

BREAKFAST

UNTIL 12PM

EGGS £5.90

SHAKSHUKA | GF V

BAKED EGGS WITH SPICED TOMATOES

SRI LANKAN | GF V

BAKED EGGS WITH DAL, CHILLI, CORIANDER

ROYALE |

POACHED EGGS, SMOKED SALMON, HOLLANDAISE

PORRIDGE £3.50

ROASTED PEAR |

WALNUT, DATE SYRUP

BANANA |

CACAO NIBS, HONEY

BERRIES |

HOME-MADE BERRY COULIS

ALL DAY

GRILLED TOASTIES | £4.50

CHECK OUR OPTIONS AT THE COUNTER

AVOCADO TOAST | £4.50

TOMATOES £1.00

POACHED EGG £1.00

GRILLED HALLOUMI £1.20

SMOKED SALMON £1.50

HOME-MADE KIMCHI £1.50

SWEET TOAST |

HOME-MADE PEANUT BUTTER £3.50

HOME-MADE NUTELLA £3.50

ADD BANANA £0.50

CAKES & GOODIES

CAKES

MUFFINS

ENERGY BALLS

GRANOLA BAR

BANANA BREAD

RAW BROWNIE

*ALL FREE FROM
REFINED SUGARS!*

PASTRIES

CROISSANT

PAIN AUX CHOCOLAT

PAIN AUX RAISIN

LUNCH

BUILD YOUR LUNCH

PICK 1 MAIN + 2 SIDES

BEEF | £7.25

STEWED SKIRT STEAK WITH KIMCHI

CHICKEN | £6.95

SLOW COOKED STEW WITH WALNUT

MEATBALLS | £7.25

LAMB MEATBALLS WITH APRICOT, TOMATO

FISH CAKE | £6.95

SMOKED TROUT CAKE WITH CAPERS, DILL

VEGGIE | £5.95

CHICKPEA, BUTTERNUT SQUASH, TOFU STEW

HOT V+ GF

TARKA DAL | WITH CARDAMOM

CARROTS | ROASTED WITH CUMIN, TAHINI, CORIANDER

CAULIFLOWER | ROASTED WITH TURMERIC

SWEET POTATOES | ROASTED WITH SPICES

QUINOA | TOASTED WITH LEMON

BLACK RICE | PLAIN & SIMPLE

SWEET CORN | OLIVE OIL AND BLACK PEPPER

COLD V+ GF

BROCCOLI | ROASTED WITH COCONUT

WINTER SLAW | CABBAGE, CARROT, APPLE

SOUPS £4.50

SOUP OF THE DAY |

ASK FOR TODAY'S SPECIALS

SALADS £5.50

SUPER GREEN | V+ GF

AVOCADO, KALE, LETTUCE, EDAMAME, CUCUMBER, QUINOA

CRUNCH PAD | V+ GF

CARROT & DAIKON, RED CHILLI, SPRING ONION, PEANUTS

TOP UPS

EXTRA SIDE	£1.50
FISH CAKE	£3.00
HOME-MADE KIMCHI	£1.50
AVOCADO	£1.50
SMOKED SALMON	£1.50
GRILLED HALLOUMI	£1.20