



Superfood, Delivered

Sleaford & Lincolnshire



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ÇAÍ BOWLS ✦ PROTEIN SHAKES ✦ GAINS ✦ JUICES ✦ LATTES ✦ COFFEE ✦ SALADS ✦ BAKES

Açaí & Smoothie Bowls

BLENDED THICK

The Protein Cloud Açaí **£9.95**

Protein açaí, granola, berries, banana, PB, crispea · 30g

Strawberry Glaze Bowl **£9.50**

Strawberry-beetroot açaí, raspberries, coconut

Dubai Chocolate Bowl **£9.95**

Cacao açaí, pistachio cream, kataifi · 25g

Blue Majik Mermaid **£9.50**

Blue spirulina & mango, blueberries, kiwi

Cherry Bakewell Bowl **£9.50**

Cherry-flax açaí, almonds, cherry sauce

Tropic Thunder **£9.50**

Mango & pineapple, kiwi, passion fruit

Build Your Own **£9.95**

Base + 3 fruits + 2 toppings + sauce · extras 50p

Protein Shakes

25G PROTEIN

Cookie Dough **£8.50**

Banana, dates, cacao nibs, vanilla

Strawberry Glaze **£8.50**

Banana, strawberry, oat milk

Dubai Chocolate **£8.95**

Banana, cacao, pistachio butter

Berry Blast Shake **£8.95**

Mixed berries, flax, avocado

Peanut Powerhouse **£8.50**

Banana, peanut butter, cacao

Green Machine **£8.50**

Banana, mango, kale, coconut water

Gains — Creatine

+5G CREATINE

The Gains Shake **£8.50**

30g protein · peanut-cacao, choc oat milk

Creatine Cold Brew **£5.50**

Cold brew, 25g vanilla protein, ice

Recovery Reload **£8.50**

Berries, tart cherry, 30g protein

Vanilla Power Float **£8.50**

Banana, vanilla protein, almond butter · 26g

Juices & Smoothies

FRUIT-FIRST

Mango Tango **£6.50**

Mango, banana, passion fruit, apple juice

Very Berry **£6.50**

Berries, blueberry, beetroot, apple juice

Tropical Sunrise **£6.50**

Mango, banana, pineapple, coconut water

Green Cleanse **£6.50**

Cucumber, celery, apple, spinach, mint

Blue Spirulina Cloud **£6.95**

Banana, mango, coconut milk, almond butter

Island GLOW Smoothie **£6.95**

Mango, pineapple, collagen, pitaya

Hailey Bieber Smoothie **£7.50**

Strawberry, chia, collagen, raspberry jam

Shots & Functional Lattes

Fire Shot **£3.50**

Ginger, cayenne & lemon · immune kick

Beet Performance Shot **£3.50**

Beetroot, ginger & lemon · pre-workout

Golden Glow Latte **£4.50**

Ginger, cinnamon, turmeric · hot/iced

Blue Majik Matcha **£5.50**

Matcha & blue spirulina · hot/iced

Barbie Beet Latte **£4.95**

Beetroot, vanilla & honey · hot/iced

Coffee & Matcha

BARISTA BAR

Iced Coffee **£3.75**

Hot Coffee **£3.50**

Iced Matcha Latte **£4.75**

Hot Matcha Latte **£4.50**

Proffee **£4.95**

Cold brew + 20g protein

Superfood Snacks

Protein Bliss Balls (3) **£3.95**

Dates, oats, protein, flax, cacao

Strawb. Cheesecake Pot **£4.95**

Coconut chia, yoghurt, strawberry

Protein Banana Bread **£5.50**

PB, banana & cacao nibs · 15g

Overnight Oats GRAB & GO

Berry Overnight Oats **£4.95**

Oats & chia, almond milk, berries

PB Protein Oats **£5.50**

Peanut butter, banana · 20g protein

Cookie Dough Oats **£5.50**

Vanilla, honey, yoghurt, choc chips

Protein Salads & Bowls

22 – 42 G

The Dense Bean Salad **£8.95**

Three beans, feta, herby dressing

Street Corn Chicken **£10.95**

Chicken, corn, cottage cheese · 40g

Marry Me Chicken **£10.95**

Chicken, sun-dried tomato · 38g

Crispy Chicken Caesar **£10.95**

Chicken, kale, egg, croutons · 42g

Salmon Poke Bowl **£11.95**

Salmon, rice, edamame, avo · 35g

Halloumi Quinoa **£9.95**

Halloumi, chickpeas, beetroot, olives

Tabouleh Halloumi Salad **£9.95**

Halloumi over herby bulgur tabbouleh

Protein Bakes & Sarnies

FRESH

Chicken & Avocado Sub **£6.95**

Chicken, avocado, spinach · 38g

Tuna Crunch Sandwich **£6.50**

Tuna, sweetcorn, yoghurt · 32g

Falafel & Hummus Wrap **£6.50**

Falafel, hummus, slaw · veggie

Fudgy Protein Brownie **£3.95**

Dark choc, 20g protein, no ref. sugar

PB Protein Flapjack **£3.50**

Oats, PB, banana-sweetened · 15g

Carrot Cake Muffin **£3.50**

Carrot, walnut, cinnamon · 14g



GAINS BOOST

Stack any bowl, shake or latte

+ Creatine 5g · £1

+ Protein 15g · £1.50



HOUSE SYRUPS · +50p

Home-made in our kitchen — add to any coffee or matcha

Biscoff

Bueno

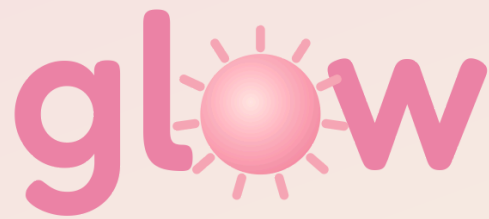
Brown Sugar

Banana Bread

Strawberry

Blueberry

Plant-based & gluten-free friendly · blended fresh. Please ask about allergens (nuts, seeds, dairy, gluten). Creatine & protein are food supplements. Prices include VAT.



by Courtney

Superfood, Delivered • Sleaford & Lincolnshire

Fuel with benefits



Protein

20–42g of real protein in our shakes, bowls & salads — repairs muscle, keeps you fuller for longer and fuels your day.



Creatine

A full 5g of creatine in every Gains blend — the most-researched supplement there is, for strength, power & faster recovery.



Superfoods

Açaí, spirulina, cacao, matcha & greens — antioxidants and functional ingredients in every cup, for energy, gut & glow.

Eat clean, feel the difference

Every bowl, shake and shot is blended fresh to order — real fruit, proper superfoods, no refined sugar and no shortcuts, then sealed cold and delivered to your door. Food that tastes like a treat but genuinely loves you back.

Order at **glowsleaford.com** • 🛵 Uber Eats

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Explore the benefits of every ingredient at glowsleaford.com/benefits