

SMOOTHIES

A kaleidoscope of organic nutrients await, ready to light you up with glowing vitality

THE SIGNATURE - 500ML **VG** **GF** £5.00

Orange, Banana, Apple, Avocado, Peanut Butter, Spinach & Wheatgrass

TOMMY'S CHOC ORANGE - 500ML **VG** **GF** £5.00

Orange, Banana, Avocado, Cashew, Cacao & Raisin

SUPER DELICIOUS HEARTY NUTRITIOUS ORGANIC REAL FOOD

PURPLE ACAI - 500ML **VG** **GF** £5.00

Acai Pulp, Strawberry, Banana, Goji Berries, Apple & Avocado

SUNRISE BOWLS

Super delicious, highly nutritious organic breakfast or snack bowls. Served with 156ml bottle of chilled Almond Milk

BLUEBERRY CASHEW **VG** **GF** £4.50

with Banana, Raisins & Mesa Cereal

STRAWBERRY DARK CHOCOLATE **VG** **GF** £4.50

with Banana, Raisins & Mesa Cereal

RASPBERRY BUTTERSCOTCH CHOCOLATE **V** **GF** £4.50

with Banana, Raisins & Mesa Cereal

HOT OATS

Tasty wholesome organic goodness, topped with pure Canadian Maple Syrup

STRAWBERRY PEANUT BUTTER **VG** **GF** £4.50

with Raisins, Hot Oats & Oat Milk

BLUEBERRY BANANA **VG** **GF** £4.50

with Raisins, Hot Oats & Oat Milk

RASPBERRY ALMOND CHOCOLATE **V** **GF** £4.50

with Raisins, Hot Oats & Oat Milk

HOT MEALS

Tantalising hot dishes cooked with the finest organic local ingredients

BOSS BOLOGNESE (GRASS FED BEEF) £8.50

with Wholewheat Spaghetti
with Brown Rice Spaghetti **GF**

SENSATIONAL SCOUSE (GRASS FED BEEF) £8.50

with Bread Butter & Beetroot

SUPER SATAY **VG** £7.00

with Spelt Noodles

ADD PASTURE RAISED CHICKEN OR WILD PRAWNS + £3.50

MAGIC MASALA **VG** **GF** £7.00

with Basmati Rice

ADD PASTURE RAISED CHICKEN OR WILD PRAWNS + £3.50

ALL ABOVE 'HOT MEALS' ARE ALSO AVAILABLE FROZEN FOR COLLECTION OR DELIVERY VISIT TRANQUILEVOLUTION.COM

TOASTED PIADINA WRAPS

using soft organic aromatic flatbreads, our wraps are super nutritious and incredibly delicious

STEAK & HALLOUMI (GRASS FED BEEF) £7.00

with Mushroom & Chimichurri Sauce

CHICKEN & BACON MELT £7.00

with Sweet Chilli Sauce

SAUSAGE & BACON £6.00

with Homemade Tomato Ketchup

SAUSAGE & MUSHROOM £5.00

with Caramelised Red Onion

MEDITERRANEAN TUNA FILLET £5.00

with Fresh Salsa & Mayo

FALAFEL & CASHEW CHEEZE **VG** £4.50

with Fresh Salsa

SWEET POTATO & AVOCADO **VG** £4.50

with Fresh Salsa & Hummus

OMG OMELETTES

Protein rich and extra tasty using Cheshire's finest organic free range eggs

VEGETABLE **V** **GF** £6.00

Mushroom, Red Pepper, Red Onion & Spinach

HALLOUMI & TOMATO **V** **GF** £7.00

with Paprika & Oregano

BREAKFAST **GF** £7.50

Sausage, Bacon, Tomato & Mushroom

BACON & CHEDDAR **GF** £7.50

with Red Onion

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WRAPPED + £0.00

WRAP ON SIDE + £1.00

ADD BACON OR HALLOUMI + £1.50

BEAST IT (+ 2 LARGE EGGS) + £2.50



V VEGETARIAN **VG** VEGAN **GF** GLUTEN FREE

FOR FULL INGREDIENTS,
NUTRITIONAL & ALLERGEN INFORMATION, VISIT
TRANQUILEVOLUTION.COM

NACHOS

TRANQUIL NACHOS with Cheddar, Chimi, Jalapeno Salsa & Sour Cream V with Salsa, Chimi, Jalapeno & Cashew Cheeze VG	£7.00
CHIMICHURRI STEAK NACHOS (GRASS FED BEEF) with Cheddar, Jalapeno, Salsa & Sour Cream	£8.50

BURGERS

TRANQUIL BURGER (1/4LB) Grass-Fed with Cheddar & Red Onion	£7.00
BELTER BURGER (1/2LB) Grass-Fed with Bacon & Avocado	£9.50
CRISPY CHICKEN BURGER with Sriracha Mayo & Asian Slaw	£8.00
ADD PAPRIKA WEDGES	+ £2.50
ADD HEAVY CHIPS	+ £2.00

SIDES

FALAFEL WITH CASHEW CHEEZE VG GF	£4.00
HEAVY CHIPS GF With Homemade Ketchup	£3.00
SWEET POTATO PAPRIKA WEDGES VG GF	£3.50
SUPER GREENS VG GF Swiss Chard & Broccoli	£3.00
BASMATI RICE VG GF Onion & Raisin	£3.00
TASTY TORTILLAS WITH 3 x DIPS VG GF	£3.50
DELICIOUS HOMEMADE DIPS VG GF Ketchup, BBQ, Salsa, Cashew Cheeze, Hummus	£1.00

WELLNESS BOOSTS

	50ML SHOT	
BODY BOOST VG GF IMMUNITY BOOSTING ANTIOXIDANT ENRICHMENT Mct Oil, Turmeric, Lemon, Ginger & Pepper	£3.00	
BRAIN BOOST VG GF OPTIMISE PROCESSING SPEED, FOCUS & FLOW Mct Oil, Lion's Mane, Lemon & Himalayan Salt	£3.00	
JEDI BOOST V GF ENHANCE PERFORMANCE & RECOVERY Raw Honey, Guarana, Cordyceps & Lemon	£3.00	

DESSERTS

TRANQUIL CHEESECAKE V GF With Almond Biscotti Base	£4.50
TRANQUIL SWEET TART VG With Cashew Praline	£4.00
ROSKILLYS CORNISH ICE CREAM(120ML) V GF Vanilla, Strawberry or Caramel Crunch	£3.50
BOOJA BOOJA ICE CREAM (110ML) VG GF Vanilla or Caramel Pecan Praline	£3.50
PEANUT MAPLE POPCORN VG GF	£2.50
GREEN & BLACKS MINI CHOC BARS V VG GF	£1.00
BELGIAN MILK CHOC BALL V GF	£0.50
ALMOND BISCOTTI BISCUIT VG GF	£0.50
DOUBLE CHOC HAZELNUT BISCUIT VG GF	£0.50

MILKSHAKES & SLUSHIES

Hmm...lip-smacking shake with Cornish Vanilla ice-cream or our fruitylicious ice cold super slushie

STRAWBERRY MILKSHAKE - 500ML V VG GF With Vanilla Ice Cream & Fresh Strawberries	£6.00
COOKIES & CREAM MILKSHAKE - 500ML V GF With Vanilla Ice Cream, Butterscotch Chocolate & Hazelnut Choc Cookies	£6.00
STRAWBERRY SLUSHIE - 500ML VG GF With Basil, Agave & Purified Crushed Ice	£4.00

COLD DRINKS

EQUINOX KOMBUCHA - 275ML Wild Berry or Raspberry & Elderflower	£3.50
JEDI JUICE - 250ML / CAFFEINE 80MG ENHANCE PERFORMANCE & RECOVERY Raw Honey, Lemon, Guarana & Cordyceps	£3.00
LEMONY LEMONADE - 330ML	£2.50
WHOLE EARTH COLA - 330ML	£2.00
ENGLISH FIESTA APPLE JUICE - 250ML	£2.00
PURIFIED WATER - 250ML	£1.00

HOT DRINKS

YERBA MATE with Raw Honey & Lemon ADD WELLNESS BOOST	£2.50 + £2.00
AMERICANO ADD WELLNESS BOOST	£2.50 + £2.00
LATTE*	£3.00
CAPPUCCINO*	£3.00
ESPRESSO	£1.50
BRITISH TEA*	£2.00

*Dairy Oat Almond



VISIT US:
13 WATERLOO ROAD,
LIVERPOOL, L3 7BB
(NEXT TO BACCHUS GREEK TAVERNA)

TRANQUIL
EVOLUTION
ORGANIC REAL FOOD

WWW.TRANQUILEVOLUTION.COM

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