

ADAPTOGENIC BAR

Adaptogens are natural plant extracts and mushrooms that help the body adapt to stress, support balance, and boost overall wellbeing. Adaptogenic additions to your drink can help you feel more grounded and resilient throughout your day.

Calm Chai | Cordyceps + Chai + Plant Mlk | 7

Cocoa Focus | Lion's Mane + Organic Cacao + Plant Mlk | 7

Brain Fuel | Lion's Mane + Matcha + Plant Mlk | 7

Energy Elixir | Maca + Espresso + Plant Mlk | 7

Peace Pour | CBD + Black Coffee | 7

SHAKES

PROTEIN SHAKES | 9

Nutty Power Protein Shake | GF, N, S

Banana + Peanut Butter + Organic Cacao nibs + Vanilla Protein Powder.

*** Recommended with a shot of coffee | 1.5**

Blue Lagoon Protein Shake | GF, S

Banana + Dates + Blue Spirulina + Coconut Milk + Yogurt + Vanilla Protein Powder

*** Recommended with Cordyceps powder | 2**

WELLNESS SHAKES | 8.5

Antioxidant | GF

Banana + Dates + Strawberries + Raspberries + Blackcurrants + Chia Seeds + Chokeben + Blueberries + coconut mlk.

***Recommended with added almond butter**

Green Goddess | GF

Banana + Dates + Spinach + Cucumber + Courgette + Broccoli + Parsnip + Ginger + Coconut Milk.

***Recommended with added peanut butter**

Golden Glow | GF

Bananas + Dates + Pineapple + Seabuckthorn + Orange + Papaya + Baobab Fruit + Mango.

***Recommended with added Echinacea**

WIFI: WAVE PASSWORD: VEGANWAVE

@WEAREWAVELDN

LAPTOP POLICY

We love being a space where you can work, relax and feel at home. If the cafe is quiet, please feel free to sit at any table. During busy times, we kindly ask you to share tables and be mindful of others looking for a seat.

To support our small business and keep this space thriving, we ask that you purchase something each hour while using your laptop.

Thank you for helping us keep WAVE welcoming and comfortable for everyone.

ALLERGY INFORMATION

Due to the nature of our business we cannot guarantee that the food prepared on these premises are free from allergenic ingredients.

We serve oat mlk as standard. Soy, almond & coconut are available upon request. All of our foamed mlks may contain traces of peanuts, nuts, soy & gluten.

ALLERGEN KEY

SOYA	S
SESAME SEEDS	SE
MUSTARD	M
CELERY	C
GLUTEN	G
GLUTEN FREE	GF
GLUTEN FREE OPTION	GFO
NUTS	N
PEANUTS	P
ALCOHOL	A

SCAN FOR WHOLE MENU ALLERGENS



WAVE

We Are Vegan Everything

AUTUMN MENU HACKNEY CENTRAL

OPEN EVERYDAY

Mon-Fri: 8am-5pm (Kitchen closes at 3pm)

Sat: 8am-5.30pm (Kitchen closes at 5pm)

Sun: 9am-5pm (Kitchen closes at 4pm)

When the kitchen closes before the cafe we still have a large display of sandwiches, toasties, baked goods and drinks on offer.

HACKNEY CENTRAL | STOKE NEWINGTON

SARNIES + ROLLS

Counter display items. Available all day.

RAGU BRISKET BRIOCHE 9.5 | G, S

Slow Cooked Italian Spiced Tomato Pulled Fable Mushroom Meat | Pickled onion | Dill Aoli. (Fibre, antioxidant + superfood rich)

BREAKFAST STUFFED CROISSANT 8.5 | G, S

Tofu "Egg" Mayo | Roasted Tomatoes. (Antioxidant + protein rich)

'TU'NAH' SOURDOUGH TOASTIE 8.5 | G, C, S, M

Chickpea Tu'nah Mayo | Red Onion | Lambs Lettuce. (protein, fibre + antioxidant packed)

SAUSAGE ROLL 5.5 | G, S

MUSHROOM ROLL 5.5 | GF, S, SE

- ADD ANY EXTRAS TO PUMP UP YOUR MEAL

SWEET

ORGANIC AÇAÍ BOWL 13 | GF, N

Organic Acai | Nutty Granola | Chia | Coconut Flakes (Antioxidant + fibre packed)

*Recommended with added banana + nut butter

*Add TRIP CBD | Banana | Peanut Butter | Almond Butter | 2

PROTEIN PANCAKE STACK 14 | GF, S, N

Three Gluten Free Pancakes | Vanilla Yogurt | Chia Berry Jam | Nutty Granola | Cinnamon

*Recommended with added banana

BAC'N PANCAKES 13.5 | GF, S

Three Gluten Free Pancakes | Ice Cream | Syrup | Cinnamon

*Recommended with added banana

SEE COUNTER FOR DAILY FRESH PASTRIES +
DESSERT OPTIONS + OUR NEW BREAKFAST
POTS

MAINS

SHAKSHUKA 15 | G, N, S, SE, M, GFO

Rich, blackened Aubergine Spiced Shakshuka Sauce | Butterbeans | Roast Peppers | Sweet Harissa + Nigella Seed Dressing | Hollandaise | Whipped Tahini Yogurt | Pickled Caraway Red Onion | Toasted Sourdough. (Probiotic, vitamin + protein rich)

Recommended with added fried Fable

GREEN ERA 'CHICK'N' SALAD 15 | S, G, N, GFO, SE

Tamari Roasted Tofu 'Chick'n' | Lambs Lettuce | Onions | Sourdough Croutons | Broccoli | Creamy Cashew Dressing. (Protein, antioxidant + vitamin loaded)

*Recommended with added Avocado or La Vie Bac'n

BREKKIE BOWL 16.5 | G, S, SE, GFO

Scrambled Tofu | Pickled Caraway Red onion | Hummus | Garlic Sautéed Kale | BBQ beans | Avocado | Toasted Sourdough (Fibre, protein rich + gut-friendly)

*Recommended with La Vie Bac'n

SUNNY SIDE 14.5 | M, SE, S, G, N, GFO

Scrambled tofu | Garlic Sautéed Kale | Cashew Hollandaise | Toasted Sourdough. (Nutrient + protein rich)

*Recommended with added Avocado

TOASTED SMASHED AVO + PEA 12 | S, G, GFO

Avocado | Smashed Peas | Dill + Garlic Oil | Toasted Sourdough. (High in protein, fibre + antioxidants)

*Recommended with added fried Fable

EXTRAS

Add to any main, Sarnie or Roll

SCRAMBLED TOFU	3.8 S, GF
FABLE	4 S, GF
LA VIE BAC'N	3.8 S, GF
AVOCADO	3.2 SE, GF
GARLIC KALE	3 G, SE, GF
BBQ BEANS	3.5 SE, GF

PICKLED RED ONION	2.5 GF
HUMMUS	3 GF
SOURDOUGH	2.5 G, GFO
BANANA	2 GF
TOMATOES	3.5 GF
ICE CREAM	4 GF, S,

DRINKS

See fridge for smoothies + juices

SPECIALITY HOT DRINKS

Matcha Latte | 4.5
Organic, Raw Cacao | 4.7
Turmeric Cacao | 5.5
Mocha | 4.9
Chai Latte | 5
Turmeric Latte | 4.5
Beetroot Latte | 4.5

MUST TRY

Salted Coffee | 4.9
Peanut Butter Coffee | 4.9
PB Hot Choc | 5.5

CLASSIC HOT DRINKS

Espresso | 3
Macchiato | 3.3
Americano | 3.3
Cortado | 3.7
Flat White | 3.9
Cappuccino | 3.9
Latte | 4.1

MINIS

Babyccino | 1.5
Toddlerccino | 2.5

LOOSE - LEAF TEA

English breakfast | Earl grey | Rooibos | Green | Peppermint | 3.5

EXTRAS

Add to any coffee

Choice of Plant Milk

- Soya, Almond, Coconut, Oat
- Home Made Peanut Butter Oat Milk | 80p

Syrups

- Salted, Demerara, Vanilla | 80p

Medicinal

- Lions Mane Powder, CBD | 2

Ice It, Go large, Whipped Cream | 50p