

# Hot Drinks



AMERICANO / ICED AMERICANO	3.50
LATTE / CAPPUCCINO / FLAT WHITE	4.00
MOCHA ( <i>revitalised hot chocolate &amp; d.espresso</i> )	5.50
VIETNAMESE ICED COFFEE	5.50
Double espresso, almond milk, cardamon & dates	
<b>ADD A SUPERFOOD SHOT TO YOUR HOT DRINK:</b>	2.00
BLOOMIN BRAIN SHOT - <i>Lions mane, B12, ashwagandha</i>	
CBD SHOT- Hemp extract 2mg	

## Superfood Lattes

**MADE WITH HOT OAT MYLK / OR ICED GUARANA & CACAO** 4.95

Feel revitalised, energised, reduce fatigue & improve focus. Cacao has high levels of Manganese, zinc & copper supporting your blood, brain & nerves.

### AFRICAN ROOIBOS

Soothing & stress relieving, detoxifying & very rich in antioxidants, offers a variety of health benefits.

### BLUE BUTTERFLY PEA & GINGER

Rich in antioxidants, relieves stress & stimulates the brain. The perfect companion for a busy day

### BEETROOT & CACAO

Full of vitamins & minerals with health benefits for the heart & blood. Cacao boosts mood, balances hormones & boost production of good cholesterol.

### TURMERIC & WARMING SPICES

Rich in antioxidants that help counteract the damaging effects of free radicals on cells in your body, anti-inflammatory, fat burning and aids digestion.

### GREEN MATCHA

Rich in antioxidants & vitamins. Strengthens your immune system. Good for metabolism, brain power and reducing the risk of developing cancer.

### LIQUORICE

Many health benefits, great for respiratory issues, relieving sore throats & cold symptoms due to its antibacterial properties.

### ACTIVATED CHARCOAL

Charcoal effectively liberates the body of toxins and absorbs unwanted chemicals, which reduces allergies and diseases. Great anti ageing effect on the body.

### PUMPKIN SPICE

Warming spice mix of cinnamon, ginger, nutmeg and cloves *may reduce cholesterol and aid in gut health.*

### PURPLE YAM & GINGER

Powerful antioxidants may help reduce your blood pressure and blood sugar levels. Vit c & potassium

### HELLO GOOD SIP'S - GURU'S CHAI

Sweet blend of black tea, cardamom, ginger, clove, star anise, cinnamon & raw cane sugar

### BLENSMITH'S MASALA CHAI (CAFFEINE FREE)

Beautiful blend with out the black tea . Cinnamon, Ginger, Star Anise, Cardamom, Black Pepper, Clove & Coconut Sugar

### PINK CHAI

Sweet blend of beetroot, cardamom, ginger, clove, star anise, cinnamon & raw cane sugar

## Superfood Mushroom Coffees

### LONDON NOOTROPIC COFFEE

CAPPUCCINO / LATTE / FLAT WHITE / AMERICANO 4.95

**FLOW** - Mental clarity, concentration & brain fog

*Rhodiola Rosea & 250mg Lions Mane extract*

**ZEN** - Feel alert, calm, balanced & release tension

*Ashwagandha root extract & L-theanine*

**MOJO** - Endurance, stamina, vitality & immune boost

*Siberian Ginseng Extract & Cordyceps Sinensis Mushroom*

### FOUR SIGMATIC

SERVED IN A CAFETIERE SMALL / LARGE :- 4.95/8.00

**THINK (DARK ROAST)**

**ORGANIC COFFEE, CHAGA & LIONS MAIN MUSHROOMS**

Improve cognitive function, brain health & memory

**BALANCE (1/2 CAFFEINE)**

**COFFEE, CHAGA, ASHWAGANDHA, TULSI & ELEUTHERO**

Reduce stress, boost positive mood & energy

## Hot Chocolate

**REVITALISE - HOUSE BLEND** 5.00

Organic Raw Cacao, maca & coconut blossom sugar

**MANX LAVENDER HOT CHOCOLATE** 5.50

Manx Lavender essential oil, vanilla & cocoa

**CHILLI SPICED CHOCOLATE** 5.50

Delicious hot Chocolate with a little kick made with Cacao, Ceylon cinnamon & cayenne pepper

**LIQUORICE HOT CHOCOLATE** 5.95

Organic Raw Cacao, liquorice, maca & coconut sugar

**BLENSMITHS WHITE CHOCOLATE** 5.95

Peruvian cocoa butter, Madagascan vanilla & Himalayan salt

**BLOOMIN BRAIN MUSHROOM HOT CHOCOLATE** 6.50

Cacao, Lions mane, Rhodiola, Ashwagandha & B12

**HAPPY HOT CHOCOLATE (HOUSE BLEND)** 7.50

Organic Cacao, maca, peppermint oil, matcha & CBD