



THE DRINKS MENU

ORGANIC COLD-PRESSED JUICES

All 6

- **The Incredible Bulk (ve)**

Apple, celery, broccoli, seasonal greens, lemon, ginger and mint

- **Ginger Spice (ve)**

Apple, carrot, lemon, ginger and tumeric

- **Bring The Beet In (ve)**

Apple, orange, beetroot, agave, lemon, lime and ginger

Fresh Pressed Orange Juice

4



THE GREEN LAB

SMOOTHIES

All 6

- **Strawberry Blonde (ve)**

Strawberries, oat milk, soya yoghurt, banana, boabab, lemon zest and vanilla

- **Off The Kale (ve)**

Oat milk, banana, spinach, agave, pumpkin seeds, parsley, ashwagandha powder and birds eye chilli

- **Cacao Espresso Martini (ve)**

Oat milk, banana, dates, maple syrup, cacao, lions mane and espresso

PROTEIN SHAKES

All 4,75
Add Sea Moss 2

- **Strawberry Protein Shake (ve)**

Strawberries, vegan protein powder blended with oat milk

- **Vanilla Protein Shake (ve)**

Vegan vanilla protein powder blended with oat milk

- **Chocolate Protein Shake (ve)**

Cacao, vegan vanilla protein powder blended with oat milk



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WELLNESS SHOTS

All 2,50

- **I've Got The Power (ve)**

Apples, lemon, tumeric, himalayan pink salt and ginger.

Helps to strengthen the immune system and keep your body strong

- **Gut Vibes Only (ve)**

Apples, strawberries, organic apple cider vinegar and probiotics.

Help to boost gut health

- **Let it Glow**

Pineapple, spinach, coriander, thai basil, aloe vera and marine collagen.

Help improve your skin elasticity, boost nail growth and promote healthy hair

- **Drop The Beet (ve)**

Honeydew melon, beetroot, aloe vera, cayenne pepper and milk thistle.

Help lower your blood pressure and improve your blood flow



THE GREEN LAB

SIGNATURES

▪ **Miso Caramel Espresso Martini (ve)** 10

Finlandia, Mr Black coffee liqueur, fresh espresso, miso caramel

▪ **Strawberry & Matcha Highball (v)** 10

Roku gin, strawberry & matcha shrub, lemon juice, soda

▪ **Chai Spiced Sour (ve)** 9,5

Maker's Mark Bourbon, chai spice syrup, lemon juice, foamer

▪ **Grape & Yuzu Cobbler (ve)** 11

Hennessy, grape & yuzu cordial, basil, lemon juice, white wine



SIGNATURES

▪ **Spicy Kiwi Margarita (ve)** 9.5

Ocho, Cointreau, fresh kiwi, green chilli, lime juice, agave

▪ **Honey & Lavender Bellini (v)** 9

Finlandia, honey & lavender, lemon juice, prosecco

▪ **Apple & Ginger Daiquiri (ve)** 9

Bacardi Carta Blanca, apple & ginger puree, lime juice

▪ **Berry & Sage Bramble (ve)** 9

Bombay Sapphire, Noilly Prat, berry & sage shrub, lemon juice



WINES

	125	175	Bottle
Sparkling			
Famiglia Prosecco	6,50		35
Chapel down English BRUT NV	11		65
Laurent Perrier La Cuvee	15		90
Laurent Perrier Rose			130
Red			
Lamura Nero d'avola Sicilia Organic	5,20	7,70	30
Piedra Negra Organic Malbec	6	8,50	35
Amarone Classico Della Valpolicella DOCG Monteci			85
White			
Pinot Grigio Primi Soli	5	7,50	27
Sauvignon Blanc Turtle bay	7,50	10	44
Sancerre la perrière			65
Rosé			
Pinot Grigio Primi Soli Rosé	5	7,50	28
Whispering Angel, Côtes de Provence Rosé			75



BEERS

Asahi Lager 5%	5.25
Punk IPA 5.4%	5.5
Lucky Saint 0.5%	4.75
Peroni Gluten Free 5.10%	5.25

SOFTS

All 2.50

Coke Cola	
Diet Coke	
Fevertree Soda	
Fevertree Lemonade	
Fevertree Ginger Ale	
Fevertree Elderflower Tonic Water	
Fevertree Light Tonic Water	
Fevertree Tonic Water	

Hip pop organic Kombuca ginger & yuzu	3.50
Strawberry & pineapple	

SPIRITS

Vodka

Finlandia	4
Haku	5.50
Grey Goose	6

Gin

Bombay Sapphire	4
Roku	5
Slingsby Rhubarb	5.50
Monkey 47	6

Tequila

Ocho Blanco	4
Don Julio	7

Whisk(e)y

Maker's Mark	5
Suntory Toki	6
Macallan 12	10

Rum

Bacardi Carta Blanca	4
Chairmans Spiced	5
Goslings Black Seal	4.50

Cognac

Hennessy	5.50
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Liqueur/ Aperitif

Mr Black Coffee Liqueur	5
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THE GREEN LAB

COFFEE & TEAS

Espresso	2.50
Americano	2.75
Macchiato	3
Cortado	3
Cappuccino	3.50
Flat White	3.50
Mocha	4
Latte	3.75
Iced Latte	3.75
Dirty Chai Latte	4

English Breakfast Tea	2.75
Chamomile	2.25
Peppermint Leaf	2.50
Lemongrass & Ginger	2.60
Sea Moss Tea	2.75
Hot Chocolate	4
Chai Latte	2.75
Tumeric Latte	4.50
Matcha Latte	4.50
Charcoal Latte	4.50
Beetroot Latte	4.50
Butterfly Pea Latte	4.50

Milk
Whole / Semi-Skimmed

Dairy Alternatives (ve)
Oat Milk / Soy Milk / Coconut Milk +0.40



THE GREEN LAB

NIBBLES

- Olives (ve) 3
Nocerella Olives
- Steamed Edamame (ve) 6
Chilli and Octo dressing
- Turmeric Hummus (ve) 5
Crispy flatbread, paprika
- Guacamole (ve) 6
Tortilla crisps, raddish, pomegranate





PLEASE ALWAYS INFORM YOUR SERVER OF ANY ALLERGIES OR INTOLERANCES BEFORE PLACING YOUR ORDER. THE GREEN LAB IS A SHARING CONCEPT MENU. ALWAYS ASK STAFF ABOUT ALLERGENS BEFORE TASTING DISHES YOU HAVE NOT ORDERED. NOT ALL INGREDIENTS ARE LISTED ON THE MENU AND WE CANNOT GUARANTEE THE TOTAL ABSENCE OF ALLERGENS. DETAILED INFORMATION ON THE FOURTEEN LEGAL ALLERGENS IS AVAILABLE ON REQUEST, HOWEVER WE ARE UNABLE TO PROVIDE INFORMATION ON OTHER ALLERGENS.

SERVICE CHARGE:
A DISCRETIONARY OPTIONAL SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL

Allergen
and Nutritional
Information



Founded in 2019 by sisters, Nikita and Kanika Banga. The Green Lab opened their Northern Quarter site in May 2021. A year later, May 2022, they opened The Green Lab in Deansgate Square revolutionising the way people eat and enjoy food. We take pride in our offerings, everything is clean, fresh and made in-house.



THE GREEN LAB