



EAT SMART, SMILE MORE

POPPOGOBLIN

BREAKFAST

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Organic Porridge <i>with option of Honey/Nuts/Seeds/Fruit</i>	2.40 50p Each
Homemade Granola <i>option of Fruit & Yogurt</i>	2.40 50p Each

TOASTED MULTI-SEED & PLAIN BAGELS

Toasted Bagel	2.20
Bagel with Cream Cheese	2.80
Bagel with Banana, Honey & Peanut/Almond Butter	3.80
Bagel Melt (any 2 fillings)	3.80
Hot Buttered Toast	1.70
Fresh Homemade Scones & Croissants	1.65

SMOOTHIES

3.80

1. BIG BREAKFAST

*Blueberries, Banana, Natural Yogurt,
Muesli, Honey & Milk*

2. GREEN GOBLIN

*Brazil Nuts, Spinach, Kale, Spirulina, Cucumber,
Mejoul Dates, Coconut Water, Protein Powder*

3. BLUEBERRY HILL

*Banana, Blueberry, Chia seeds,
Acai, Honey, Coconut Milk*

4. SMOOTH CRIMINAL

Almond Milk, Almond Butter, Banana

5. CLEAN GREEN

Avocado, Spinach, Lime, Apple Juice

**RANGE OF POWERFUL SUPPLEMENT
SHOTS CAN BE ADDED TO ANY
SMOOTHIE OR JUICE:**

80P

*Maca, Baobab, Acai Powder, Super Greens,
Spirulina, Lucama, Plant Based Protein*