

SHARING PLATES

Small plates to be enjoyed tapas style, we suggest 2.5 or 3 dishes per person.

- Prawn Ceviche** ^{DF GF} 9
king prawn, avocado & sweet potato ceviche
- Fish Taco** ^{GF} 8.2
grilled halibut on citrus shredded red cabbage with avocado, salsa & coriander shoots (2 tacos)
- Vegan Taco** ^{V VG GF DF} 6
roasted sweet potato, black bean & avocado taco with a cool herbed dressing (2 tacos)
- Pulled Beef Taco** ^{GF} 7.8
pulled short rib, sour cream, avocado, salsa (2 tacos)
- Avo Tuna Rice Cakes** ^{DF} 11.3
sashimi grade Asian dressed tuna & avocado on a jasmine rice cracker (2 cakes)
- Avo Bacon Wedges** ^{GF DF} 5.6
roasted avocado wedges, wrapped in bacon with kimchi mayo on the side
- Pressed Short Rib** ^{GF DF} 10.5
with pickled avocado
- Sweet Potato with Prawns** ^{GF DF} 6.5
baked sweet potato with juicy prawns and avocado cream
- Asian Salmon Bowl** ^{GF} 9.4
salmon fillet glazed with spicy & citrusy house chojang, with greens: cucumber, avo & spring onion.

- Halloumi Bruschetta** ^{V GF} 5.4
grilled halloumi topped with refreshing cherry tomatoes, avocado, parsley & olive oil
- Corn Fritters** ^{V VG DF} 5.3
Fresh corn thai style fritters with a spicy avo dip
- Rainbow Roasted Beets** ^{V GF} 6.7
warm spiced heritage beets with avo habanero crema & lime salt
- Pulled Short Rib Bun** 13.5
Slow cooked short rib of beef, with avo, tomato & jalapeño salsa in a brioche bun, sweet potato 'chips' on the side
- Kimchi & Bacon Fried Rice** ^{DF} 9.2
topped with avocado & a poached egg

QUICK NIBBLE?

- Guacamole & Chips** ^{V DF} 5.5
homemade guacamole with a side tortilla chips



OUR AVOCADOS

Our avo's are the best Hass avo's we can buy, never air freighted & always from sustainable farmers that respect their workers & our world

CLASSICS

- Avo Bun Burger** ^{DF VG GF} 14.4
our signature dish, an avo bun with a sweet potato & red lentil patty, what else?
- Avobar Cobb Salad** ^{GF} 14.2
the Californian classic, served with prawns & bacon
- Avo Tuna Pokè** ^{DF} 12.6
served on spicy jasmine rice

DESSERTS

- Avo Cheesecake** ^{DF VG GF} 6.3
made with vegan 'white chocolate' and a touch of lime
- Choc Avo Brownie** ^{DF V} 4.9
with sweet potato syrup
- Avo Lime Panna Cotta** ^{GF} 4.4
avocado panna cotta with a zingy layer of lime jelly & caramel popcorn to top it off
- Brown Butter Cake** ^V 6.2
with avocado mascarpone cream & boozy prune

FROM OUR FRIDGE

- Belu Water** 2/3.9
small & large, still or sparkling
- Fentiman's** 3
rose lemonade / lemonade or, curiosity cola
- Remedy Kombucha** 4.9
(sugar free) cherry plum, ginger lemon ginger berry
- Nix & Kix** 3
mango & ginger / blood orange or, cucumber & mint
- Jax coconut water** 4.5
- Daily Dose**
organic cold pressed juices made in London
- Shots** 3
cherry / lemon & ginger
- Juices** 4.9
apple, carrot & ginger or, strawberry, apple & basil
- Black Lemonade** 5.5

WELLNESS JUICES

- Freshly squeezed in-house
- Beets & Pieces** 4
- good for: metabolism boost
beetroot, cucumber, green apple, lemon, ginger
- Green Machine** 4
- good for: clearing your head
pineapple, cucumber, kale, celery, lemon, ginger
- Superpowers** 4
- good for: energy boost
carrot, orange, green apple, ginger
- Smoothies** 5.5
we have 5 smoothies available ask to see our day menu
- Simple Juices**
Freshly squeezed juices 3.9
Mix up to 3
- Orange / Apple / Carrot / Beetroot Grape fruit / Pineapple / Cucumber Celery / Pear**
Add ginger +0.6

COFFEE

- Espresso** 2.7
- Flat White** 2.8
- Macchiato / Americano** 2.8
- Cappuccino / Latte** 3.2
- Mocha** 3.4
- Hot Chocolate** 3.2
- Speciality Lattes** 3.4
Beetroot / Turmeric
Chai / Tropical Matcha
- Almond / Oat milk +0.5
- Make it dirty (espresso shot) +0.7
- Add agave syrup +0.3

TEAS

- English Breakfast** 2.9
- Earl Grey**
- Jade Tips**
- Berry & Hibiscus Herbal**
- White Jasmine Neroli Milk Oolong** 3.4 3.2
- Almond / Oat milk +0.5
- Add agave syrup +0.3

£10 TACO & COCKTAIL

Enjoy a taco & any of our cocktails for £10. 4 - 6pm weekdays

HAPPY HOUR OFFER 4 - 6PM