

ENDURANCE MENU *Daily until 2:30pm*

STRIVE'S VEGGIE BREKKIE ^V **£8.70**
Vegan sausage, poached, fried or scrambled eggs, chestnut mushrooms, grilled vine tomatoes, hash browns, baked beans and toast
+Facon **£2.00** +Scrambled Tofu **£1.50**

AVO-SALMON SOURDOUGH ^{DF} **£10.00**
Sourdough, smoked salmon, smashed avocado, poached egg, pickled radish, Himalayan salt, confit cherry tomatoes, chilli snow and STRIVE's protein seeds

CHILLI SMOKED BLT **£4.75**
Chilli smoked bacon, homemade brown sauce, tomato and gem lettuce served on a brioche or Portuguese roll

PANCAKES

BANANA PANCAKES ^{V DF} **£5.75**
STRIVE's banana protein pancakes with pecan nuts, fresh banana, peanut butter, blueberries and caramel sauce

SMOOTHIE BOWLS

THE GREEN ONE ^{DF GF} **£5.95**
Avocado, mixed berries, banana, kale, spinach, and almond milk topped with granola & flax seeds

STRIVE'S BREKKIE **£10.00**
Grilled bacon, sausage, poached, fried or scrambled eggs, chestnut mushrooms, hash browns, grilled vine tomatoes, baked beans and toast

CAULI MY HASH ^{V GF} **£10.95**
Roasted Moroccan spiced cauliflower, wild mushrooms, spinach, Jersey royals, pickled shallots, fried or poached egg

BREAKFAST WRAP ^V **£5.60**
Fried egg, fresh tomato, avocado, mushroom, rocket and lime-harissa mayo served in a turmeric wrap

VANILLA PANCAKES ^{V DF} **£5.75**
STRIVE's vanilla protein pancakes with maple syrup, fresh berries and berry compote

THE PURPLE ONE ^{DF GF} **£5.95**
Acai berry, banana, mixed berries and coconut yoghurt topped with coconut flakes, fresh fruit & berries

WARM PORRIDGE ^{V DF GF} **£4.50**

Homemade granola | Honey | Berry compote | Fresh berries
Maple syrup | Mixed nut, banana chips and cinnamon

LUNCH *12pm - 2:30pm*

CREOLE CHICKEN BURGER **£14.00**
Cajun spiced grilled chicken breast, chorizo jam, garlic-mayo, tomato and lettuce in a charcoal seeded brioche bun served with skin-on fries

ASIAN BEEF BURGER **£15.00**
Pulled beef tossed in a Mongolian sauce with lettuce, tomato and carrot kohlrabi slaw with sriracha-mayo in a sourdough bun served with skin-on fries

HALLOUMI BURGER ^V **£12.00**
Flat cap mushroom, pickled cucumber, grilled halloumi, burger sauce, lettuce and tomato in a sourdough roll served with sweet potato fries

FRIES
Plain Skin-on Fries **£3.00**
Spicy Skin-on Fries **£3.10**

Plain Skin-on sweet potato fries **£3.50**
Spicy Skin-on sweet potato fries **£3.60**

SIDES
Asian slaw **£3.30**
Mixed salad **£4.00**

CHEF'S DAILY SPECIALS & SOUPS

From a cheeky fish & chips to a warming veg curry, to an umami packed ramen soup!

SOUPS from **£5.00**

SPECIALS from **£12.50**

RECOVERY BOWLS

All **£11.00**

SUSHI RICE BOWL ^{V DF GF}

Grilled veg, sesame seeds, edamame beans, wakami, bok choy, chilli flakes, pickled ginger, pomegranate & ponzu dressing

ISRAELI COUS-COUS BOWL ^{V DF GF}

Grilled veg, avocado, spinach, grated beetroot, roasted butternut, chestnut mushroom, cilantro and lime dressing

MEDITERRANEAN SPICED

BARLEY BOWL ^{V DF GF}

Grilled veg, spinach, spiced barley pickled kale, spring onions, crispy onion, tomato, spicy avocado dressing

EXTRAS

Asian beef **£5.00**

Cayenne chicken **£3.50**

Grilled halloumi ^V **£2.50**

Garlic & sesame prawns **£4.50**

Miso, molasses and soy

salmon **£4.50**

COFFEE & TEA

Coopers blend specially selected by STRIVE

FLAT WHITE	£3.00	BREAKFAST	£2.00
LATTE	£2.75 - £3.00	EARL GREY	£2.50
CAPPUCCINO	£2.75 - £3.00	PEPPERMINT	£2.50
CORTADO	£2.25 - £3.00	CHAMOMILE	£2.50
ESPRESSO	£1.70 - £2.50	GREEN	£2.50
AMERICANO	£1.70 - £2.50	JASMINE	£2.50
MACCHIATO	£1.80 - £2.60	BERRY FRUITS	£2.50
Alternative Milks	+£0.70		
Sugar-free Syrup (Vanilla, Caramel, Hazelnut)	£0.50		

SOMETHING DIFFERENT

Tired of the same old? Try something different hot, or different cold!

BEETROOT LATTE	£3.30	CANS	
MATCHA LATTE	£2.95	CANO STILL WATER	£1.25
DIRTY CHAI	£3.50	CANO SPARKLING WATER	£1.25
HOT CHOCOLATE	£2.95	DASH SPARKLING RASPBERRY	£2.70
+Whipped cream	£0.50	DASH SPARKLING LEMON	£2.70
+Marshmallow	£0.50	DASH SPARKLING PEACH	£2.70
ICED COFFEE (On the rocks)	£3.30	DASH SPARKLING CUCUMBER	£2.70
ICED MATCHA (On the rocks)	£3.30	COKE, DIET COKE, LEMONADE	£1.45
H ₂ O WITH A TWIST			
BODY	£2.95		
BEAUTY	£2.95		

CHECK OUR GRAB & GO FRIDGE

FOR SOME OF OUR UNIQUE, HYDRATING
AND FLAVOURFUL OPTIONS

BEER, CIDER ETC.

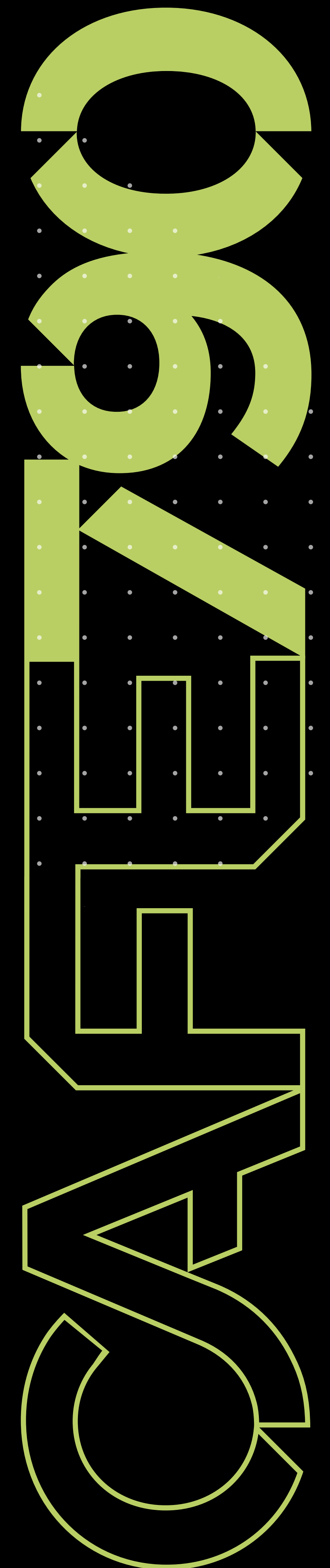
Because you've earned it!

ESTRELLA 4%	£4.75	ESTRELLA 0% AF	£3.95
BREWDOG PUNK IPA 5.4%	£4.95	BREWDOG LOST AF	£3.95
EAST LONDON LIQUOR CO.:		GALIPETTE CIDRE 0% AF	£3.75
GIN & TONIC 5%	£6.50	EAST LONDON G&T 0.5% AF	£5.50
RUM & GINGER 4.6%	£6.50		
VODKA & RHUBARB 4.6%	£6.50		

WINE

Red, white, rosé and the bubbly ones

WHITE	175ml	250ml	BTL
SAUVIGNON BLANC/GRENACHE	£5.50	£6.95	£20.00
ALBARINO BICO DA RAN, RIAS BAIXAS			£28.00
ROSE			
GRENACHE/MERLOT	£5.50	£6.95	£20.00
LOVE BY LEOUBE, COTES DE PROVENCE			£28.00
RED			
MERLOT/SYRAH	£5.50	£6.95	£20.00
MALBEC ALTOSUR, MENDOZA			£38.00
BUBBLES		125ml	BTL
VAI VAI PROSECCO		£6.95	£19.95
VAI VAI ROSE PROSECCO			£22.95
SKINNY PROSECCO BRUT			£28.00
CHAMPAGNE N FEUILLATTE NV BRUT			£49.95



PLEASE ENJOY RESPONSIBLY

STRIVE
HEALTH CLUB