

MIIKO

BREAKFAST

FRENCH TOAST BANANA BREAD £9

MIIKO-made banana bread soaked in sweet spiced almond milk and fried in coconut oil. Served up with vanilla whipped coconut cream and topped with toasted almonds, coconut flakes, berry compote, coconut fried banana, agave nectar and peanut butter.

SEEDED OVERNIGHT OATS £7.5

Mixture of seeds and gluten-free oats, soaked overnight in coconut milk and MIIKO sweet spice blend, served cold.

CHOOSE YOUR TOPPINGS:

Poached rhubarb and strawberries in an elderflower and ginger syrup, finished with toasted coconut and almonds.

OR

Banana, peanut butter, toasted almonds and coconut, drizzled with agave.

BREAKFAST POTS ON THE GO £5

Take a look in our display fridge for a selection of Granola pots, Soaked oats or Chia pots.

SMOOTHIE BOWLS £8

Choose one of our superfood smoothies that is served with our homemade granola and topped with fresh fruit.

TOPPED TOASTS

MOON £8

Smashed avocado, MIIKO pesto, cherry tomatoes, rocket and a balsamic glaze.

STAR £7

Peanut butter, banana, MIIKO sweet spice, agave, topped with toasted almonds and coconut.

SUN £8.5

Turmeric hummus, homemade falafels, pesto, gherkins, topped with rocket and a balsamic glaze.

HARMONY £7

MIIKO-made Cocoa Nutty Spread and berries topped with toasted almonds and coconut.

TAKE A LOOK AT WHAT EXTRAS YOU CAN ADD:

Smashed avo	£1.5
Turmeric hummus	£1
Falafels	£2

Our chef, Ben, bakes all of our bread in-house at MIIKO.

The gluten free loaf is a mixture of gluten free white and brown bread flour with seeds added.

LUNCH BOWLS

The chefs are always freshly mixing these up. Take a look at our specials board or display fridge.

Although we are completely gluten-free and vegan we use lots of nuts, grains, seeds and allergens, check our board and ask a member of staff if you are unsure.

WARMING BOWL £6-8

This can be taken home to be heated or we can heat and serve it up for you. Our warming bowl is a hearty, nourishing bowl of goodness that you can add any of our extras to.

POWER SALAD BOWL £8

A bowl of three different salad specials served together to make one wholesome and nutritious salad bowl.

TAKE A LOOK AT WHAT EXTRAS YOU CAN ADD:

Smashed avo	£1.5
Turmeric hummus	£1
Falafels	£2
Slice of gluten-free toast	£1.5

We are gluten-free and vegan at MIIKO.

We make everything in house including all of our juices, breads, cakes and bakes.

Allergies

Being a gluten-free and vegan cafe means we use lots of nuts/seeds and certain allergens. Please let a member of staff know if you have an allergies

Check out our cake counter for cakes and bakes.

We make them in house. They are gluten-free and vegan, ask a member of staff which are refined sugar free for healthier options.

Menu runs 9am - 3pm everyday.

Everything on our menu can be taken away in our sustainable packaging.

Visit our Instagram:
[@Miiko.Everyday.Nourishment](https://www.instagram.com/Miiko.Everyday.Nourishment)

Visit our website:
www.wearemiiko.com

SMOOTHIES £6.5



ACAI GURU
Acai, mixed berries, banana, coconut milk, dates

COCOA BLISS
Banana, cacao, peanut butter, almond milk, dates, cinnamon.

SUNSHINE C
Pineapple, mango, apple, ginger, lime, turmeric, coconut milk.



PROTEIN CHAI
Chai, ginger, cinnamon, nutmeg, cardamon, dates, banana, pea protein powder, almond milk.

GREEN WILDERNESS
Spinach, spirulina, banana, mango, pineapple, coconut milk.

SMOOTHIE BOWLS £8

Build your bowl from any of the above smoothies and we'll add our crunchy homemade granola and fresh fruit toppings. You can also add any of the below to the smoothies and bowls.

ON TOP:

Peanut butter £1
Almond butter £1.5
Toasted almonds & Coconut £1
Chia seeds 50p

INSIDE:

Coffee shot £1.2
Apple & ginger shot £1.2
Pea protein £1
Peanut butter £1
Almond butter £1
Chia seeds 50p
Maca £1
Moringa £1
Ashwagandha £1
Chaga £1
Activated charcoal £1
Spirulina £1

JUICES £5



ENERGY
Carrot, apple, orange, ginger and lemon.

GLOW
Beetroot, carrot, apple, ginger and lemon.



FOCUS
Cucumber, apple, celery, lime, spinach, kiwi and courgette.

DETOX
Pineapple, carrot, turmeric, apple and lemon.

Our juices are made fresh daily with 100% pure fruit and vegetables. We do not add sugar or flavorings and we do not water them down or add ice.

To take away our juices we charge a glass bottle deposit of 50p. When you bring the bottle back you receive 50p off your next order.

JUICE SHOTS - £3.5



IMMUNE BOOST:
Apple, lemon and ginger.



DETOX:
Apple, lemon, ginger, activated charcoal.



ANTI INFLAMMATORY:
Apple, lemon, ginger, turmeric root.

ELIXIRS £4.5

Superfood milk-based drinks, steamed warm or cold over ice. Please specify if you would like it sweeter.

Add Re—Frame herbal 'Rest' CBD Oil to your Elixir for £1.50



TURMERIC RADIANCE
Organic turmeric, ginger, cinnamon, nutmeg, coconut sugar, orange, pinch of black pepper and coconut milk.



MATCHA
Organic matcha and coconut milk.



CARAMEL SHANTI
Organic maca, cinnamon, organic ashwagandha, drop of caramel, pinch of salt and almond milk.



RED VELVET COCOA
Organic beetroot powder, cocoa, ginger, cinnamon and coconut.



CHAGA CHAI
Organic chaga, ginger, cardamon, cinnamon, black pepper, nutmeg, clove and coconut milk.

TEAS

VANILLA CHAI TEA £4.5
Chai tea topped with frothy vanilla oat milk on the side to add when your tea has brewed.

LEMON AND GINGER TEA £3.5
A pot of freshly sliced lemon and ginger in hot water.

LOOSE LEAF TEAS £3
Ask a member of staff for our current specialty blends: English Breakfast / Earl Grey / Sencha Green / Peppermint / Lemongrass and Ginger / Rooibos / Jasmine / Red berry / English Decaf.

KOMBUCHA £4
Kombucha is a fermented tea, promoting your everyday gut health with rich probiotics.

BOTANICAL ICED TEA £3.75
You + I Iced tea. The flavor changes regularly, take a look in our display fridge.

USUALS

ESPRESSO £3
MACCHIATO / CORTADO £3.5
AMERICANO £3.5
CAPPUCCINO £3.7
FLAT WHITE £3.7
LATTE £3.7
MOCHA £3.8
COCOA HOT CHOCOLATE £3.5
ICED COFFEE £4
BABY CHINO £1.5
KIDS HOT CHOC £2

Add nutritional powder: Charcoal / ashwagandha / chaga / maca + 50p

Add vegan cream + 50p

Milk options:
Oat / coconut / pea / almond / cows milk.

Sugar free syrups + 50p
Caramel / vanilla / salted caramel / chai / hazelnut.