



Top Nourish

Bite Right

Breakfast

Full english £8.9

Fried Egg, Sausage ,turkey rasher, Spinach Sauteed Mushrooms, cherry tomatoes, Hashbrowns, Beans , Toast

Vegetarian £8.9 (Vegan Option available)

Grilled Halloumi, Veg sausages, Sauteed Spinach Mushrooms, Avocado, cherry Tomatoes , beans , Toast.

Desi Breakfast £9.9

Desi Omelette /Egg Bhurji, Chana masala, Beans , with sourdough toast or Paratha Masala Tea / regular Coffee

Add:- Aloo Paratha £1.50

Top Nourish Breakfast £8.9

Spinach Sauteed Mushroom, Grilled Halloumi, Poached eggs,Beetroot Hummus, Avocado on sourdough with salad

Add:- Turkey rasher £1.50

Classic Eggs

Eggs florentine £6.5

Poached eggs on a toasted English muffin with Sauteed spinach , Avocado, hollandaise served with salad

Egg Royale £7.0

Poached eggs on a toasted English muffin with smoked salmon , hollandaise sauce served with salad

Desi Omelette £6.0

3 free range eggs Onion, Chilli, peppers, tomato omelette with homemade spices served with salad

Add Paratha £1.0

Omelette £6.0

3 free range eggs Choose any 3 toppings (Tomato/Onion/ Pepper/ Mushroom/cheese/ Spinach) served with salad

Egg on toast & avocado £7.0

Poached / Scrambled/ Fried eggs on toasted sourdough bread, avocado, apple julienne finished with salad

Veggie Breakfast

Halloumi Avocado on Bloomer £7.5

Grilled Halloumi on toasted sourdough bread, chilli flakes, avocado, apple julienne & salad

Aloo Paratha With Yogurt £6.0

Two Aloo Paratha served with Raita, salad & pickle masala tea/ coffee.

Chana Paratha £6.0

Chickpea Curry served with 2 Plain Paratha served with salad & Pickle, masala tea /coffee

Mushroom on toast £6.0

Garlic sautéed mushrooms served on toasted sourdough bread , apple Julienne & Salad

Extra Toppings

£1.5

Avocado

Turkey rasher

sausage

Halloumi

Salmon

£1.0

Hashbrowns

Egg

Beans

Mushroom

Sourdough toast

Superbowls

Katsu Curry £7.5

Slow cooked Katsu curry with Brown rice & Quinoa served with Chicken / Paneer / Tofu , rainbow salad, cashew Nut

Mexican Bowl £7.5

Coriander Rice, Black beans, served with Chicken / Paneer / tofu , Sweetcorn, freshly cut salsa, Guacamole, Tortilla chips, Sour cream & Chipotle

Bombay Bowl £7.0

Coriander Rice, Chicken / Paneer , Chana masala Crispy Papadi, Mint Coriander chutney , Raita, rainbow salad

Add Masala chips £1.50

Caesar Salad

Chicken / Salmon/ Halloumi £7.5

Grilled Chicken breast / Smoked Salmon/ Grilled Halloumi with Romain lettuce, Parmesan, cherry tomato, Avocado, crutons & Caesar dressing.

Pasta

Arabiata £7.0

Tomato Sauce, Red Onion, olives, chilli & garlic

Mushroom & Pesto £7.5

Cream sauce, garlic sauteed mushrooms, Pesto & Parmesan

Peri Peri spaghetti £7.5

Peri Peri cream sauce , Peppers, olives, red onion, garlic & chilli

Chicken Milanese £7.9

Crispy chicken on the bed tomato sauce spaghetti topped with mozzarella cheese

Burgers

(Served with Chips)

Classic Veg Burger £6.0

Veggie Patty, Onion, lettuce , Jalapeño ,Tomato, Cheese, Garlic mayo in soft brioche bun.

Grilled Halloumi Burger £6.5

Grilled halloumi , Gherkins, lettuce, tomato sweet chilli sauce in soft brioche bun.

Add:- Falafel £1.50

Buttermilk Chicken Burger £6.5

Peri Peri Chicken breast, lettuce, tomato, red onion, gherkins, Peri mayo in a soft brioche bun

Make any burger double decker £2.0

Sandwiches

(Served with salad)

Bombay Toastie £5.5

Toast filled with green chutney, Potato, Red onion, tomato, cucumber, chilli sauce & cheese

Grilled Tikka sandwich £5.5

Toast filled with green chutney, Chicken / Paneer tikka , red onion, peppers & cheese

Veg Grill Sandwich £5.5

Toast Filled with Onion, pepper, corn, olive , Tandoori mayo, cheese.

Chicken & Pesto £5.5

Ciabatta filled with grilled chicken breast, tomatoes, pesto & mozzarella cheese

Grilled cheese & Tomato £4.5

Ciabatta filled with tomatoes, pesto , mozzarella & Cheddar cheese

Wraps £5.5

(Served with salad)

Halloumi wrap

Grilled honey chilli halloumi, lettuce, onion, peppers, cucumbers, sweet chilli sauce

Tex Max wrap

Grilled chicken/ Paneer / Tofu , peppers, onion, sweetcorn, cheese, nachos, salsa, chipotle sauce

Burrito Wrap

Coriander rice, Black beans, Guacamole , salsa, sweetcorn, peppers,chipotle & sour cream

Peri Peri wrap

Grilled Chicken/ Paneer / Tofu, rainbow salad, onion, lettuce, tomato, cucumber, peri peri sauce

Falafel Wrap

Falafel, Hummus, jalapeño, onion, cucumber, Rainbow salad, Chilli sauce

Sides

Loaded Nachos £4.0

Grilled Halloumi £4.0

Sweet Potato fries £3.5

Cheesy fries £3.5

Peri Peri Fries £3.5

Hummus & Falafel £4.0

Grilled Chicken strips £4.0

Treats or Cheats

Fruit salad £5.5

Mix all seasonal fruits cut served with mix seeds

Porridge with fruits £5.5

(Vegan Option available)

Scott's Porridge cooked with Milk Served with mixed berries, mix seeds, banana & Honey

Yogurt & Berries £5.5

House Granola, Greek yogurt , Mixed seeds, mixed berries, Pistachio, Strawberry sauce, Banana.

Add Scoop of whey protein £1.5

French Toast £6.0

2 Cinnamon infused brioche Berries & Maple | Biscoff & white chocolate

Add Scoop of Gelato £1.50

Waffles £7.0

Cookie & Cream | Strawberry & Nutella | Pistachio Matcha Served with Vanilla Ice cream

Cakes & Muffins

Variety of cakes displayed to counter

Pistachio Cheesecake £5.0

Served with creamy pistachio & luxury white chocolate sauce

Pancakes £6.0

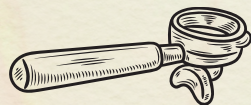
3 Soft Fluffy pancakes

Berries & Maple | Strawberry Pistachio | Nutella & Fruits

Add Scoop of Gelato £1.50

Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and we can not guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, However we are unable to provide information on other allergens.

Coffee



It is a simple, full-bodied and creamy coffee.
Composed of only natural coffees, moist and earthy hints of Indian robusta coffees dried by monsoons emerge. Hatian and Brazilian Arabica sweeten the cup by bringing chocolate, ripe fruit and dried fruit as well as a rich note of toast crust.

#caffeine Partner



Decaf Available

	Small	Iced		Small	Iced	
Espresso	2.0	-	Mocha / White Mocha	3.0	3.8	
Macchiato	2.1	-	Matcha latte	3.5	3.8	Upgrade to
Americano	2.1	3.5	Filtre Coffee	2.9	3.5	Medium Large
Latte	2.7	3.7	Classic Hot chocolate	3.0	3.5	£0.4 £0.8
Cappuccino	2.7	-	Golden Turmeric latte	3.5	3.8	Alternative milk £0.4
Flat white	3.0	-	Chai latte Make It dirty £0.50	3.5	4.2	Oat, Coconut,
Pistachio Latte	3.2	4.5	Affogato Vanilla / Pistachio	4.2	-	Almond, Soya
Spanish Latte	3.2	4.8	Masala Tea	£2.0	£2.5	

Fresh Juices £4.5 | £5.0

By Its own

- Apple
- Orange
- Pineapple
- Carrot
- Watermelon
- cucumber Mint

Mix & Make your own

- | | |
|--------------|------------|
| Banana | Cucumber |
| Beetroot | Watermelon |
| Ginger | Apple |
| Raw Turmeric | Orange |
| Mint | Carrot |
| Spinach | Pineapple |

Green Detox

Apple, Spinach, Mint, Ginger, Cucumber

Citrus Immunity

Orange, Lemon, Raw Turmeric, Carrot, Agave Nector

#LifeSorted

Pineapple, Ginger, Raw Turmeric, Bellpepper, Apple, olive oil

Moringa- The Game Changer

Cucumber, Orange, Organic Moringa, Pineapple, Beetroot

Smoothies

£5.0 | 5.5

Açai Energizer

Acai, Mix berries, banana, coconut milk

Avocado Tastic

Avocado, dates, caramel, banana, cacao nibs, almond milk

Strawberry Sunshine

Strawberry, mango, banana, apple juice

Tropical Passionfruit

Passionfruit, Papaya, Mango, Pineapple, Orange

Matcha Power

Spinach, Organic matcha, mint, apple, mango

Milkshakes

£4.5 | £5.0

Cookies & Cream

Strawberry

Vanilla

Pistachio

Caramel Biscoff

Add
Scoop of
Whey £1.5

Add
Scoop of
Whey £1.5

Fresh Shots

Single | Double
£2.0 | £3.0

Ginger Shots

Ginger, Lemon & apple

Turmeric Shot

Raw Turmeric, Lemon, apple & black pepper

Wellness shot

Ginger, Raw Turmeric, Orange & black pepper

Sodas & Soft Drinks

San Pellegrino (Orange | Lemon) £2.5

Ginger Lemonade £3.5

Berry Mint Soda £3.5

Buttermilk £2.5

Desi Mango Lassi £3.5

Protein Shakes

£5.5 | 6.0

Tropical Recovery

Mix berries, Spinach, Whey Spirulina, oat milk

Muscle Builder

Banana, Peanut Butter, oat milk, whey, Cinnamon



Acai Bowl £6.0

Pink & Glow

Acai, Mix berries & Banana blended served with Almond milk soaked chia seeds, granola, mix berries & banana



Mango Madness

Mango Puree, Acai blend served with Almond milk soaked chia seeds, granola, goji berry, mix seeds & Coconuts flakes

Get Rewards with every purchase



Buy 8 drinks & get 9th free in store.
Any of our handcrafted drinks, any size on the house



Keep an eye out for our regular offers in store or our official instagram @top_nourish



Enjoy sweet treat on your birthday
valid with original ID with Date of Birth



Top nourish

Bite Right



Tea & Infusions £2.5

Green Tea

Chinese Green Tea, Gunpowder typology with entire leaves curled & semi fermented. It has a lovely herbaceous taste & innumerable proprieties



Red Forest Berries

A Scented Blend of dried apple, hibiscus, elderberry, rosehips, blackberries & processed flowers, characterized by a sweet & developing scent of berries



Earl grey

Made with Ceylon, Darjeeling, Assam and Rwandan black tea, this loose leaf quality earl grey teabags naturally contain caffeine and are only one calorie per cup.



Fresh Mint Tea

Fresh mint leaves with lemon and honey soothes digestion, boosts immunity, and provides a calming, refreshing energy boost.



Masala Tea

Indian Masala Tea with Inhouse freshly roasted & ground spices with Cardamom, Nutmeg, Cinnamon, Ginger, blackPepper, cloves,fennel, Saffron & Imported Assam tea leaves



Mint and Cedar

It is characterised by refreshing properties of peppermint leaves, Cedarwood, orange flowers, rosehips & persitent mark of mint & a slightly citrus aftertaste.



Matcha Tea

SINGLE-ORIGIN UJI, JAPAN: Authentic Japanese Tea. Sourced ethically from Uji, Japan - a region renowned for producing the world's finest matcha tea powder 100% Oragnic |Pure | Non GMO



Fennel Tea

Fennel seeds, by organic farming, with digestive, antibacterial and mucolytic properties. Pleasant and delicate taste. best to drink after meals & before bed.



Chai Latte

Aromatic Chai: A rich blend of Indian spices including ginger, cinnamon, cardamom , Caramelised sugar, Skimmed milk powder and cloves create the signature chai latte flavor in every cup.



Chamomile

Whole & perfumed flowers the infusion characterized by golden yellow colour , a delicate & intense aroma typical of chamomile flowers



Spirulina & Peppermint Tea

Dried Peppermint and spirulina powder promotes digestion, boosts energy, and supports detoxification with a refreshing, nutrient-packed blend.



Spiced Infusion

Mixture of marigold flowers, clove, cardom pods, liquorise roots, ginger, lemon, rose petals,a perfect blend of fruits, flowers & herbs for a warm & precios infusion



Drinking herbal teas and infusions daily nurtures the body with nature's healing touch, offering calm to the mind, balance to the body, and wellness to the soul."