

Breakfast

	Avocado toast , chilli, watercress pb	16
	Bircher muesli , goji, passion fruit, coconut yoghurt pb	13
	Malibu fruit salad , coconut yoghurt pb	13
	Young coconut , oat, chia, passionfruit, blueberries pb	17
	Acai bowl , granola, berries, banana, bee pollen v	15
	Avocado Royale , smoked salmon, poached eggs, kimchi hollandaise	18
	Avocado Florentine , spinach, poached eggs, matcha hollandaise	17
	Turmeric pancakes , coconut, banana, oat butter v	17
	Eggs any style , toast v	12
	Egg white omelette , broccoli, red pepper, spinach v	16
	Quesadilla , scrambled eggs, portobello, spring onion, pico de gallo v	18
	Malibu omelette , goat cheese, spinach, cherry tomato, olives v	16
	Grain bowl , egg, avocado, kale, buckwheat, quinoa, freekeh v	17

Sides

Mushrooms	6	Hash browns	6	Sausages	7	Avocado	8
Spinach	6	Bacon	7	Salmon	8	Berries	8

NUTRITIONAL BENEFITS

 Protein rich	 Refined sugar-free	 Probiotic dense	 Lower calories
 Antioxidant rich	 Fibre rich	 Iron rich	 Anti-inflammatory
 Omega-3 rich	pb Plant based	v Vegetarian	



Calorie Content

Scan the QR code to find the calorie content of each dish

 Follow us @thenedlondon

Coffee

espresso	5	golden turmeric latte	6
macchiato	5.5	beetroot cacao latte	6
americano	5	beetroot cacao latte	6
cappuccino	5.5	chai latte	6
flat white	5.5		
latte	5.5	Grind cold brew	6.5
matcha latte	6	Grind cold brew oat latte	6.5
hot chocolate	6		

Tea

earl grey
english breakfast
chamomile
tropical green
jasmine flower
decaf english breakfast
silver needle white
light green
chocolate chili black
sweet ginger peach
maharaja chai

- all 5.5

Almond, oat, coconut & soya milks available

Smoothies

Focus

raw cocoa, banana,
almond milk, oat
butter, dates,
lions mane

Glow

spinach, matcha,
avocado, coconut
milk, apple, lime,
agave, collagen,
Zooki liposomal
magnesium
glycinate

Antioxidant

berries, kefir,
spirulina, banana,
honey, lemon,
almond milk,
omega 3, Zooki
liposomal Vitamin
D3 + K2

Recovery

mango, pineapple,
banana, greek
yoghurt, coconut
milk, whey protein

- all 9

Additions

Whey protein, Ancient True collagen, Ancient True creatine, Electrolytes or
House Fibre Blend (acacia fiber, hemp, flax, chia, psyllium husk)

- each 3

Cold Press Juice

Green | Revive

cucumber, spinach, rocket,
pear, avocado, apple

Citrus | Fortify

orange, apple, pineapple,
ginger, turmeric, cayenne
pepper

Carrot | Thrive

apple, carrot, ginger,
lemon, turmeric

Ginger | Protect

apple, lemon, ginger

Berry | Energise

strawberry, blueberry,
raspberry, apple

- all 6

Immunity Shots

Wellness Shot

apple cider vinegar,
pineapple, tart cherry

Detox Shot

apple, celery,
coconut water

Kombucha

original
ginger

Vitality Shot

lemon, ginger, raw
honey, black pepper

- 4 each / 10 flight of
three

- all 5

There is a discretionary 14.5% service charge added to your bill all of which is distributed among staff.
All above prices are inclusive of VAT. Please let us know if you have any allergies or dietary requirements, our dishes are made here
and may contain trace ingredients. v = vegetarian pb = plant based