

Super Refuel Breakfast

AT CAFE ZEPHYR

GRANOLA

Maple & honey roasted Granola with yogurt, fresh fruit and berries
£6.75

POACHED EGGS AND WARM AVOCADO

Poached eggs on a bed of avocado with chilli's and cherry tomatoes on brown bread toast
£7.45

EGGS & SALMON

Scrambled eggs with smoked salmon and lemon
£9.75

MEDITERRANEAN OMELETTE

Omelette with sun dried tomatoes, red onions and spinach
£7.45

OR

MAKE YOUR OWN OMELETTE

3 egg omelette with a choice of bacon, cheddar cheese, ham, mushrooms, spinach, tomatoes, peppers and onions
£7.45



AVAILABLE
24TH - 30TH SEPTEMBER



CAFE
Zephyr

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THE ANTIOXIDANT BERRY SMOOTHIE

(Mixed berries, banana, vanilla and oat milk)

Destroy free radicals in your body with this antioxidant rich smoothie! Berries are a powerhouse of nutrients and bananas provide a great source of fibre

£5.50

THE 'HUNGRY FOR HEALTH' CACAO HEAVEN SMOOTHIE

(Avocado, banana, strawberries, Medjool dates, raw cacao powder and almond milk)

Enjoy all the health benefits of raw cacao in this heavenly smoothie! Raw cacao is the highest source of magnesium in the world which will keep your heart healthy, reverse the effects of stress and boost your energy levels.

£6.50

THE GREEN CLEANSER

(Fresh spinach, cucumber, celery, apple, lime and mint)

Cleanse all the cells in your body with this phytonutrient rich green juice. Cucumber and celery provide a boost of electrolytes to hydrate and cleanse the body

£5.00



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