

HOST

HOYLAKE

TO DRINK

PLEASE ORDER AT THE TILL

COFFEES

ESPRESSO	£2.90
AMERICANO	£3.30
LONG BLACK	£3.10
CORTADO	£3.40
FLAT WHITE	£3.60
LATTE	£3.80
CAPPUCCINO	£3.80
MOCHA	£4.10
HOT CHOCOLATE	£3.50
HOT CHOCOLATE WITH CREAM & MARSHMELLOWS	£4.00
EXTRAS	
SYRUPS	50P
EXTRA SHOT	£1.00
KETO CREAMER/COLLAGEN	£1.00
CBD DROPS	£1.50

SPECIAL BLENDS

PRETTY IN PINK (PINK PITAYA & VANILLA SYRUP LATTE)	£3.90
BLUE SAPPHIRE (ORGANIC BLUE MATCHA & VANILLA SYRUP LATTE))	£3.90
SPICED CHAI (AROMATIC SPICES & SWEETENED BLACK TEA LATTE)	£3.90
GLOW UP (TURMERIC, CINNAMON, DATE SYRUP LATTE)	£3.90
CEREMONIAL GRADE CACAO (CACAO, CINNAMON, AGAVE & PLANT BASED MILK)	£4.50

TEAS

ENGLISH BREAKFAST TEA FOR ONE	£2.30
SELECTION OF HERBAL TEAS	£2.50

COLD DRINKS

STILL WATER	£1.50
SPARKLING SPRING WATER	£1.60
ICED LATTES	£4.00
COLD BREW COFFEE	£4.00
ELDERFLOWER FIZZ	£3.00
GUAVA & LIME	£3.50
PROTEIN SHAKE CHOCOLATE OR VANILLA PROTEIN WITH MILK OF YOUR CHOICE, BANANA & NUT BUTTER 25G PROTEIN (VEGAN PROTEIN AVAILABLE)	£6.50
PEACH ICED TEA	£3.50
STILL LEMONADE	£3.50
ORGANIC ORANGE/APPLE JUICE	£2.50
FRUIT SMOOTHIES (MANGO, PINEAPPLE & PAPAYA OR STRAWBERRY & BANANA)	£4.00

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IF YOU HAVE ANY DIETARY REQUIREMENTS OR WANT TO KNOW THE SEASONAL SPECIALS, PLEASE ASK A MEMBER OF THE TEAM

PLEASE NOTE OUR HOYLAKE STORE IS OUR IN-HOUSE BAKERY SO WE CANNOT GUARANTEE THERE IS NO CROSS-CONTAMINATION DUE TO THE CONSTANT USE OF FLOUR & NUTS.

TOASTED SOURDOUGH (VE) £2.20

ADD JAM OR MARMALADE 50P

BANANA BREAD SPECIAL (VE) £5.00

HOMEMADE BANANA BREAD TOPPED WITH HOMEMADE MIXED BERRY COMPOTE, COCONUT YOGHURT AND DRIZZLED WITH AGAVE.

ORGANIC SMOOTHIE BOWL (VE) £7.50

FROZEN EXOTIC FRUIT SMOOTHIE BASE TOPPED WITH STRAWBERRIES, BANANA, BLUEBERRIES, COCONUT FLAKES, CHIA SEEDS, CACAO NIBS, PALM-OIL FREE PEANUT BUTTER AND OUR HOMEMADE SPELT GRANOLA.

ORGANIC ACAI BOWL (VE) £8.50

ACAI IS THE SUPER-BERRY RICH IN ANTHOCYANINS, ANTIOXIDANTS & POTENT LEVELS OF VITAMIN C AMAZING FOR GLOWING SKIN. OUR ACAI IS SOURCED DIRECT FROM THE AMAZON, BLENDED THEN TOPPED WITH STRAWBERRIES, BANANA, BLUEBERRIES, COCONUT FLAKES, CHIA SEEDS, PALM-OIL FREE PEANUT BUTTER, CACAO NIBS AND OUR HOMEMADE SPELT GRANOLA.

POACHED OR SCRAMBLEDEGGS ON TOASTED SOURDOUGH (V) £7.00

AVOCADO ON TOAST (VE) £7.95

THICK SLICED ORGANIC SOURDOUGH BREAD, TOPPED WITH SMASHED AVOCADO, LEMON & SHISO GARNISH.

ADD POACHED EGG £1.50 | ADD HALLOUMI WITH CHILLI HONEY £3.00

CREAMY GARLIC MUSHROOMS ON SOURDOUGH TOAST £8.00

SAUTEED MIX OF CHESTNUT AND SPECIALITY MUSHROOMS, WITH GARLIC, PARSLEY AND CREAM ON TOASTED SOURDOUGH. VEGAN OPTION AVAILABLE.

WE ONLY USE SPELT FLAKES IN OUR GRANOLA, IT IS AN ANCIENT GRAIN THAT IS NON-HYBRID, IT IS NUTRIENT DENSE IN IRON, MAGNESIUM & ZINC AND HAS A BETTER AMINO ACID PROFILE THAN NORMAL WHEAT. CONSUMING SPELT IS BETTER FOR THE BODY AND AIDS DIGESTION.

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TUNACADO TOASTED PANINI £7.25

HOMEMADE VEGAN NUT-FREE PESTO, CHICKEN, TOMATO & AVOCADO

HOST CLUB PANINI £7.25

HOMEMADE VEGAN NUT-FREE PESTO, CHICKEN, TOMATO & AVOCADO

TURKISH EGGS £8.50

ORGANIC GREEK YOGHURT WITH GARLIC, TOPPED WITH POACHED EGGS, ZAATAR & CHILLI DRIZZLE & TOASTED SOURDOUGH.

GRANOLA POTS (VE) £5.50

ORGANIC COCONUT YOGHURT TOPPED WITH HOMEMADE MIXED BERRY COMPOTE AND HOMEMADE SPELT GRANOLA.

ORGANIC PEANUT BUTTER & BANANA ON TOAST £6.95

THICK ORGANIC SOURDOUGH BREAD TOPPED WITH YOUR CHOICE OF EITHER CARAMEL CRUNCH PEANUT BUTTER (V) OR SEEDED PEANUT BUTTER (VE), BANANA CACAO NIBS AND CHIA SEEDS.

ADD ONS

SMOKED SALMON £3.00

HALLOUMI WITH CHILLI HONEY £2.50

EXTRA POACHED EGG £1.50

FRESH BREAD FRIDAYS

ORGANIC HANDMADE SOURDOUGH AVAILABLE EVERY FRIDAY, PERFECT START TO YOUR WEEKEND

HOST

HOYLAKE

matcha^{YOUR} mood

WE NOW SERVE OUR OWN ORGANIC, CEREMONIAL GRADE MATCHA.
CHOOSE A MATCHA TO ENHANCE YOUR MOOD

THE OG BLEND £3.90 MATCHA LATTE

A BALANCED AND SUSTAINED ENERGY BOOST WITHOUT THE JITTERS ASSOCIATED WITH COFFEE. IT CONTAINS L-THEANINE, AN AMINO ACID THAT PROMOTES RELAXATION AND REDUCES STRESS WHILE ENHANCING COGNITIVE FUNCTION. THIS CAN LEAD TO INCREASED ALERTNESS, MENTAL CLARITY, AND A SENSE OF CALM FOCUS.

CACAO COMFORT £6.50

CEREMONIAL CACAO & MATCHA LATTE

CACAO COMFORT OFFERS A COMFORTING AND INDULGENT EXPERIENCE, COMBINING THE NATURAL ENERGY BOOST OF MATCHA WITH THE MOOD-ENHANCING PROPERTIES OF CACAO. CACAO CONTAINS HIGH LEVELS OF MAGNESIUM WHICH SUPPORTS WOMENS CYCLE AND THEOBROMINE, WHICH MAY HELP PROMOTE RELAXATION AND REDUCE STRESS. THIS BLEND CAN EVOKE FEELINGS OF WARMTH, COMFORT, AND SATISFACTION.

CBD DREAM £6.50

CBD DROPS, LAVENDER & MATCHA LATTE

CBD DREAM IS DESIGNED TO PROMOTE RELAXATION, STRESS RELIEF, AND RESTFUL SLEEP. CBD (CANNABIDIOL) INTERACTS WITH THE BODY'S ENDOCANNABINOID SYSTEM TO HELP REGULATE MOOD, REDUCE ANXIETY, AND INDUCE FEELINGS OF CALMNESS AND TRANQUILLITY. LAVENDER EXTRACT FURTHER ENHANCES RELAXATION AND PROMOTES A SENSE OF PEACE AND WELL-BEING.

ENERGY ELIXIR £6.50

TURMERIC, GINGER & MATCHA LATTE

ENERGY ELIXIR PROVIDES A REVITALIZING AND INVIGORATING EXPERIENCE, COMBINING THE NATURAL ENERGY BOOST OF MATCHA WITH THE WARMING AND STIMULATING PROPERTIES OF GINGER AND TURMERIC. GINGER AND TURMERIC ARE KNOWN FOR THEIR ANTI-INFLAMMATORY AND ANTIOXIDANT PROPERTIES, WHICH CAN PROMOTE A SENSE OF VITALITY, WELL-BEING, AND MENTAL CLARITY. THIS BLEND CAN HELP COMBAT FATIGUE, UPLIFT MOOD, AND ENHANCE FOCUS AND CONCENTRATION.

FOUNTAIN OF YOUTH £6.50

COLLAGEN, ROSE & MATCHA LATTE

FOUNTAIN OF YOUTH OFFERS A REJUVENATING AND NOURISHING EXPERIENCE, COMBINING THE ANTIOXIDANT-RICH PROPERTIES OF MATCHA WITH THE BEAUTY-ENHANCING BENEFITS OF ROSE PETALS AND COLLAGEN. COLLAGEN PEPTIDES SUPPORT SKIN HEALTH AND ELASTICITY, PROMOTING A YOUTHFUL COMPLEXION AND OVERALL VITALITY. THIS BLEND CAN EVOKE FEELINGS OF BEAUTY, VITALITY, AND INNER RADIANCE.