



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	
Biscoffee frappé	4.50
w/Biscoff & oat milk	

Fresh Infusions

Fresh ingredients served in HOT WATER

Fresh mint & lemon	3.50
Fresh ginger & lemon	3.50

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

ALLERGENS: please let us know of any allergies before ordering- we cannot guarantee absence of sesame, nuts & gluten traces

Fresh juices

ORANGE
APPLE or CARROT
PINK LADY apple, ginger, lemon, lime
GINGER JACK ginger, carrot, apple, orange

Regular (12oz) / Large (16oz)

4.50	5.50
3.95	4.95
4.95	5.95
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Green & Super Juices

(J) for Juice (S) for smoothie

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

4.50	5.50
4.50	5.50
4.95	5.95
4.50	5.50
4.95	5.95

Fruit Smoothies

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

RARATONGA mango, orange
WHIRLING DERVISH strawberry, blueberry, mango, orange
BLUE HAWAIIAN strawberry, blueberry, banana, apple
SUNSHINE IN A CUP mango, peach, pineapple, orange
BETTY FORD strawberry, peach, banana, apple

4.95	5.95
4.50	5.50
3.95	4.95
4.50	5.50
3.95	4.95

Milkshake Smoothies

made with low-fat yoghurt and milk (V) (VEO)

Swap for plant based milk 95p

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

4.50	5.50
4.50	5.50
4.50	5.50
4.50	5.50
4.50	5.50

FOOD MENU

Organic Scottish Oats

(NGCI) Porridge made with Almond milk

Apple crumble porridge (VE) caramelized apple, blueberry, granola, maple syrup and cinnamon	£7.95
Banana, Nutella & Hazelnut Porridge (NUTS)	£7.50
Blueberry and Honey Porridge (VEO)	£6.95
The Walker (VE) blueberries, cranberries, chia and pumpkin seeds topped with maple syrup	£7.95
Summer Fruits (VE) fresh strawberries, blueberries, caramel sauce, granola and mango puree	£7.95
Homemade Granola (NUTS) (VEO) low fat yogurt, blueberries, banana and honey	

EGGS! Benedict

Poached eggs on toast with Hulandaise

-> Bacon and mushrooms	£11.50
-> Scottish Haggis	£11.50
-> Smoked salmon	£12.95

Smoothie Bowls

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

Açai £11.50
Smoothie base: Strawberry, banana, blueberry, Açai berry & coconut milk
Toppings: Granola, banana, cacao nibs, blueberry, goji berry & coconut flakes

Maca Nana £11.50

Smoothie base: Banana, Maca root powder, vanilla & almond milk
Toppings: Granola, peanut butter & blueberries, strawberry and mint coulis

Tropical £10.95

Smoothie base: Mango, peach, pineapple, Ashwagandha, banana, lime, vanilla & coconut milk
Toppings: Granola, strawberry, blueberries, orange, caramel sauce and mango puree

Pancakes £12.95

Summer Breeze (V)
with blueberries, strawberries & orange, vegan yoghurt and caramel sauce
Banana & Nutella (V) (Nuts)
with chocolate sauce, hazelnuts and dried raspberries
Apple Crisp (V)
with baked apples, granola, chai sauce and clotted cream
Bacon and Maple syrup

Toast

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

Toast with spread (V) (VEO) £4.50
Bacon sandwich w/ ketchup or brown sauce £7.00
Cheese on toast (V) £6.50

Avocado Toast (VE) £11.50

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

Vegan Caprese Salad (nuts) £8.00
with handcrafted house made vegan mozzarella, ripe beef tomatoes, and a spoonful of homemade vegan basil pesto.

Smoked Salmon and Avocado Tartare
Scottish smoke Salmon, Avocado, Capers and Dill mix with lemon juice and our house poke dressing in a base of sourdough bread. £11.95

Soups

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

Soup solo (VE) £5.95
Soup with B&B (V) (VEO) £6.95
Soup with cheese on toast (V) £8.00

Wraps & Sandwiches

Grilled Halloumi Wrap (V) £9.95
with hummus, peppers, red onion, cucumber, sundried tomatoes paste & spinach
Sriracha Chicken Wrap £9.95
With homemade sesame slaw and smashed avocado
Vegan Falafel Wrap (VE) £8.95
With hummus, peppers, red onions, cucumber, sesame slaw & sweet chilli
Chicken & Pesto Sandwich (NUTS) £9.95
chicken marinated in housemade pesto sauce and cherry tomatoes
Reuben Sandwich (VE) £8.95
With vegan cheese, sesame slaw, grilled courgette, marinated aubergine, gherkin, bbq sauce and vegan mayonnaise

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

Lunch bowls

£12.95

Pokè Bowl

Smoked salmon, sesame slaw, cucumber, edamame beans, spinach, pickled red onions, served on chilled rice with sesame and garlic dressing, togarashi spice and lime

Vegan Pokè Bowl (VE)

Homemade scrambled tofu, sesame slaw, spinach, cucumber, edamame beans, radish, served on chilled rice with sesame and garlic dressing, togarashi spice, lime and pea shoots (add avocado smash +£2.50)

Chorizo Hash (NGCI)

With poached eggs, crushed potatoes, roasted peppers, onions and hollandaise sauce

Peanut Chicken (NUTS) (NGCI)

Rice, sweet potatoes, cabbage and chicken with our own house-made peanut sauce

Hula Salad Special £11.95

Check our board for our weekly salad, freshly made!

Sides and Extras

BREAKFAST:

Nutella £1.50
Peanut butter £1.50
Biscoff £1.50
Slice of bread £1.50
Granola £1.00

CHEESE:

Feta cheese £2.00
Cheddar cheese £2.00
Grilled halloumi £2.50

VEGETABLES:

Avocado smash £3.00
Hummus £2.00
Roasted potatoes £1.50
Garlic mushrooms £1.50
Side salad £3.00

PROTEIN:

Smoked salmon £3.50
Pulled chicken £3.00
Bacon £2.00
2 Poached eggs £2.50
Grilled chorizo £2.50
Scramble tofu £3.50

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

(NGCI) No gluten containing ingredients

(NGCIO) Non gluten containing ingredient option

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