

# PANAMA

city garden & café



## ALL DAY FOOD

<b>Porridge</b> (V, Vg) Soaked Oats served with Seasonal Fresh Berries. Topped with Toasted Almonds and Nut Crunch. <b>CHOICE OF MILK</b> Oat, Soya, Almond, Whole, Skimmed. (N) <b>ADD ONS</b> 50P EACH Sweet Dukkha, Chia Seeds.	<b>5.00</b>	<b>Mushrooms On Toast</b> (V) Trio of Shitake, Button and Field Mushrooms in a Cream, Parmesan and Spinach Sauce served on Sourdough. <b>VEGAN OPTION AVAILABLE</b>	<b>8.50</b>	<b>Roast Halloumi</b> (V) Marinated Halloumi with Pomegranate Salad and Yogurt Dressing.	<b>8.00</b>
<b>Waffles</b> (N) Homemade Waffles, Candied Bacon, Mascarpone, Canadian Maple Syrup and Roast Nut Crunch.	<b>8.50</b>	<b>Eggs &amp; Guac on Toast</b> (V) Guacamole and Poached Eggs served on Toasted Sourdough.	<b>8.50</b>	<b>Caesar Salad</b> (V) Baby Gem and Romaine Lettuce, Parmesan, Sourdough Croutons, Classic Tijuana Caesar Dressing.	<b>7.50</b>
<b>Baked Fry</b> Back Bacon, Sausage Patty, Poached Egg, Potato Bread, Soda Bread, Chorizo and Black Pudding Crumb. Served with an Ulster Salsa.	<b>9.50</b>	<b>Pablo's Burger</b> Hannan's 6oz Short Horn Beef Burger, Lettuce, Chipotle, Sweet Pebre on a Toasted Brioche Bun. Served with Oven Baked Chips or Salad.	<b>12.00</b>	<b>Latino Buddha Bowl</b> (Vg) Quinoa, Pomegranate, Sweet Black Bean Salad, Cucumber, Avocado, Pico de Gallo, Mixed Leaves and Pickled Red Cabbage.	<b>8.50</b>
<b>Veggie Fry</b> (V) Potato Bread, Soda Bread, Mushroom Medley, Spinach, Avocado, Roasted Tomato, Halloumi, Poached Eggs and Caramelised Shallots.	<b>8.95</b>	<b>Braised Short Rib Taco</b> Soft Shell Taco, Braised Short Rib Beef, Guacamole, Pico de Gallo, Pickled Cabbage, Spring Onion and Lime.	<b>14.00</b>		
		<b>Chicken Sandwich</b> Pan Fried Chicken, Lemon Coriander and Smoked Merquén with Avocado, Salad and Sweet Pebre on a Ciabatta. Served with Oven Baked Chips or Salad.	<b>9.50</b>		

**ADD ONS** 2.50 EACH  
Avocado, Chicken, Chorizo, Bacon, Egg, Halloumi, Sausage Patty, Hash Brown.

## JUICE FLIGHTS

**Vitality Flight**  
Five Shots of Fresh Juice. Wheatgrass, Green Detox, Ginger, Liquid Sunshine, Lemon Aid.

**Revival Flight**  
Five Shots of Fresh Juice. Wheatgrass, Green Detox, Ginger, Turmeric, Cure.

## POWER SHOTS

**Ginger Shot**  
Fresh Ginger, Golden Delicious Apple. Anti-inflammatory and antihistamine, great for fighting a cold or flu.

**Wheatgrass Shot**  
Freshly Squeezed Wheatgrass. Accelerates whole body detoxification.

**Turmeric & Cayenne**  
Fresh Turmeric, Cayenne and Apple. Helps boost metabolism.

## LONG JUICES

**6.75 Liquid Sunshine**  
Orange, Carrot, Fresh Turmeric. A natural anti-inflammatory which contains Vitamin C and E.

**6.75 Lemon Aid**  
Lemon, Pineapple, Golden Delicious Apple. Mood enhancing, helps to restore balance to an overburdened acidic diet.

**The Cure**  
Grapefruit, Orange, Lemon, Golden Beets, Celery and Ginger. Liver cleansing, high in fibre and potassium. Perfect for "the Morning After the Night Before".

**3.50 Green Detox**  
Honey Crisp Apple, Courgette, Fresh Lime, Celery. Highly alkalising, a great source of potassium and high in iron.

## COFFEE

Espresso	2.60
Americano	2.60
Cortado	2.70
Flat White	2.70
Cappuccino	2.80
Latte	2.80
Mocha	2.90
Filter	2.60
Decaf	2.90

## NOT COFFEE

Chai Latte	2.90
Matcha Latte	2.90
Turmeric Latte	2.90
Hot Chocolate	2.90
Add Cream, Marshmallow	each 0.15

## THOMPSON'S LOOSE LEAF TEA

Breakfast	2.60
Green & Goji Berry	2.80
Peppermint	2.80
Earl Grey	2.80

PLEASE NOTIFY US OF ANY ALLERGIES/DIETARY REQUIREMENTS WHEN ORDERING.

(N) Contains Nuts (V) Lacto-Ovo Vegetarian (Vg) Vegan/Vegan Option Available (GF) Gluten Free Option Available (please ask)

