

REFUEL CAFE MENU



TEA

TIME

Traditional tea	£1.75
Green tea & Fruit teas	£1.95

COFFEE

HIT

Americano	£2.20
Flat white	£2.10
Espresso	£1.80
Latte	£2.20

WRAP

UP **V VG GF**

Selection of fresh wraps packed with mix of lean meats, salad, vegetables and spreads. Vegan, Vegetarian and Gluten-free options available.

SALAD

CIRCUIT **V VG GF**

Selection of fresh gourmet salads and low-fat dressings. Vegan, Vegetarian and Gluten-free options available.

REFUEL JUICES

POWER

SWEET

DETOX

GINGER

TROPICAL

PUNCH     

Pineapple | cucumber | lime | celery | spinach | broccoli | ice

..... £3.75

CRUSH   

Apple | pear | carrot | raw beetroot | fresh basil | raw ginger | ice

..... £3.75

HIT  

Apple | pear | parsnip | cucumber | lime | fresh mint | ice

..... £3.00

NINJA   

Apple | carrot | celery | lemon | raw ginger | ice

..... £3.00

KICK     

Apple | pineapple | mango | lime | red chilli | raw ginger | ice

..... £3.75



MUSCLE BUILDING



ENERGY BOOSTING



ANTI-INFLAMMATORY



VITAMIN RICH



DETOXING



AIDS DIGESTION

REFUEL SMOOTHIES



RASPBERRY

PROTEIN

ZESTY

GREEN

MIGHTY

FIX   

Raspberries | banana | coconut water | fat-free yoghurt | coconut almond butter | protein powder | ice

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£x.xx

POWER   

Medjool dates | banana | almond milk | almond butter | cashew butter | protein powder | ice

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£x.xx

LIFT      

Apple | pineapple | cucumber | avocado | lime | spinach | coconut water | protein powder | ice

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£x.xx

IMPACT    

Avocado | lime juice | kale | spinach | banana | fresh mint | coconut milk | green hemp protein powder | ice

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£x.xx

MASHUP    

Avocado | banana | spinach | kale | peas | pomegranate seeds | fresh mint | coconut water | green hemp protein powder | ice

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£x.xx

-  MUSCLE BUILDING
-  ENERGY BOOSTING
-  ANTI-INFLAMMATORY
-  VITAMIN RICH
-  DETOXING
-  AIDS DIGESTION