- Big Breakfast Burrito** 9.25

Sausages, tofu 'omelette', hashbrowns, tomato relish, melted cheeze, guacamole & salad leaves

- All Day Breakfast Bun** 6.85

Sausages, tofu 'egg' round, tomato relish & cheeze in a 'buttered' brioche bun

- Acai Bowl** (V) 7.69

Superfood puree blended with banana, blueberry, mango & apple, topped with fruit & nut muesli, berries & topped with maple & peanut butter sauce

- Loaded Hashbrowns** (S) 4.30

With melted cheeze, creamy garlic sauce & crispy onions

- Side of Hashbrowns** (S) (V) 2.85

- Beans on Toast** (S) 3.99



## BURGERS

Add an extra patty ('meaty', 'chicken' or 'wholefood') +3.00

### Classic 'Meaty'

Soya based quarter pounder patty with burger sauce, cheese, crispy onions, salad & gherkins on brioche bun

8.79

### Half Pounder 'Meaty'

For the extra hungry!

11.50

### Healthy Wholefood

Our house made patty made with roasted mushrooms quinoa, lentils, sundried tomato & fresh herbs in a locally baked wholemeal bun with tomato relish, salad, gherkins, pumpkin pesto, pickled red cabbage & roasted Mediterranean vegetables

Upgrade to a non gluten bun +0.50

8.79

### Southern fried 'Chicken'

staff pick!

Our infamous crispy seitan 'chicken' with coleslaw, cheese & bbq sauce on brioche bun

8.99

### BBQ Stack Burger

Crispy seitan 'chicken' burger, sriracha mayo, onion rings, bbq jackfruit, crispy onion, gherkins, cheese & salad in brioche bun

9.79

### Burger Add Ons

Tomato relish • Cheese • Special sauce • Gherkins Mayo • Coleslaw • Hummus • Spicy mayo Crispy onions (gluten) • Pumpkin seed pesto

+0.70

Onion rings (gluten) • Peanut satay (soya) Avocado • Mushrooms • Smokey seitan (gluten) Cashew 'cheeze' • Roasted veg

+1.30

Don't forget Burger Tuesdays...  
Buy one get one half price!

## COMBO BOXES

### Satay Combo

Crispy seitan, spring rolls, chips with Chinese five spice seasoning, peanut satay sauce, spring onions, sesame seeds & chilli flakes

9.99

### 'Chicken' Combo

Two pieces of our crispy seitan 'chicken', skin on chips & coleslaw

9.99

## HOT DOGS

### American Hot Dog

Ketchup, yellow mustard, crispy onions & gherkins

8.99

### Korean Hot Dog

Korean style bbq sauce, spicy mayo, crispy onions & sesame seeds

8.99

## SALADS & HEALTHY STUFF

Our super sized salad bowls are piled high with fresh ingredients & tasty flavour combinations!

### Big Thrive Bowl

Falafel, hummus, smashed avocado, balsamic mushrooms, roasted vegetables, quinoa, tahini dressing, salad & seeds

10.45

### Buffalo Bowl

Crispy seitan 'chicken', coleslaw, salad, buffalo sauce & creamy garlic sauce

10.45

### Satay Bowl

Marinated tofu, salad leaves, lime & sesame slaw, edamame, smashed avocado, cucumber, peanut satay sauce, spring onion sesame & peashoots

10.45

### Dragon Protein Bowl

Over 40g of plant based protein! Tempeh, edamame beans, quinoa, roasted veg, hummus, salad, seeds topped with sweet & savoury turmeric 'dragon' dressing & peashoots

10.45

### Build - a - Bowl

Start with a base of salad leaves, tomato & cucumber dressed in lemon & olive oil, then add whatever toppings tickle your fancy!

from 3.99

Crispy seitan • Crispy onion • Smokey Seitan Tempeh • Marinated tofu • Peanut Satay Edamame bean • Dragon sauce

All other options are free from gluten/ soya ingredients:

Falafel • Hummus • Balsamic mushrooms Roasted vegetables • Quinoa • Cashew 'cheeze' Pickled cabbage • Coleslaw • Sundried tomatoes Avocado • Creamy' garlic sauce • Pumpkin seeds Pumpkin pesto • Lemon tahini

+1.80 each

### Hot Bowl

Healthy & home made - see the board to find out what we've cooked up!

+1.99

### Soup of the Day

Lovingly made by us! Served with granary bread or side salad Upgrade to focaccia or non gluten bun

+0.75

## Important Allergen Info

This menu item is free of gluten containing ingredients but we are limited by space and so are able to use separate equipment/utensils. Has the option to be made free of gluten ingredients- please specify!

This menu item is free of soya containing ingredients. Contains nuts - please note, nuts are used throughout our kitchen.

Please ask if you require a full allergens list for each menu item.

Please be aware that we are a small kitchen and regretfully apologise that we cannot safely cater for coeliacs or people with severe allergies.

We are proudly 100% vegan- free from all animal ingredients!

We can do everything on the menu to takeaway too!



Don't forget..save the delivery app fees & 'click and collect' using our website! [www.cafethrive.co.uk](http://www.cafethrive.co.uk)

## SANDWICHES & WRAPS

### Flatbread Kebab

Kebab style pieces, salad, tomato, cucumber, pickled red cabbage, 'creamy' garlic sauce & buffalo sauce in a flatbread

8.99

### Big Breakfast Wrap - available all day!

Sausages, tofu 'omelette' hashbrowns, tomato relish, melted cheese, guacamole & salad leaves

9.25

### Sweet Chilli Chicken Wrap

Crispy seitan 'chicken', mayo, sweet chilli sauce, tomato, cucumber & salad

8.25

### Classic Falafel

Falafel, hummus, roasted veg, tahini & pickled cabbage Upgrade to a non gluten bun +0.75

7.25

### Cashew 'Cheese'

Roasted balsamic mushrooms, sundried tomatoes & pumpkin seed pesto & cashew 'cheese' spread Upgrade to a non gluten bun +0.75

7.25

### Toasted New Yorker Ruben

Smokey seitan, melted cheese, sauerkraut, special sauce

7.25

### SLT

Smokey seitan, tomato, mayo & smashed avocado

7.25

Upgrade any granary bread sandwich to focaccia bread! +0.75

## WE NEED YOU!

As a small, independent business, your experience truly matters to us and we hope you've had a lovely time! If you enjoyed your visit today, we'd be really grateful if you could share a review. Positive reviews are so valuable to us- they spread the word to new customers and keep our doors open.

Thank you!



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Trip advisor



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