



## COFFEE & TEA

Our coffee is roasted by Climpson & Sons.

Our tea is organic loose leaf that we bag up to order for your convenience. We serve our hot drinks with almond milk, or organic whole milk.

### COFFEES

Double: double shot £2

Bulletproof™: double shot, hot water, brain octane oil and grass fed organic butter blended £3

Americano / Long black £2

Flat white £2.50

Latte /Cappuccino £2.70

### TEAS

White and green teas are an excellent source of metabolism-boosting flavonoid/antioxidants called catechins. Antioxidants are health-benefiting molecules that slow down aging and guard against disease.

Since loose tea consists of larger leaves it keeps more of its powerful catechin antioxidants and plentiful plant polyphenols. Meaning you get more of the goodies and health benefits that tea is noted for. Loose leaf tea can help lower blood pressure and cholesterol, aid in weight loss, and boost the immune system.

We serve a selection of award winning organic loose leaf whites, greens and English breakfast teas.

All tea priced at £1.50



CLEAN EATS &  
PROTEIN TREATS

## MENU

"The Doctor of the future will no longer treat the human frame with drugs but rather will cure and prevent disease with nutrition"  
- Thomas Edison

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Clean eating or eating naked is eating foods which are free from chemicals and processing.

The primary principle of eating clean is to replace processed foods with fresh and natural foods. To us, this means foods that haven't had anything added to them, and haven't had anything valuable taken away.

It's not easy being your body with increased processing and chemicals in your food. Eliminating toxins are what your liver, lungs, bowel, kidneys and skin are for - and they're working hard but they'd appreciate a little help. That's where eating naked comes in.

Removing foods that have been processed and replacing them with a healthy balanced diet rich in whole plant based foods, you will start to feel more energised, less stressed and lighter.

Ask us about nutritional meal plans for weightloss and wellbeing.

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CLEAN EATS & PROTEIN TREATS



## GRAB & GO BREAKFASTS

Eat Naked Pots & Acai Bowls:

### COCO

Dairy free coconut yogurt base, topped with seasonal fruits and homemade nutty granola.

### NUTS

Overnight vanilla oats with chia seeds as a base, topped with raw maple, natural nut butter and banana.

### PALEO ACAI

Superfood acai blended with dairy free coconut yogurt, topped with homemade paleo granola and seasonal fruits/superfoods.

£3

## CLEAN TREATS

Every day we will stock a selection of clean treats, mainly raw and vegan friendly. Adapting classics such as a snickers, bounty bar, brownies, cheesecakes, carrot cake, chocolate cake and many more into powerhouses of clean nutrition. We also stock a selection of protein balls.

from £1.50

## DELI COUNTER

How it works:

1. Pick a base of either wholegrain basmati rice or green leaves.
2. Pick your main from free range chicken breast, salmon fillet or a daily changing vegan option.
3. Pick your salads from our daily changing menu
4. Pick your dip or sauce.

Salad boxes £4 - £7.50

## HOT DAILY SPECIALS

We offer a different hot special each day, freshly prepared and nutrient dense just like everything we do. Reinventing classics the Eat Naked way. Visit our social media on the day to see what are cooking up.

From £5



## EAT NAKED @ HOME RANGE

Available instore daily, find them in our chiller, freshly prepared, delicious healthy balanced meals, to simply heat and serve at dinner time with no stress, shopping, effort or... washing up. The range comes in tamperproof freezble containers for ultimate convenience at home.

Prices from £4.50-£6.50

## SMOOTHIES

All our smoothies are made to order using house cold-pressed juices and milks.

### Number 1 - THE ELIXR

A supergreen smoothie containing avocado and kale, ginger, apple and pear juice and bentonite clay.

### Number 2 - ENERGISE

Almond milk, banana, medjool date, cinnamon, peanut butter, maca.

### Number 3 - GLOW

Coconut milk, organic extra virgin coconut oil, fresh grated coconut, coconut water, banana, pineapple, maqui.

### Number 4 - TEMPT

Almond milk, banana, raw cacao, lucuma, pure peppermint oil, cacao nibs.

### Number 5 - RECOVER

Almond milk or organic whole milk blended with a scoop of grass fed whey protein, banana and 3-5g creatine.

All £4.50



## JUICES

All our juices are 100% cold pressed, raw and organic.

### Number 1 - FAT FLUSH

Grapefruit, turmeric, orange, lemon, ginger, cayenne, Siberian ginseng, black pepper.

Drink me first thing or before a meal to break down fat cells quicker.

I help fight infections, boost metabolism and aid digestion.

### Number 2 - MEAN GREEN

Kale, spring greens, cucumber, celery, apple, lemon, ginger.

Drink me anytime to get a days worth of veg in one serving

I'm protein packed, aid weight loss and have an alkalising effect on the body.

### Number 3 - SUPER GREEN

All the above goodness with added spirulina powder

### Number 4 - SKIN DEEP

Carrot, orange, apple, ginger.

Drink me anytime but I'm especially good for recovering from exercise. I am super hydrating, energising and great for skin.

### Number 5 - CAN'T BEET IT

Carrot, beetroot, pineapple, cucumber, milk thistle.

Drink me anytime but I'm especially good after a night on the tiles.

I detoxify not only the liver and blood, but also the entire system of excessive alcohol. I am amazing for skin due to the high level of silica in cucumber.

All £3.50 - £4

Ask in store about our juice cleanse packages or pick up a flyer.

## SHOTS

### Number 1 - IMMUNITY

Raw apple cider vinegar, turmeric, ginger, Siberian ginseng, black pepper, lemon, orange, cayenne.

### Number 2 - ORIGINS NUTRITION HOMEBREW JUN

Light, fruity and pleasant to drink, JUN is nature's probiotic packed with 5 billion live bacteria per shot.

### Number - 3 CLEANSE

Detox minerals bentonite clay and activated charcoal blended with lemon, raw coconut water, pink salt, aloe vera and vanilla.

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