



# hula

THIS MUST BE THE PLACE



## Coffee

Proud to serve MACHINA ESPRESSO

Espresso	3.30
Long black (6oz)	3.30
Americano (8.5 oz)	3.30
Flat white (6oz)	3.50
Latte (8.5 oz)	3.70
Cinnamon latte (8.5 oz)	4.00
Cappuccino (8.5 oz)	4.00
Mocha (8.5 oz)	4.10

Swap for oat, almond or coconut milk 0.50  
Add an extra shot 1.00

## Iced Coffee

Iced americano	3.50
Iced latte	4.00
Iced cinnamon latte	4.20
Iced mocha	4.30
Iced matcha almond latte	4.30

w/Raspberry and maple syrup 4.50  
w/Biscoff & oat milk 4.50

## Fresh Infusions

Fresh ingredients served in HOT WATER

Fresh mint & lemon	3.50
Fresh ginger & lemon	3.50

## Organic Scottish Oats

(VEO) (NUTS) (NGCI) Porridge made with Almond milk

**Summer Bliss**  
Strawberry, kiwi, granola, whipped cream and chocolate sauce 7.50

**Banana, Nutella & Hazelnut Porridge (NUTS)** 6.95

**Blueberry and Honey Porridge** 5.95

**The Walker: blueberries, cranberries, chia, pumpkin seeds and maple syrup** 6.95

**Homemade granola (NUTS)** 6.95

## Smoothie Bowls

Made with frozen smoothie base (VE) (NUTS) (NGCI)

**Açaí**  
Smoothie base: Strawberry, banana, blueberry, Açai berry & coconut milk  
Toppings: Granola, banana, cacao nibs, blueberry, goji berry & coconut flakes 10.95

**Maca Nana**  
Smoothie base: Banana, Maca root powder, vanilla & almond milk  
Toppings: Granola, peanut butter & blueberries 10.50

## Pancakes

Banana & Nutella (V) (Nuts)	10.50
Banoffee (VEO)	10.50
Bacon and Maple syrup	11.50
Berries & Cream	12.50

## Full Breakfasts

**The Veggie Brekky (NGCIO) (V)** 12.50  
Grilled halloumi, poached eggs, herb potato, harissa tomatoes, garlic mushrooms, smoky beans & toast

**The Bacon Brekky (NGCIO)** 11.95  
Bacon, poached eggs, herb potato, harissa tomatoes, garlic mushrooms, smoky beans & toast

**The Vegan Brekky (VE) (NGCIO)** 12.50  
Scramble tofu, avocado, herb potato, harissa tomatoes, garlic mushrooms, smoky beans & toast

**Chorizo Hash (NGCI)** 10.50  
With poached eggs, crushed potatoes, roasted peppers, onions and hollandaise sauce

## Tea

Loose leaf served in the pot, sourced from local company ETEAKET

Scottish breakfast tea	3.50
Royal Earl grey	3.50
Green gunpowder deluxe	3.50
Herbal tea	3.50

## Not-Coffee

Hot chocolate	3.70
+ honey & cinnamon...	0.50
Babyccino	2.00

Matcha almond latte 4.00  
with raspberry and maple syrup 4.00  
Turmeric latte 4.00  
with almond milk & black pepper 3.70  
Chai latte 3.70  
with cinnamon and maple syrup

## Fresh juices

<b>ORANGE</b>	4.50	5.50
<b>APPLE or CARROT</b>	3.95	4.95
<b>PINK LADY</b> apple, ginger, lemon, lime	4.95	5.95
<b>GINGER JACK</b> ginger, carrot, apple, orange	4.95	5.95

## Green & Super Juices

(J) for Juice (S) for smoothie

<b>TAHITI KICKS (S)</b> spinach, mango, apple, lemon	4.50	5.50
<b>POPEYE (J)</b> spinach, apple, lemon, nutmeg	4.50	5.50
<b>CHIA FIELDS (S)</b> cucumber, kale, apple, chia seeds	4.95	5.95
<b>ASS-AYE-EEE (S)</b> mixed berries, açai berry, apple, coconut milk	4.50	5.50
<b>OSCAR (J)</b> ginger, parsley, apple, lemon, lime	4.95	5.95

## Fruit Smoothies

made with fresh juice, veg & frozen fruits (VE & NGCI)

<b>RARATONGA</b> mango, orange	4.95	5.95
<b>WHIRLING DERVISH</b> strawberry, blueberry, mango, orange	4.50	5.50
<b>BLUE HAWAIIAN</b> strawberry, blueberry, banana, apple	3.95	4.95
<b>SUNSHINE IN A CUP</b> mango, peach, pineapple, orange	4.50	5.50
<b>BETTY FORD</b> strawberry, peach, banana, apple	3.95	4.95

## Milkshake Smoothies

made with low-fat yoghurt and milk (V) (VEO)  
Swap for plant based milk 95p

<b>NUTTY PROFESSOR</b> peanut butter, banana (nuts)	4.50	5.50
<b>SPECIAL 'H'</b> mango, berries, granola (nuts)	4.50	5.50
<b>FRANGIPANI</b> banana, honey, cinnamon	4.50	5.50
<b>STRAWBERRY FIELDS</b> strawberry, honey	4.50	5.50
<b>CHOCOLATE HAZE</b> nutella, banana (nuts)	4.50	5.50

## Breakfast toast

NGCIO - all toasts available with "Genius" bread (v - contains egg)

<b>Toast with spread (V) (VEO)</b>	4.50
<b>Bacon Toast w/ketchup/brown sauce</b>	6.50
<b>Cheese on toast (V)</b>	6.50

## Eggs Benedict

Poached eggs on toast with Hollandaise sauce

-Homemade smoky beans (V)	8.50
-Bacon & roasted mushrooms	9.50
Smoked salmon	12.50

## Avocado Toast (VE)

Avo smash, tomato oil, lime & Hula mix (sea salt, chilli, chia & sesame seeds) 10.50  
Extra: Have a look at the sides to make your avo toast extra Yummy!

## Soups & Wraps

NGCIO - all sandwiches & wraps available with "Genius" bread (v - contains egg)

<b>Soup solo (VE)</b>	4.95
<b>Soup with B&amp;B (V) (VEO)</b>	5.95
<b>Soup with cheese on toast (V)</b>	7.50

**Grilled Halloumi Wrap (V)** 7.95  
with hummus, carrot, beetroot and cabbage, sundried tomato paste & spinach

**Sweet Potato Wrap (VE)** 6.50  
sweet potato puree, avocado, vegan mayonnaise dressing, sesame slaw, tomato salsa and kidney beans

**Chicken Sriracha Wrap** 8.95  
Chicken marinated with sriracha sauce, smashed avocado and sesame slaw

**Salmon Sandwich** 9.95  
Scottish smoked salmon with cucumber and cream cheese

### \*Lunch Special

Add a bowl of today's soup with the wrap of your choice +2.00

## Lunch bowls

**Poké Bowl**  
**Choice of Smoked Salmon 10.50**  
**Scramble Tofu (VE) 9.50**  
**Crispy Chicken & Teriyaki Sauce 15.95**

served with cucumber, edamame beans, marinated carrots, sesame slaw and pickled onion served on chilled rice with garlic and agave dressing, togarashi spice, lime & pea shoot

**Peanut & Peppers Chicken Bowl (NGCI)(NUTS) 11.50**  
Pulled chicken in satay style peanut sauce with peppers, caramelized onion, marinated spinach and carrots with a choice of hot rice or hot quinoa

**Katsu Curry 12.95**  
With a choice of crispy tofu or crispy chicken. Served with katsu sauce, hot rice, red pickled onion and tendersteam broccoli

**Nutty Superfood Bowl (NGCI)(VE)**  
With quinoa, roasted sweet potatoes, pumpkin seeds, walnut, toasted almond, tomato salsa, tender steam broccoli, kidney beans and a soy and ginger dressing

## Sides and Extras

<b>BREAKFAST:</b>		<b>CHEESE:</b>	
<b>Nutella</b>	1.50	<b>Feta cheese</b>	2.00
<b>Peanut butter</b>	1.50	<b>Cheddar cheese</b>	2.00
<b>Biscoff</b>	1.50	<b>Grilled halloumi</b>	2.50
<b>Slice of bread</b>	1.50	<b>PROTEIN:</b>	
<b>Granola</b>	1.50	<b>Smoked salmon</b>	4.50
<b>VEGETABLES:</b>		<b>Peanut chicken</b>	3.50
<b>Avocado smash</b>	3.00	<b>Bacon</b>	2.00
<b>Hummus</b>	2.00	<b>2 Poached eggs</b>	2.50
<b>Roasted potatoes</b>	2.50	<b>Grilled chorizo</b>	2.95
<b>Smoky beans</b>	2.50	<b>Scramble tofu</b>	3.50
<b>Garlic mushrooms</b>	1.50		
<b>Side salad</b>	3.00		

(V) Vegetarian, (VE) Vegan, (VEO) Vegan Option

(NGCI) No gluten containing ingredients

(NGCIO) Non gluten containing ingredient option