

THE YOGA SPACE

MENU



SMOOTHIE BOWLS

£8.50

BLUEBERRY ACAI

açaí, blueberries, banana, almond butter, cinnamon, oat milk.

CHILLI CHOCOLATE

avocado, banana, cacao, oat milk, chilli.

NO BANANA

mango, pineapple, coconut milk, spirulina.

PEANUT-BUTTER CACAO

banana, peanut-butter, cacao, oat milk.

TROPICAL

mango, spinach, banana, coconut milk, lime.

*ALL INCLUDE 3 TOPPINGS:

berries, banana, cacao nibs, chia seeds, hemp seeds, pumpkin seeds, walnuts, sunflower seeds, dried cranberries

*EXTRA TOPPINGS

+£0.50

almond butter

+£1.00

DIRTEA mushroom powder

+£2.00

SMOOTHIES

£7.00

BERRY BLAST

strawberries, raspberries, blueberries, mango, chia seeds, coconut milk.

GREEN GOODNESS

mango, pineapple, spinach, ginger, lemon, oat milk.

PEANUT-BUTTER MACA DATE

banana, peanut-butter, dates, chia seeds, maca powder, oat milk.

SPIRULINA MOJITO

pineapple, spirulina, lime, mint, cucumber, coconut milk.

HOT TURMERIC (A WARM DRINK)

banana, turmeric, fresh ginger, pepper, cinnamon, oat milk.

COLD DRINKS

BOOYAH KOMBUCHA

£4.25

LEMONAID

£2.95

COKE / DIET COKE

£2.00

WATER STILL / SPARKLING

£2.00

HOT DRINKS

TEA

£2.90

ESPRESSO / MACCHIATO

£2.75

AMERICANO / CORTADO

£2.90

LATTE / CAPP / FLAT WHITE

£3.50

HOT CHOCOLATE / CHAI

£4.00

MOCHA / DIRTY CHAI

£4.50

RASPBERRY WHITE HOT CHOC

£4.50

CHOCOLATE CHAI

£4.50

ICED LATTE / CHAI

£3.75/4.00

ICED AMERICANO

£3.50/3.75

ICED MOCHA / MATCHA

£4.50/4.75

extra shot

£0.50

syrup

£0.50

alternative mik

£0.25

SPECIALTY DRINKS

DIRTEA

Lionsmane OR cordyceps

HAVE IT AS A:

TEA

£3.50

LATTE

£4.00

CAFE LATTE

£4.50

HOT CHOCOLATE

£4.50

CHAI LATTE

£4.50

MATCHA LATTE

£4.00

TURMERIC LATTE

£4.00

BEETROOT LATTE

£4.00

SELECTION OF ENERGY BALLS, BARS & COOKIES

SEE COUNTER FOR OPTIONS & PRICES

*Discounts apply when membership card is presented *excluding DIRTEA*
Receive 20p off when you bring a keep cup*

THE YOGA SPACE MENU



HEALTH BENEFITS

BEE POLLEN

May help to ease allergies, prevent hardening of the arteries, improve metabolism.

BEETROOT

Increases blood flow to the muscles, lowers blood pressure, helps cells to grow and function.

CACAO

Can aid in; lowering blood pressure, reducing risk of heart disease and diabetes, increasing cognitive function. Also known for anti-inflammatory and anti-oxidation qualities.

CHIA SEEDS

Rich in fibre, antioxidants, minerals, and omega-3 fatty acids.

CINNAMON

Contains a variety of antioxidant, anti-inflammatory, and antimicrobial properties. May help to reduce blood sugar levels.

CORDYCEPS POWDER

A mushroom that may improve physical performance as well as increase energy levels.

FLAXSEED

Can aid in: easing constipation, lowering cholesterol, boosting skin and hair health.

GINGER

Good for gut health and healthy digestion; helps with nausea, gas and bloating.

HEMP SEEDS

Rich in protein, fibre, omega-3s and omega-6s. Helps to protect the brain, boost heart health and improve skin conditions.

LIONS MANE POWDER

A mushroom that may help improve brain power, including memory, focus and mental clarity, while aiding digestion.

MACA

Peruvian root that may help to boost energy levels, sexual function, mood, memory, metabolism, fertility. May help to reduce blood pressure.

MATCHA

Green tea powder rich in antioxidants. May improve attention, memory, and reaction time, as it contains caffeine and L-theanine, which can aid in healthy brain function.

PUMPKIN SEEDS

Rich in antioxidants, healthy fats, and minerals. May improve bone health, sexual wellbeing, and the immune system.

SPIRULINA

Blue-green algae that may have anti-viral, anti-allergic, anti-cancerous affects

TURMERIC

Root with antioxidant and anti-inflammatory properties.