

Hot & cold drinks



Coffee

using Union Coffee, an exceptional fresh roasted Arabica bean with an explosion of flavours achieved by our skilled Baristas. Also available with skinny or soya milk and decaf coffee beans.

	SMALL	REGULAR	LARGE
Flat white, Cappuccino, Latte	£2.10	£2.50	£2.90
Americano/filtered	£1.80	£2.30	£2.70
Single/double Espresso	£1.50	£1.90	
Macchiato /double Macchiato	£1.60	£2.10	
Mocha	£2.40	£2.90	£3.40
Chai latte	£2.10	£2.50	£2.90
Baby Chino	£0.60		
Extra shot Espresso	£0.40		
Syrup shot	£0.40		

Hot Chocolate

superbly rich and smooth

Great hot chocolate	£2.10	£2.50	£2.90
Gourmet hot chocolate with marshmallows & cream	£2.40	£2.90	£3.40
Glass of milk	£1.00		

Teas

An exceptional range of herbal and caffeine-free whole leaf teabags available, all made with pure ingredients and a clear conscience.

Jasmine Blossom Green	£2.10
Citrus Spiced	£2.10
Fruit and Blossoms	£2.10
Rooibos	£2.10
Egyptian Chamomile	£2.10
Earl Grey	£2.10
Darjeeling	£2.10
English Breakfast	£2.10
Decaf Breakfast	£2.10
Everyday Tea	£1.50

Tea Steepers

per single pot	
Lemon & Ginger	£2.40
Fresh Mint	£2.40

Flowering Teas

All of our flowering teas are made with green tea buds and beautiful aromatic flowers: Lotus Peak, Tiger Leaping and Jnjicun Mountain.

Per single pot	£3.25
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Summer Specials

Fruit Chillers

Simply fresh fruit, a drop of fruit juice and ice

Berry Burst	£2.50
Tropical Twist	£2.50

Iced Coolers

Traditional iced coffee	£2.70
Iced infusion	
Special	£2.70

Thank you for visiting Lo-Gi today

Lo-Gi was born from a need for good quality healthy choices.

The founders of Lo-Gi - Gordon (a coeliac) and Shirley (a diabetic) - and their two dairy-intolerant children were tired of compromising when looking for places to eat out.



So they decided to provide everyone with that no-compromise option themselves! By everyone, they wanted to include people who may be intolerant to dairy or gluten; may be diabetic; may want to eat good, tasty, healthy food and know what went into making it - or may simply want to treat themselves without feeling guilty.

In Lo-Gi, we hope you agree, they have achieved just that - and all served in relaxed and friendly surroundings.



We are happy to provide full nutritional details if required - just ask our staff or visit our web site.



We also provide catering for businesses, delivering healthy options for meetings and staff lunches.

Lo-Gi

simply deliciously good food!

5 Ely Court, Royal Victoria Place
Tunbridge Wells, Kent TN1 2SP

Tel: 01892 544 677

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SUMMER MENU

www.eatlogi.com www.eatlogi.com

Breakfast

Great, energising Lo-Gi breakfasts - so good you can order at any time of day!

Smoothies

Good

Berries, banana and apple juice (GF, DF) **£2.50**



Great

Berries, banana, milk and yoghurt (GF, GI) **£2.70**



Gourmet

Berries, banana, milk, yoghurt, oats and seeds (GF, GI) **£2.90**

Toasted teacakes



Toast - choose from granary, white farmhouse or gluten-free bread **£1.50**

A choice of jam **£0.40**

Bacon sandwich - choose from granary, white spelt or gluten-free bread **£3.20**

Smoked salmon and cream cheese on open toasted ciabatta **£3.90**



Porridge with honey or berries **£2.50**

Muesli with Greek yoghurt and honey or berries **£3.50**

Ask about the Lo-Gi loyalty scheme - and lunch could be on us!

Sandwiches & wraps

Choose your fresh bread - granary, toasted ciabatta, farmhouse white, gluten-free bread or wraps. Choose your filling...

Good

- Free range egg mayonnaise & rocket
- Brie, cranberry and rocket
- Cheddar, chutney and fresh green salad
- Tuna mayonnaise and cucumber



All at **£4.50** each and served with a fresh, crisp side salad

Great

- Wiltshire ham and fresh green salad
- Crispy bacon, fresh lettuce and tomato
- Prawn mayonnaise and fresh green salad
- Pesto, tomato, mozzarella and spinach



All at **£4.90** each and served with a fresh, crisp side salad

Gourmet

- Chicken, avocado and rocket
- Smoked salmon, cream cheese and cracked pepper
- Falafel, fresh mint, cucumber, tomato, mixed leaves and houmous
- Brie, crispy bacon, cranberry and rocket



All at **£5.25** each and served with a fresh, crisp side salad

Kids
ham & cucumber or
cheese & tomato
£2.80

Super Salads

All salads are freshly made to order, using local and seasonal ingredients

Moroccan Cous-Cous (DF, V) £6.25

Spiced cous-cous, chickpeas, mint, raisins, cucumber & onion with mango, chilli & lime dressing. WITH falafels or chicken **£7.25**

Lo-Gi Super Salad (GF, DF, V) £6.25

Mixed leaf, cucumber, edamame beans, orange, pine nuts & beetroot with sweet wasabi & beetroot dressing. WITH avocado or chicken **£7.25**

Italian Rugola (GF, V) £6.25

Rocket, sunblush tomato, olives, parmesan, pine nuts & avocado with balsamic vinaigrette. WITH chicken or tuna mayo **£7.25**

Guest Salad of the Week - see Specials, **from £6.25**

Salad Selector

See special order sheet **from £6.25**

Soup of the Day

All 100% natural ingredients with local and seasonal products where possible.

£4.50 per bowl - served with your choice of choice of roll, gluten-free bread or side salad

Cakes

A selection of gluten-free, dairy-free and sugar-free cakes available daily. All are homemade, using natural ingredients and fruit as a natural sweetener.

£2.40 per slice

We also deliver local businesses' staff lunches and catering for meetings and events



KEY: GF = GLUTEN-FREE: DF = DAIRY-FREE: V = VEGETARIAN

If you have any questions about our ingredients, just ask! You can find full details on our website about our workplace services for meetings and staff lunches.

www.eatlogi.com