

Your Place Of Well-Being

In today's
fast-paced &
stressful world,
You&Meow is here to
help you find your
own personal
haven of peace &
tranquillity.
With the guidance
of our feline
Zen Masters,
indulge yourself
in a unique
experience & lift
your mind,
body & spirit.



Cakes 3.60

RED VELVET CAKE

CARROT CAKE (V)

BROWNIE (V)

VICTORIA SPONGE(Gf)

COFFEE CAKE (Gf)

**TOASTED COCONUT & DARK
CHOCOLATE FLAPJACK (V/Gf)**

V- Vegan

Gf- Gluten Free



Well-Being Drinks

GINGER & HONEY TEA 3.50

Natural Antioxidants, Helps to aid digestion & the immune system.

CBD & MINT TEA 3.50

The most relaxing cup of tea in the world. Made with the finest cannabis sativa & peppermint leaves (2% CBD).

BEETROOT / TURMERIC / SPIRUALINA CATTE 3.50

[Beetroot] - Benefits blood flow & blood pressure.

[Turmeric]- Boosts & improves brain function.

[Spirualina]- Superfood, high in proteins & vitamins.

HEALTHY KITTY SMOOTHIE 4.20

A refreshing blend of orange, honey & raspberry.

CALMING KITTY (CBD SMOOTHIE) 5.50

Enjoy the soothing health benefits of CBD oil in a delicious smoothie (orange & raspberry).



---> Not included in the Voucher offer

Flora Tea 4.50

1 - HEART'S DESIRE

Rose & Lily

2 - FLOWER LOVER

**Jasmine, Chrysanthemum
& Globe Amaranth**

3 - JASMINE WITH LOVE

Green Tea & Jasmine

**[Jasmine] - Calming, good for the digestive system
& kidney.**

**[Lily] - Helps ease & give restful sleep,
good for the liver & eyes.**

**[Globe Amaranth] - Purifying, good for
the liver & eyes, helps to alleviate high
blood pressure.**

**[Chrysanthemum]- Good source of vitamins A and
C, & lower blood pressure and cholesterol.**



---> Not included in the Voucher offer



Caffeine Boost

Behind the scenes: We do not charge extra for our milk alternatives (soya, oat milk).

We want to support healthy food choices, individuals dietary needs, & want to help reduce the pressure on dairy cows.

AMEOWICANO	2.30
CATTE	2.80
CAPAWCCINO	2.80
CAT WHITE	2.80
MEOWCHA	3.20
MATCHA CATTE	3.30
ICED MATCHA	3.30
ICED COFFEE	3.00
ESPURRESSO	2.00

TEAPOTS 2.90

English Breakfast - Earl Grey



PositiviTea 3.50



In today's fast-paced world, finding balance can be challenging. With the right tools & knowledge available, maintaining your well-being can be much easier.








One of these tools are Chakras, the energy centres of the body. For thousands of years, they have been used as spiritual guidelines for wellbeing, & are said to be directly connected to the health of the physical body & mind.

When Chakras are balanced, you feel positive, healthy & happy. By harnessing the healing power of herbs, each tea within the Positivitea range has been specifically blended to help you feel balanced & at peace, whatever your current ailment or situation.

AVAILABLE TEA BLENDS (TEAPOTS)

- THRIVE** - Hibiscus, strawberry, cinnamon & ashwagandha
CREATE - Rooibos, cocoa, vanilla & ginseng
ACHIEVE - Yerba mate, lemongrass, ginger & dandelion
GIVE - Green tea, rose, jasmine & ginko biloba
INSPIRE - Peppermint, liquorice, echinacea & ajwain
IMAGINE - White tea, elderflower, blueberry & eyebright
CONNECT - Chamomile, honeybush, lavender & valerian

A QUICK GUIDANCE TO YOUR 7 CHAKRAS


	BLOCKED	BALANCED	OVERACTIVE
	Fearful, anxious, unsure, financial instability, ungrounded.	Safe, secure, centred, grounded, happy to be alive	Greedy, lust for power, aggressive, materialistic, cynical.
	Low libido, fear of intimacy, no creativity, isolated.	Passion, creative, healthy libido, optimistic, open.	Over-emotional, fixated on sex, hedonistic, manipulative.
	Low self-esteem, feeling powerless, inferiority complex.	Confident, feel in control, personal power, drive, good self-image.	Power hungry, domineering, perfectionist, critical.
	Lack of empathy, bitter, hateful, trust issues, intolerant.	Peaceful, loving, compassionate, tolerant, warm, open.	Jealous, codependent, self-sacrificing, give too much.
	Can't express self or speak out, misunderstood, secretive, not a good listener.	Confident expression, clear communicator, creative, diplomatic.	Opinionated, loud, critical, gossipy, yell or talk over others, harsh words.
	Poor judgement, lacks focus, poor imagination, can't see beyond physical.	Imaginative, intuitive, clear thoughts and vision, sees beyond physical.	Nightmares, delusions, hallucinations, obsessive, see too many spirits.
	Depression, learning difficulties, weak faith, anger at divine, brain fog.	Strong faith, universal love, intelligent, aware, wise, understanding.	Dogmatic, judgemental, spiritual addiction, ungrounded.

Treat Yourself

**Made from Pure Chocolate Shavings.
VEGAN Dark Chocolate available.**

**DARK CHOCOLATE 3.30
WHITE CHOCOLATE 3.30**

 **WHITE HOT CHOCOLATE WITH
MATCHA & CREAM 3.80**

 **DARK HOT CHOCOLATE WITH
BEETROOT & CREAM 3.80**

**[Beetroot] - Improved blood flow
& blood pressure.**

**[Matcha]- High in antioxidants, promotes
a healthy brain & heart.**

Refreshing Soft Drinks

**PEACH ICED TEA 2.80
RASPBERRY LEMONADE 2.80
APPLE / ORANGE JUICE 2.30
GLASTONBURY STILL /
SPARKLING WATER 2**



----> **Not included in the Voucher offer**