

SMOOTHIES

CHOOSE YOUR BASE:

Apple / Orange / Soya Milk /
Water / Yoghurt (+£1)

TROPICAL FRESH	6
Coconut, mango, banana and lychee	
PINEAPPLE TWISTER	6
Mango, peach, papaya and pineapple	
MANGO PASSION	6
Mango, pear and passion fruit	
POWER GRANATE	6
Pomegranate, strawberry, blackcurrant and apple	
AMAZON AÇAI	6
Blueberry, strawberry, acai and mango	
STRAWBERRY FANTASY	6
Banana, dates, melon and strawberries	
BERRY FOREST	6
Blueberry, raspberry and mango	
STRAWBERRY DELIGHT	6
Strawberry, papaya and peach	
SOYO DETOX	6
Melon, cucumber and apple with a touch of lime	

YOGHURT SHAKES

MESSY YOGHURT SHAKE	6
Topped with oreo, chocolate brownies, rainbow buttons and whipped cream	
STRAWBERRIES & CREAM	6
Strawberries, white chocolate, cream	
BANANA & DULCE DE LECHE	6
With butter shortbread and white chocolate	
MANGO & WHITE CHOCOLATE	6
Mango, white chocolate, whipped cream	

SOFT DRINKS

COKE / DIET COKE / COKE ZERO	3
STILL WATER (S/L)	3/4
SPARKLING WATER (S/L)	3/4
FANTA / SPRITE	3

DESSERTS

SOYO SOUFFLÉ	7.5
Rich warm chocolate fondant filled with white and milk chocolate served with frozen yogurt	
APPLE TART	7
YOGHURT BERRY CHEESECAKE	7.5
PEAR & PISTACHIO PIE	7

SUPER SMOOTHIES 6

KALE, BANANA, MANGO & LEMONGRASS
AVOCADO, SPINACH, SPIRULINA, BASIL, APPLE & LIME
CARROT, GOJI BERRY, PAPAYA & PINEAPPLE
PEACH, PAPAYA, PASSION FRUIT, PINEAPPLE, GUAVA & ALOE VERA

ICED DRINKS

COLD CHOCOLATE	2.5
COLD CAFÉ	2.5
ICE CHOCOLATE	4
ICE COFFEE	5
ICE LEMONANA	5

FRESH JUICE

FRESHLY-SQUEEZED ORANGE	4
ORANGE & CARROT	4.5
CARROT / GINGER / CELERY	4.5
CARROT / BEETROOT / CELERY	4.5

HOT DRINKS

ESPRESSO (SINGLE/DOUBLE)	2/2.5	ENGLISH TEA	2
MACCHIATO (SINGLE/DOUBLE)	2/2.5	MINT TEA	2
LATTE (M/L)	2.75/3.25	ORGANIC HERBAL TEA	3
CAPPUCCINO (M/L)	2.5/3	Lemongrass & Ginger / Chamomile / Blackcurrant & Hibiscus / Pink Rosebuds / Peppermint / Chamomile / Green	
AMERICANO	2.75	IRISH COFFEE (ALCOHOLIC)	4.75
HAZELNUT LATTE	3.75	APPLE CIDER	4.5
CINNAMON LATTE	3.75	SAHLAV	4.5
TOFFEE LATTE	3.75	INDIAN CHAI	2.75
CARAMEL MOCHA	3.75	BABYCCINO	1.5
FRENCH VANILLA LATTE	3.75	OREO HOT CHOCOLATE	6
IRISH CREAM LATTE	3.75	Belgian chocolate, oreo cookies, vanilla, marshmallow and whipped cream	
HOT CHOCOLATE	2.75	MESSY HOT CHOCOLATE	6
MOCHA	3.5	With whipped cream, salted caramel, rainbow buttons and chocolate topping	
MOCHACCINO	3.75		
CHOCOCCINO	3.5		

BREAKFAST

SERVED EVERY DAY UNTIL 16:00

SOYO BREAKFAST	13.5	AVOCADO & SMOKED SALMON ON TOAST	11
Eggs of your choice, served with our home-made spreads & mini muesli, bread from our bakery, a side salad and your choice of freshly squeezed juice and hot beverage		AVOCADO, HALLOUMI & FRIED EGG ON TOAST	11
VEGAN BREAKFAST V	13.5	AVOCADO & SCRAMBLED EGGS ON TOAST	10
Chickpea omelette, served with homemade vegan spreads, bread from our bakery, side salad and a choice of freshly squeezed juice and hot beverage		EGGS BENEDICT	Served with side salad
SOYO MUESLI	7	SPINACH & HOLLANDAISE	11
Served with berry confiture and chia seeds		MUSHROOM & CREAM	11
ORGANIC AÇAI V	8.5	SPINACH, CREAM & SMOKED SALMON	12
Served with banana, pineapple, granola, coconut and honey		SHAKSHUKA	12.5
PORRIDGE	7.5	Eggs poached in tomato sauce, peppers and herbs, served with Israeli salad, schug, tahini and bread	
Walnuts, coconut, banana, cinnamon and chia seeds		FULL ENGLISH SHAKSHUKA	13.95
CROQUE MADAME	9	With sausages, onions, aubergine, chick-peas and feta cheese. Served with Israeli salad, schug, tahini and bread	
Grilled sandwich with béchamel sauce, mushroom and gouda cheese topped with a fried egg		GREEN SHAKSHUKA	12.5
FRENCH TOAST	8.5	Two poached eggs with cream, feta cheese, spinach, kale garden peas and za'atar. Served with Israeli salad, tahini and bread	
Served with sour cream and berry confiture		BLUEBERRY PANCAKES	9
		Served with sour cream and berry confiture	
		OREO PANCAKES	9
		Served with sour cream and berry confiture	

SWEET CRÊPES

GOLDEN LEMON	7	BANOFFEE	8
Butter, sugar, lemon		Banana, toffee and cream	
NUTELLA	8	CRÊPE SUZETTE	8
BANANA SPLIT	8	Fresh oranges, orange liqueur , brown sugar	
STRAWBERRY ADVENTURE	8	OREO COOKIE	8
Strawberry, white chocolate and cream		White & dark chocolate, oreo cookies	

FROYO

1
YOGHURT
4.95
Original Seasonal

3
SAUCES
+0.90

Dulce de leche
Passion fruit
Raspberry
Peanut butter
Honey
Chocolate syrup
Maple syrup

2
TOPPINGS
+0.90

FRUITY

Strawberry
Blueberry
Cranberry
Mango
Pineapple
Kiwi
Banana
Pomegranate
Melon
Apple
Lychee
Grapes
Pear

NAUGHTY

Oreos
Salted caramel
Chocolate brownie
Marshmallow
White chocolate
Dark chocolate
Digestive cookie
Rainbow buttons
Gummy bears
Jelly beans
Chocolate & vanilla halva

BOOSTS

Almonds
Walnuts
Chia seeds
Coconut shavings
Granola
Raisins
Medjool dates
Goji berries
Crunchy Nut

SANDWICHES

SMOKED SALMON & AVOCADO	11	HALLOUMI	11.5
Smoked salmon, avocado, spring onion, lettuce, garlic & herb dressing		Olive tapenade, grilled halloumi, cream cheese, tomato and pickles	
TUNA	10	MOZZARELLA	11
Tuna, red onion, pickles, egg and rocket leaves		Mozzarella, basil chimichurri, avocado and tomato	
FETA ANTIPASTI	10	OMELETTE	9.5
Grilled aubergine, peppers and courgette with feta and avocado		With cream cheese, cucumber and tomato	
VEGAN ✓	9.5	CHEESE & TOMATO TOASTIE	8.5
Fried tofu and mushrooms in an Asian dressing with lettuce and tomatoes		TUNA MELT	10.5

SALADS

NIÇOISE	13	SUPERFOOD ✓	13
Lettuce, tomatoes, cucumber, roasted peppers, green beans, pickles, tuna, red onion, roasted potatoes and egg. Served with French vinaigrette		Quinoa, kale, broccoli, sweet potato, seeds, chia, pea, slaw with olive oil and lemon	
MOROCCAN	13	ARTICHOKE & GOAT CHEESE	14.5
Couscous, sweet potatoes, mint, coriander, parsley, pomegranate, chick peas, feta cheese and toasted almonds. Served with lemon and honey dressing		Spinach, rocket, carrots, cherry tomatoes, red onion, dried cranberries, toasted cashews, melon, artichoke and grilled goat cheese. Served with French vinaigrette	
TABOULE ✓	12.5	HALLOUMI	15
Lentils, finely chopped mint leaves, parsley, tomato, cucumber, spring onion, beetroot, cranberries, spinach, sunflower seeds, pumpkin seeds, pomegranate and roasted almonds		Grilled halloumi cheese, mixed leaves, cherry tomatoes, red onion, spring onion, walnuts, roasted peppers and mushrooms. Served warm with sesame dressing	
QUINOA ✓	12.5	SALMON CAESAR	16
Sweet potato, spinach, red onion, green beans, beetroot, cherry tomatoes and sunflower seeds with lemon and honey dressing		Grilled salmon served on mixed leaves, croutons, avocado and parmesan cheese. Served with Caesar dressing	
FETA ANTIPASTI	13.5	ASIAN	12
Lettuce, roasted vegetables, cucumber, tomatoes, olives and feta cheese served with basil vinaigrette		Cabbage, bean sprouts, rocket leaves, dried cranberries, toasted sesame seeds and coriander with Asian vinaigrette	
AVOCADO	13	Add tuna steak for £7.5	
Mixed leaves, avocado, cucumber, tomatoes, egg and roasted vegetables. Served with French vinaigrette		FATTOUSH SEA BASS	16
		With yoghurt, chopped salad, za'atar, croutons, sumac and feta cheese	

MAKE YOUR OWN SALAD

1

BASE 4.95

Mixed leaves
Quinoa
Couscous
Lentils
Freakah

3

DRESSING

Balsamic vinaigrette ✓
Yoghurt & dill
Soy & sesame
French vinaigrette ✓
Olive oil & lemon ✓
Pesto chimichurri

2

INGREDIENTS

- +0.85 Olives, carrots, red onion, sweetcorn, cabbage, grapes, cherry tomato, cucumber, fresh peppers, mushroom, croutons, new potato, bean sprouts, tomato, celery, pear, green beans, parsley, spring onion, chickpeas, coriander, peach, pickles, sesame seeds ✓
- +1.70 Boiled egg, pomegranate, beetroot, garden peas, spinach, kale, broccoli, sunflower seeds, pumpkin seeds, chia seeds, medjool dates, cashew nuts, strawberry, dried cranberries, mango, walnuts, almonds ✓
- +1.90 Roasted peppers, pak choi, roasted zucchini, avocado, roasted aubergine, sweet potato, artichoke ✓
- +3.20 Tuna, smoked salmon, tofu, feta cheese
- +3.95 Mozzarella, halloumi cheese, goats cheese
- +8.00 Grilled salmon
- +8.50 Seared tuna
- +9.00 Grilled seabass

SOUPS

SERVED WITH BREAD

MUSHROOM	6
TOMATO & RICE ✓	6
SOUP OF THE DAY	6
Please ask your waiter	

QUICHE

SERVED WITH SALAD

MUSHROOM & CREAM	13
SAUTÉED SPINACH & CARAMELISED ONION	13
SWEET POTATO & FETA	13

CRÊPES

SERVED WITH SALAD

FRENCH REVOLUTION	9.5
Creamy mushroom sauce	
FIorentina	9.5
Cream, spinach and parmesan	
PHILADELPHIA	9.5
Scrambled egg, salmon and cheese	
SOYO	9.5
Fried egg, tomato, spinach, mushroom and cheese	
OMEGA-3	9.5
Tuna, corn and cheese	

FISH

SUPER SALMON BURGER	14
With garlic and herb mayo, red onion, tomato, pickles	
GRILLED SALMON	17
With basil mash and pak choi, served with salad	
ROASTED SEA BASS	21
With cream and basil gnocchi	
GRILLED SALMON ON POLENTA	18
With mushroom and French beans	
SALMON PAPPILOTE	18
With roasted potatoes and Caesar dressing	
SEARED TUNA	19.5
Served on gnocchi, pak choi, broccoli, kale, peas, toasted almonds and white wine	
GRILLED SEA BASS	21
With roasted baby potatoes, cherry tomatoes, French beans, mushroom and chimichurri salsa	
TUNA STEAK	21
With French beans, broccoli, pak choi and peas	
PAN-FRIED SALMON STEAK	19
With teriyaki, stir-fried green vegetables, pak choi and toasted sesame seeds	

PASTA

PENNE & TOMATO/ROSÉ SAUCE ✓	10
FUNGHI PENNE	12.5
Creamy sauce with mushrooms	
BROCCOLI, PESTO & CREAM PENNE	12.5
ROASTED VEGETABLE LASAGNE	13
Served with side salad	
TUNA BOLOGNESE SPAGHETTI	14
With onions, carrots, peas and herbs	
BIANCA LASAGNE	13
Sweet potato, onion, roasted peppers and cream lasagne	
SALMON LINGUINE	15
With cream, fresh tomatoes, basil and lemon zest	
GNOCCHI ✓	15
With tomatoes, red onion and kalamata olives in white wine sauce	
ZUCCHINI & SALMON LINGUINE	15.5
With creamy sauce and rocket leaves	
GARDEN SPAGHETTI ✓	13
With garden peas, broccoli and zucchini	
CHEESE RAVIOLI	16
With cream and tomato sauce	
PENNE WITH ROASTED VEGETABLES & ROSÉ SAUCE	12
RICE NOODLES	14
Stir fried with vegetables, served with spring roll Add salmon teriyaki for £7.5	

FOLLOW THE
#FEELGOOD

  @SOYOLDN