

Ginger Refresher

Grape, Cucumber, Apple, Ginger, Green Pepper, Mint

Light, sharp and refreshing with a ginger kick.

122 kcal | Protein: 3.7g | Fat: 0.5g | Saturates: 0.1g | Carbohydrates: 24.9g | Fibre: 3.3g | Sugar: 22.3g | Salt: 0.00g

Mango Pineapple Burst

Pineapple, Mango, Grape, Apple, Pear

Big tropical flavour, naturally sweet and smooth.

May contain traces of: Tree Nuts, Soya, Milk

175 kcal | Protein: 1.6g | Fat: 0.5g | Saturates: 0.0g | Carbohydrates: 41.5g | Fibre: 2.3g | Sugar: 41.4g | Salt: 0.00g

Spiced Apple & Pear

Apple, Pear, Cucumber, Lemon, Cinnamon, Black Pepper

Comforting, gently spiced and zesty.

121 kcal | Protein: 2.1g | Fat: 0.7g | Saturates: 0.1g | Carbohydrates: 35.1g | Fibre: 1.9g | Sugar: 34.0g | Salt: 0.00g

Strawberry Beet Boost

Beetroot, Carrot, Celery, Orange, Strawberry

Vibrant, fruity and earthy packed with fibre.

Allergens: Celery

115 kcal | Protein: 3.1g | Fat: 0.5g | Saturates: 0.2g | Carbohydrates: 22.2g | Fibre: 6.9g | Sugar: 21.2g | Salt: 0.28g

Clean Green Juice

Celery, Cucumber, Apple, Pear

Packed with vitamins and fibre for a real green reset.

Allergens: Celery

115 kcal | Protein: 4.9g | Fat: 1.1g | Saturates: 0.2g | Carbohydrates: 20.5g | Fibre: 3.9g | Sugar: 19.5g | Salt: 0.08g



Strawberry & Banana – “The Energy Classic”

Strawberry, Banana, Date, Coconut Milk

Quick-release carbs and potassium for sustained energy and hydration, ideal pre-workout fuel.

May contain traces of: Tree Nuts

Per Shake (350ml) - 169.0 kcal | Protein: 2.3g | Fat: 2.3g | Carbohydrates: 32.3g | Fibre: 3.2g | Sugar: 28.0g

Pineapple, Mango & Passionfruit – “The Tropical Hydrator”

Mango, Pineapple, Passionfruit Powder, Coconut Milk

High in vitamin C, enzymes for digestion, and rehydrating natural sugars.

May contain traces of: Tree Nuts, Soya, Milk

Per Shake (350ml) - 172.3 kcal | Protein: 1.9g | Fat: 2.3g | Carbohydrates: 34.8g | Fibre: 2.8g | Sugar: 14.6g

Super Greens – “The Wellness Booster”

Kale, Spinach, Pineapple, Green Spirulina, Coconut Water

Rich in antioxidants and micronutrients. Contains spirulina, a natural source of plant compounds that support energy, recovery, and overall wellness.

Per Shake (350ml) - 107.6 kcal | Protein: 2.1g | Fat: 0.2g | Carbohydrates: 24.0g | Fibre: 0.8g | Sugar: 10.6g

Super Berry – “The Antioxidant Shield”

Blueberries, Peanut Butter, Grass-Fed Whey Protein Powder, Almond Milk

Packed with vitamins, anthocyanins, and fibre. Helps reduce oxidative stress post-workout.

Allergens: Peanuts, Almonds (Tree Nuts), Milk | May contain traces of: Soya

Per Shake (350ml) - 332.8 kcal | Protein: 25.2g | Fat: 20.1g | Carbohydrates: 10.7g | Fibre: 4.0g | Sugar: 10.1g

Peanut Butter – “The Power Fuel”

Banana, Oats, Peanut Butter, Grass-Fed Whey Protein Powder, Almond Milk

Rich in fibre and protein for long-lasting energy and recovery, perfect as a post-workout breakfast.

Allergens: Peanuts, Almonds (Tree Nuts), Milk, Oats (Gluten)

May contain traces of: Barley (Gluten), Wheat (Gluten), Soya

Per Shake (350ml) - 507.7 kcal | Protein: 34.3g | Fat: 22.8g | Carbohydrates: 38.7g | Fibre: 4.0g | Sugar: 28.4g

Choco Recharge – “The Mood Booster”

Banana, Grass-Fed Whey Protein Powder, Cocoa Powder, Date, Almond Milk

A satisfying high-protein blend to support recovery and lift your mood after training.

Allergens: Almonds (Tree Nuts), Milk

Per Shake (350ml) - 312.3 kcal | Protein: 18.8g | Fat: 4.8g | Carbohydrates: 46.0g | Fibre: 3.9g | Sugar: 43.3g

Milk options

- Coconut Milk
- Almond Milk
- Whole Milk
- Semi-Skimmed Milk

Add-ins *Choose any Add-ins for £1.00 each*

- | | |
|---------------------------|---------------|
| Vanilla Whey Protein 20g | Oats 30g |
| Vanilla Vegan Protein 20g | Spirulina 10g |
| Creatine Monohydrate 7g | Espresso Shot |
| Peanut Butter 30g | |

Our Salad Range

House Salads

£6.00

The Green Bowl

Avocado, Cucumber, Celery, Baby Spinach, Spring Onion, Edamame Beans, Pumpkin Seeds, Mix Leaf, Vegan Pesto

Allergens: Celery, Soya

Protein: 9.4g | Fat: 34.4g | Carbohydrates: 11.3g | Fibre: 5.4g | Sugar: 4.4g

The Red Bowl

Pickled Beetroot, Tomatoes, Radish, Roasted Sweet Potato, Red Cabbage, Watermelon, Sunflower Seeds, Red Onion, Tomato Dressing

Allergens: Gluten (Barley)

Protein: 3.7g | Fat: 5.1g | Carbohydrates: 17.6g | Fibre: 3.1g | Sugar: 7.3g

The Mixed Bowl

Mix Leaf, Cucumber, Cherry Tomato, Radish, Grated Carrot, Shredded Cabbage, Red Onion, Pumpkin Seeds, Vinaigrette

Allergens: Mustard

Protein: 4.3g | Fat: 6.3g | Carbohydrates: 10.2g | Fibre: 3.4g | Sugar: 8.7g

High Protein Salads

£8.00

High Protein Quinoa

Quinoa, Chickpeas, Kidney Beans, Sprouts, Soya Edamame Beans, Sunflower Seeds, Lemon, Mix Leaf, Yoghurt Dressing

Allergens: Milk, Soya | **May contain traces of:** Gluten (Barley, Wheat)

Protein: 26.7g | Fat: 11.1g | Carbohydrates: 75.5g | Fibre: 16.6g | Sugar: 6.8g

High Protein Brown Rice

Brown Rice, Chickpeas, Kidney Beans, Sprouts, Green Lentils, Pumpkin Seeds, Lemon, Mix Leaf, Tahini Dressing

Allergens: Sesame, Mustard | **May contain traces of:** Gluten (Barley, Wheat)

Protein: 29.7g | Fat: 16.7g | Carbohydrates: 123.9g | Fibre: 16.5g | Sugar: 6.7g

Add Protein To Any Salad For £2.50

Boiled Egg | Steamed Chicken | Tuna

Dolphin Square

LONDON SW1

Coffee

The first 100% Regenerative Organic Coffee in the UK, delivered under sail, roasted in the UK.

	Regular	Large
Americano	£3.50	£3.80
Caffe Latte	£3.50	£4.00
Cappuccino	£3.50	£4.00
Flat White	£3.80	
Hot Chocolate	£4.00	£4.55
Mocha	£4.00	£4.55
Matcha	£3.80	
Iced Matcha	£4.15	
Iced Latte	£4.15	
Iced Americano	£3.80	
Iced Chocolate	£4.25	
Macchiato (Single shot)	£3.20	
Macchiato (Double shot)	£3.60	
Long Black	£3.50	
Espresso (Single shot)	£3.00	
Espresso (Double shot)	£3.40	
Milk alternatives: Soya, Coconut, Almond & Oat		Free
Shot of syrup: Caramel, Hazelnut, Vanilla, Caramel, Chai		£0.75
Sugar free: Caramel & Vanilla		£0.75

Tea By Tregothnan Estate £3.10

(Britain's first homegrown tea hand-picked in Cornwall)

English Breakfast | Earl Grey | Green Tea | Peppermint |
Red Berry | Lemon Verbena