

HEALTH SHOTS V V GF DF

- GINGER SHOT 2.00
Ginger & Apple.
- WHEATGRASS SHOT 2.00
A handful of our home-grown Wheatgrass.
- BEETROOT SHOT 2.00
Beetroot & Apple.

PROTEIN SHAKES

OUR PROTEIN SHAKES ARE MADE USING GENETICS OWN BIO-WHEY. THEY ARE BRILLIANT FOR A POST WORK-OUT OR TO GET YOUR DAILY PROTEIN NEEDS. V V
GF DF
VEGAN OPTIONS AVAILABLE ALSO.

- BLUEBERRY CHEESECAKE 2.95
- CHOCOLATE 2.95
- CHOCOLATE ORANGE 2.95
- BANANA 2.95
- TOFFEE FUDGE 2.95
- VANILLA 2.95
- RASPBERRY RIPPLE 2.95
- STRAWBERRY 2.95

LET US KNOW IF YOU WANT IONISED WATER OR MILK
75P FOR EACH PORTION OF FRESH FRUIT ADDED

VEGAN OPTIONS

MADE WITH GENETICS BIO-WHEY TO ADD A PROTEIN BOOST TO YOUR DELICIOUS PANCAKES. V V
GF DF
GLUTEN FREE OPTION AVAILABLE.

- CHOCOLATE 2.95
- VANILLA 2.95
- CARAMEL 2.95

ALLERGIES AND INTOLERANCES - IF YOU HAVE ANY INGREDIENTS WHICH YOU REQUIRE US TO REMOVE; PLEASE LET US KNOW WHEN YOU ARE ORDERING

GURU SMOOTHIES

ALL OF OUR INGREDIENTS ARE FRESH AND ARE SOURCED LOCALLY AND GROWN ORGANICALLY WHEREVER POSSIBLE. AS THE SEASONS CHANGE; A WONDERFUL NEW RANGE OF FRUITS AND VEGETABLES BECOME AVAILABLE - BUT IN TURN; SOME MAY ALSO BECOME LIMITED.

- BREAKFAST SMOOTHIE V 3.95
Oats are rich in Antioxidants and are a source of a powerful Soluble Fiber; Beta-Glucon. They can even lower Cholesterol.
BLUEBERRIES, OATS, LOCAL HONEY, APPLE, BANANA, MILK
- MAGIC BERRIES V V 3.95
One Kiwi and Seven Strawberries in this Smoothie, provides 200% of you RDA of Vitamin C.
APPLES, KIWI, STRAWBERRIES, IONISED WATER
- GURU SIGNATURE V 3.95
Cabbage, Kale and other leafy vegetables, are rich in Phytonutrients: an amazing gift from the Plant World.
CABBAGE, KALE, SPINACH, LOCAL HONEY, SEASONAL FRUIT, LEMON, IONISED WATER

- HEALTH BOOSTER V V 3.95
Avocado is a great source of Oleic acid, the Heart healthy Mono-unsaturated Omega 9 Fatty Acid found in Olive Oil.
PINEAPPLE, APPLE, SPINACH, AVOCADO, GINGER, IONISED WATER

- BRAIN BOOSTER V 3.95
Coconut Milk is naturally Lactose free; in fact: Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and with lots of Minerals.
COCONUT MILK, APPLE, GINGER AND LOCAL HONEY

- REHYDRATER V 3.95
Coconut Water really is Nature's Hydrator; high in potassium, low in calories and a great source of Electrolyte replacement.
COCONUT WATER, TURMERIC, GINGER, LEMON, HIMALAYAN PINK SALT, LOCAL HONEY

GURU MILKSHAKES

MAKE IT YOUR WAY - ALMOND OR SOYA MILK, LOW FAT OR FULL? WE HAVE A RANGE OF MILKS AVAILABLE TO SUIT YOUR TASTE OR NEEDS

SMALL 375ML	LARGE 500ML
£2.50	£3.95

STRAWBERRY SHAKE
Strawberries & triple filtered milk.

BANANA SHAKE
Banana & triple filtered milk.

CHOCOLATE SHAKE
drinking chocolate & triple filtered milk.

SEASONAL BERRY SHAKE
Seasonal Berries & triple filtered milk.

CHOOSE ONE OF OUR SHAKES AND ADD ANY OTHER OF OUR FRUITS FOR 75P

DRINKS

We are extra friendly to Vegans, Vegetarians, Gluten Free, Dairy Free

In designing our quality foods, many are naturally free from Gluten & Dairy and absolutely brilliant for Vegans & Vegetarians.

Look out for:

V (Vegan) V (Vegetarian)
GF (Gluten Free) DF (Dairy Free)

If you want some items replaced to suit, including GF, DF or any other allergies; please ask and feel free to be creative.



COFFEE

'WE CAREFULLY SELECT OUR COFFEE BEANS BEFORE CREATING THE PERFECT COFFEE'

MAKE IT YOUR WAY – DECAFFEINATED? ALMOND OR SOYA MILK?, LOW FAT OR FULL – LET US KNOW IF YOU WANT US TO MAKE IT YOUR WAY.

ESPRESSO 2.20

A premium, freshly ground, well balanced, extracted shot of our great coffee! Served with a glass of perfect ionised water; for balance

AMERICANO 2.50

Our premium, freshly ground, shot of espresso, with the addition of hot water; making it a longer treat! Served with a glass of perfect ionised water; for balance

AMERICANO with MILK 2.50

Our espresso with piping hot water and your choice of hot or cold milk.

FLAT WHITE 2.80

A base of our espresso, mixed with steamed milk to give a more intense flavour.

LATTE 3.00

Our premium espresso shot of coffee, mixed with warm, triple filtered milk (also available in Soya and Almond milk.)

CAPPUCCINO 3.00

A shot of our espresso coffee, and our controlled and expertly produced froth of your chosen milk choice.

CAFE FRAPPÉ 3.20

A shot of our awesome espresso, topped with our milk and our filtered ice; in our fully degradable eco take-out cup.

ESPRESSO CON PANNA **NEW** 3.00

double shot espresso topped with whipped cream.

CAFFE MACCHIATO **NEW** 3.00

double shot espresso topped with steamed milk.

EXTRA SHOT 1.00

COFFEE of the MONTH

Try our special coffee of the month for only £3.00. Please ask a member of staff for more information.

3.00

SPECIALITY TEA

ALL OF OUR TEAS ARE NATURALLY SUITABLE FOR VEGANS & VEGETARIANS. LET US KNOW IF YOU WANT MILK AND WHAT TYPE



ENGLISH BREAKFAST TEA

A premium blend of loose leaf black teas.

ASSAM TEA

Premium grade Assam loose leaf tea. A premium grade black tea!

DARJEELING TEA

From the Happy valley estate, this is a premium grade black tea.

EARL GREY BLUE FLOWER

Black tea, mallow blossoms, natural Bergamot flavouring.

JASMINE FAIRIES BLOOMING TEA

Maofeng Green Tea, Jasmine Lily that flowers in your glass teapot.

JASMINE PEARL TEA

Premium grade Jasmine Green tea and Jasmine Blossoms.

DRAGONS WELL GREEN TEA

Premium grade Dragon Well Green Tea.

BERRY FUSIONS FRUIT TEA

A blend of apple, hibiscus, elderberries, raspberries, blackberries sour cherries and rose.

ROOIBOS GINGERBREAD ORANGE

Cultivated in South Africa, offering a smooth, sweet and refreshing taste, Rooibos is caffeine free and packed with antioxidants.

CHAMOMILE FLOWERS TEA

Deep yellow, caffeine free infusion is loved for its, calming and relaxing benefits!

MOROCCAN MINT

Caffeine free and high in antioxidants, refreshing at any time of day.

ORANGE OOLONG TEA

A semi oxidised tea high in Polyphenols and antioxidants infused with Orange Blossoms.

TEA POT
for 1:
£2.90

TEA POT
for 2:
£3.95



HOT CHOCOLATES

WE CHOSE ONLY THE FINEST CHOCOLATES, CREATING OUR OWN SYRUPS AND FLAVOURS, TO PRODUCE A DELICIOUSLY QUALITY HOT CHOCOLATE

HOT CHOCOLATE 3.00

A premium quality chocolate indulgence, made fresh to order. It tastes wonderful, and simply indulgent.

CAFE MOCHA 3.60

Our espresso and our premium hot chocolate, blended together and infused with our triple filtered, milk.

WHITE CHOCOLATE and STRAWBERRY **NEW** 3.40

Guru's delicate white chocolate, made with our own Strawberry syrup, topped with freshly whipped cream and pomegranate seeds.

HAZELNUT HOT CHOCOLATE **NEW** ... 3.40

An obviously great blend of milk chocolate & hazelnut, topped with freshly whipped cream and crushed hazelnuts so good, you'll go nuts for it.

CHOCOLATE and MINT **NEW** 3.40

With veins of peppermint, finished with freshly whipped cream, a mint chocolate stick and fresh mint leaves, this is definitely mmminty!

GINGERBREAD and CHOCOLATE **NEW** .. 3.40

Our delicious chocolate with a wonderful kick of gingerbread, topped with crushed homemade Ginger biscuit.

DARK CHERRY CHOCOLATE **NEW** 3.40

Created with Guru's Cherry syrup, with freshly whipped cream and dark chocolate flakes.



ASK A MEMBER OF STAFF FOR THE FULL SELECTION OF FRESH CHOICES AND GURU SPECIALS

COLD CHOCOLATE COOLERS

ANY HOT CHOCOLATE FLAVOUR FROM ABOVE TRANSFORMED INTO A COLD DELICIOUS COOLER!

GURU FRAPPES ALSO AVAILABLE - SEE A MEMBER OF STAFF FOR FLAVOURS

GURU COOLERS **V V GF DF**

POMEGRANATE and ELDERFLOWER ... 2.45

With flavoured Ice, Cherries & Sparkling Water.

APPLE and PLUM 2.45

With flavoured Ice, Berries & Sparkling Water.

ELDERFLOWER 2.45

With flavoured Ice, Apple & Ginger Ale.

GRAPEFRUIT and HONEYSUCKLE 2.45

With flavoured Ice, Lemon and Sparkling Water.



HEALTH JUICES

LEMON GREENS **V V** 3.95

1 cup of Kale provides more than 100% of your RDA of vitamins A AND K.

APPLES, CUCUMBER, KALE, SPINACH, LEMON

LOOSENER **V V** 3.95

Celery is not only a good source of Dietary Fiber, but is also an excellent source of antioxidants and beneficial enzymes, not least; very rich in Vitamin K.

APPLE, ORANGE, CELERY

DETOXER **V V** 3.95

Strawberries are rich in Iodine, an essential trace mineral which plays an important role in normal thyroid function.

APPLES, LIMES, STRAWBERRIES

ENERGISER **V V** 3.95

One sweet potato contains over 300% of your RDA of Vitamin A and is a great source of Potassium.

APPLE, ORANGE, PEAR, SWEET POTATO, CELERY

RELIEVER **V V** 3.95

Broccoli is a good source of Vitamin C and has Dietary Fibre, with a bunch of other Vitamins and Antioxidants, along with Tomatoes; witch also has Vitamin K too.

APPLE, BLUEBERRIES, BROCCOLI, CARROTS, TOMATO

HEARTBEETER **V V** 3.95

Beetroot is rich in naturally occurring Nitrates which dilate blood vessels and can reduce blood pressure.

APPLE, BEETROOT, CARROTS, LEMON, ORANGE

GINGER ZINGER **V V** 3.95

Ginger can help breakdown the accumulations of toxins and is effective at enhancing the Immune function and help treat many different types of nausea.

CARROTS, APPLES, LEMONS, GINGER, LIME

CREATE YOUR OWN 3.95

5 items. Extra items 75p

FRESH JUICES **V V GF DF**

ORANGE JUICE 3.75

APPLE 3.75

RASPBERRY and CRANBERRY 3.75

PINEAPPLE 3.75