

ORGANIC HOT DRINKS

Drink it with: organic milk (whole or skimmed), soya milk, almond milk, coconut milk. Decaffeinated available.

	Single	Double
Coffee your way	£1.20	£2.00
Mocha coffee		£2.70
Chai Latte		£2.70
Selection of Teas		£3.00
Hot Chocolate		£2.70

HOT TONICS

Matcha Tea Latte [N]	£2.95
matcha green tea, almond milk, honey (optional)	
Golden Milk [N]	
Unsweetened almond milk, fresh turmeric, fresh ginger, honey	
Hot Cacao Tonic [N]	
Cacao powder, almond milk, honey	

JUICES

Work-Out Refresher	£4.25
Celery, cucumber, apple, lemon	
Power House	
Beetroot, carrot, cucumber, apple, lime, mint, ginger	

SMOOTHIES

Pineapple Passion	£5.50
Pineapple, passion fruit juice, lime	
Daily Booster	
Carrot, banana, pineapple, ginger, turmeric	

All our juices and smoothies are vegan and made with organic fruit and vegetables.
[VE][FRS][GF]

Please inform a member of our team if you suffer from any food allergens. All of our bread and baked goods use organic flour. Due to cross contamination, our food may contain traces of nuts and gluten.

[GF] Gluten Free	[V] Vegetarian	[DF] Dairy Free
[VE] Vegan	[N] Contains Nuts	[FRS] Refined Sugar Free

FROM THE BAKERY

Breakfast Muffins [V] [GF] [N]	£2.50
Choose from our sweet & savoury daily selection	
Vegan Croissant [VE]	£2.25
With jam & dairy free butter	
Sweet & Savoury Selection	£2.25
Selection of Pastries	£3.00

SALADS

Medium	£6.50	Large	£9.00
Roasted Butternut Squash & Chickpea Salad with Feta [GF] [V]			
Roasted butternut squash, chickpea, maize couscous, pumpkin Seeds, toasted pine nuts, baby spinach, lamb's lettuce, feta cheese			

Tenderstem Broccoli with Pearl Barley & Za'atar [V]
Pearl barley, za'atar, lemon, red chilli, parsley, roasted red onion and shallot, kale, baby spinach, semi dried tomato, cherry tomato, tahini dressing

SANDWICHES

Mediterranean Veggie [VE]	£4.25
Hummus, chickpea salad, romaine lettuce, tomato, cucumber, roasted red pepper, parsley, kale, grated carrot, mixed sprouts	
Mozarella Super Green [V]	
Buffalo mozzarella, tarragon, basil, chive, heritage tomato, pickled spring onion, avocado, baby spinach, baby gem, cucumber, cress, alfalfa sprouts, celery	

SAVOURY TARTS

Mushroom & Red Onion Gruyere Tart with Thyme & Tarragon [V]	£3.50
Individual mushroom, red onion, thyme, tarragon gruyere cheese	
Super Green Tart with Oven Dried Tomato [V]	
Individual broccoli, spinach, kale, leek, courgette, parsley, basil, chives, tomato, asparagus	