

## fresh pressed juices\*

|   |       |
|---|-------|
| <b>Vitamin vitality</b> – orange and apple  | £2.50 |
| <b>Lemon essence</b> – carrot, apple, lemon & ginger                                    | £2.50 |
| <b>Re hydrator</b> – orange, cucumber & cranberry                                       | £2.50 |
| <b>Mother nature</b> – carrot, beetroot, broccoli, & tomato                             | £2.50 |
| <b>Kama fruitra</b> – grapefruit, apple & orange  | £2.50 |
| <b>All systems go</b> – orange, apple & carrot  | £2.50 |
| <b>Kama cooler</b> – orange, grapefruit, lemon & sparkling water                        | £2.50 |
| <b>Eye opener</b> – carrot, apple, & ginger   | £2.50 |
| <b>Pick-me-up</b> – orange, grapefruit & lime   | £2.50 |
| <b>Immune builder</b> – carrot, apple, beetroot & ginger                                | £2.50 |
| <b>Vegetable galore</b> – carrot, celery, broccoli, beetroot, spinach, parsley & ginger | £2.50 |
| <b>Hangover cure</b> – orange, kiwi, apple & carrot                                     | £2.50 |
| <b>Spirulina detox</b> – carrot, apple, spirulina & aloe vera**                         | £3.00 |

Add a shot of spirulina (superfood) or aloe vera to your choice of juice for 50p

## fresh fruit smoothies\*

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|---|-------|
| <b>Acai</b> ( <i>ah-sigh-ee</i> ) – acai (a brazilian superfruit high in antioxidants), banana and apple juice <b>VO **</b> | £3.00 |
| <b>Breakfast in a glass</b> – banana, muesli, yoghurt & honey <b>VO</b>   | £2.50 |
| <b>Mango</b> – mango, banana, yoghurt <b>VO</b>   | £2.50 |
| <b>Berry Nice</b> – summer berries, banana, yoghurt <b>VO</b>   | £2.50 |
| <b>Bananarama</b> – banana, apple juice, yoghurt <b>VO</b>  | £2.50 |
| <b>Kosmic Kiwi</b> – kiwi, banana, apple juice & yoghurt <b>VO</b>  | £2.50 |

## detox boxes (24 hours' notice)

Please see reception for further details.

|   |        |
|---|--------|
| <b>Everything your need</b> to complete a 1 day detox including 4 fresh pressed fruit & vegetable juices, 6 herbal teas, 2 miso soups, seeds, fresh fruit, raw salads & sprouts, quinoa, fresh herbs, bath minerals and full instructions | £25.00 |
|---|--------|

## cold drinks

|  |       |
|--|-------|
| <b>Sparkling cans</b> (organic) lemonade, cola, orange, cranberry, ginger or elderflower                     | £1.20 |
| <b>Sparkling Glass Bottle Pressés</b> (organic) ginger & lime, elderflower, lemonade, cranberry, ginger beer | £1.30 |
| Manajo lemon green tea or rooibosh   | £2.00 |
| Gusto lemonade or original   | £2.20 |
| Still/sparkling water  | £1.00 |

## hot drinks (12ozs)

|   |       |
|---|-------|
| <b>Cappuccino</b> , latte, mocha, double espresso ( <i>fair-trade/organic</i> ) | £1.50 |
| <b>Indian chai latte</b>  | £1.50 |
| <b>Hot chocolate</b> – organic or Cadburys                                      | £1.50 |
| <b>Americano</b> ( <i>fair-trade/organic</i> )                                  | £1.30 |
| <b>Single espresso</b> ( <i>fair-trade/organic</i> )                            | £1.00 |
| <b>Tea</b> – selection of English breakfast & wide range of herbal teas         | £1.30 |

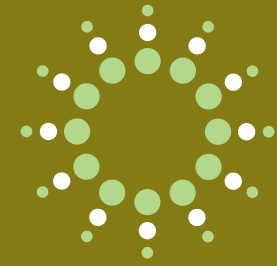
### **NEW!** Café home delivery service

Our delicious, healthy **revitalise** café food and fresh pressed juices are now available to be delivered to your door. This is through a delivery company called **dinner 2 go** and for further details and to use this service, please log on to [www.dinner2go.co.uk](http://www.dinner2go.co.uk) or call **0845 8804040**. Please note that restaurant prices apply for this service.

At **revitalise**, we can cater for group bookings, corporate events and outside catering. Why not combine your healthy lunch with a treatment in our therapy centre, or how about a group wellness day or hen party? Please ask for details at reception.

We re-cycle our waste, use bio degradable and bleach free take away packaging and print on re-cycled paper as often as possible.

**We appreciate your feedback.** Please e-mail your comments to [health@revitalise-u.com](mailto:health@revitalise-u.com) We value your custom and look forward to seeing you again soon.



# revitalise

café • classes • therapies

## takeaway menu

Telephone orders welcome  
**01273 749615**

**Groups, corporate events  
& outside catering organised**

|                         |                |
|-------------------------|----------------|
| Monday–Friday           | 8.30am–7.30pm  |
| Saturday                | 8.30am–5.00pm  |
| Sundays & Bank Holidays | 10.00am–4.00pm |

**86 Church Road, Hove**  
(Opposite Hove Town Hall)

**01273 749615**

[www.revitalise-u.com](http://www.revitalise-u.com)  
[health@revitalise-u.com](mailto:health@revitalise-u.com)

# At **revitalise** we are passionate about health and nutritious food.

## breakfasts

Served until 12pm Mon-Sat & all day Sundays

|   |       |
|---|-------|
| Veggie sausage & fried egg toastie                        | £2.95 |
| Veggie sausage toastie                                    | £2.95 |
| Organic muesli, fresh fruit, yoghurt and honey <b>VO*</b> | £2.75 |
| Organic toast, butter & preserve (2) <b>VO</b>            | £1.30 |
| Croissant, butter and preserve                            | £1.20 |
| Choc au pain/almond croissant                             | £1.20 |

## sandwiches

Served on organic seeded bread or tomato wrap

|  |       |
|--|-------|
| Cheddar cheese, tomato & red onion chutney                     | £2.75 |
| Humous, avocado & olives <b>V*</b>                             | £2.95 |
| Roasted vegetables, humous & spinach <b>V*</b>                 | £2.95 |
| Dolphin friendly tuna, mayonnaise, lettuce, cucumber & tomato* | £2.95 |

## melts

Served on organic seeded bread

|   |       |
|---|-------|
| Mozarella, tomato and basil                       | £2.95 |
| Avocado, cheddar cheese & sweet chilli sauce      | £2.95 |
| Tuna, cheddar cheese, sun dried tomatoes & olives | £3.25 |
| Dolcelatte, red onion chutney, walnuts & spinach  | £3.45 |

## soup

Vegan soup of the day served with either \*

|  |       |
|--|-------|
| Organic seeded bread <b>VO*</b>                                | £2.75 |
| Side salad – a smaller version of our 4 salad plate <b>VO*</b> | £3.50 |

In our **vegetarian café**, delicious homemade food is prepared fresh daily, using whole foods and organic produce where possible. Please advise us of any allergies or dietary requirements at the time of your order and use the codes below when making your choice.

**V** = Vegan **GF** = Gluten Free **O/O** = Option **\*** = Healthy option

## main lunches

### Today's fresh homemade special

(please ask or see our board) £4.95

### Revitalise speciality burgers (homemade)

served with 4 main salads £4.50

Tofu & Nut **VGF** Chilli Bean **VGF**

### Grilled avocado, dolcelatte and

balsamic vinegar served with 4 salads **GFO** £4.50

**Vegetable fajita wrap** – roast peppers, courgettes & onion fried in a smoky Mexican spice, wrapped in a tortilla with homemade salsa, cheese & sour cream served with homemade guacamole, coleslaw, green salad and tortilla chips £4.50

**Bean chilli wrap** – spicy bean chilli wrapped in a tortilla with homemade salsa, cheese & sour cream served with homemade guacamole, coleslaw, green salad and tortilla chips £4.50

## salads

Made fresh daily and consisting of a pulse, raw, grain, coleslaw & green

**Revitalise Special** – today's main 4 salads plus coleslaw, feta, humous, olives, roasted vegetables, & sun dried tomatoes **VO GFO\*** £4.95

**Mezze** – 3 salads, humous, feta, olives, dolmades and grilled pitta\* £4.50

**Humous & roasted vegetables** – with 4 salads, and pitta **VO GFO\*** £4.25

**Tuna salad** – selection of today's main salads, and tuna **VO GFO\*** £4.25

**Mixed salad box (22ozs)** – selection of today's main salads **VO GFO\*** £3.50

**Small salad pot (12ozs)** – your choice of today's salads £2.00

## baked potatoes

Oven baked jackets with a choice of filling

|   |       |
|---|-------|
| Cheddar cheese, coleslaw, beans*, humous*                         | £3.10 |
| Feta, roasted vegetables*, avocado*, tuna*, or spicy bean chilli* | £3.30 |

## extra portions

Items that can be added extra to your meal

|   |       |
|---|-------|
| Cheese, beans, coleslaw, humous, sour cream, olives or sun dried tomatoes | 60p   |
| Avocado, feta, salsa, guacamole, veggie sausage, tuna or roast veg        | 80p   |
| Single salads – grain, pulse, or raw <b>VO GFO</b>                        | £1.00 |
| Bread & butter (1 slice of organic seeded)                                | 45p   |

## desserts

|   |       |
|---|-------|
| <b>Cakes</b> – ask for today's choice of locally homemade cakes <b>VO GFO</b>   | £2.25 |
| With vanilla organic ice cream  | £3.25 |
| Organic chocolate muesli slice (homemade)   | £1.75 |
| Vegan sultana & coconut flapjack (homemade) <b>V</b>  | £1.65 |
| <b>Luxury ice cream tubs:</b>   | £1.30 |
| organic chocolate or vanilla, strawberry & champagne, honeycombe hash, clotted cream, strawberry seduction, and mango mardi sorbet <b>V</b> |       |

## outside catering

**We can prepare homemade food in large quantities for any occasion to meet your request, please give at least 48 hours' notice.**

Examples:

|  |        |
|--|--------|
| Tortilla with your choice of filling (serves 24)                 | £30.00 |
| Quiche with your choice of filling (serves 12)                   | £15.00 |
| Homemade tofu & nut or chilli veggie burgers (per 10) <b>VGF</b> | £15.00 |
| Salad of choice (serves 15)                                      | £15.00 |
| Whole <b>cakes VO GFO</b>  | £22.50 |