

ALL DAY BREAKFAST

Veggie - £7.95 (v)

Poached or fried egg, mushroom, tomato, veggie sausage, hash brown, baked beans, sourdough

Vegan - £7.50 (vg)

Mushroom, tomato, avocado, veggie sausage, hash brown, baked beans, sourdough

Pescetarian - £9.50

Smoked salmon, veggie sausage, poached egg, mushrooms, tomato, hash brown, baked beans, sourdough

Full - £8.95

Poached or fried eggs, sausage, bacon, mushroom, tomato, hash brown, black pudding, baked beans, sourdough

Smoked salmon scrambled egg bagel	£7.50
Porridge with fresh berries	£3.50
Market fruit salad, honey spiked yoghurt, granola pieces (v)	£6.50
Good morning toasts (whole wheat bagel or 6 cereal whole wheat bread), organic margarine, Seville orange marmalade (v)	£6.50

Breakfast Sandwiches

Fried duck egg & smoked bacon	£6.50
Smashed avocado & smoked tomato (vg)	£6.50
Cumberland sausage & red onion chutney	£6.50
Garlic mushroom halloumi & spinach (v)	£6.50

BRUNCH

Chickpea Pancake

Smashed avocado, heritage tomato sauce, confit cherry tomatoes, hummus

£6.00 (gf) (v)

Avocado on Toast

Poached egg, lime, coriander, chilli

£6.75 (v)

Coconut Creamed Garlic Mushrooms

Spinach, bagel

£6.00 (vg)

Fluffy Pancakes

Skyr yoghurt, fresh berries, blueberry syrup, mint
Vegan ice cream £1.50 - Chocolate, Biscotti, Bubble Gum

£6.00 (v)

Crispy Pearl Barley Arancini

Beetroot, goats cheese, spinach

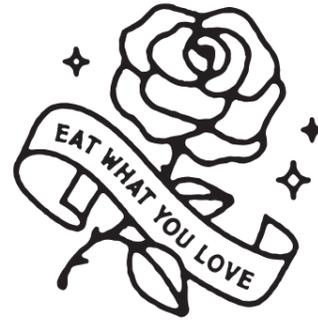
£5.75 (v)

Grilled Greens and Nuts

tenderstem broccoli, peas and spring onion, dill dressing, toasted almonds and hazelnuts

7.50 (vg) (gf)

Add Smoked Salmon £3.50, Poached Egg £1.50, Bacon £1.50, Halloumi £2.50, Sweet Potato £1.75 Chicken £2.75



SKEWERS

Spiced falafel, salt baked beetroot and courgette skewer - cucumber and mint buckwheat - chilli vegan yoghurt
£8.75 (vg)

Marinated Peruvian style chicken breast, tomato and basil buckwheat salad, avocado dressing
£9.90

Marinated halloumi yellow and green courgette, red onion - coriander and lime quinoa
£8.75 (v)

CHEATS

Loaded sweet potato fries - smoked tomato sauce, jalapeño salsa, pickles, vegan parmesan
£7.00 (vg) (gf)

Tortilla bun burger – lean steak burger – smoked garlic aioli, fairground onions, avocado salsa
£11.50

Sticky chicken wings – agave and pomegranate glaze, sesame
£6.95 (gf)

SNACKS

Sweet potato fries, tahini dressing, pickles
£3.50 (gf)

Smoked garlic hummus, flatbread crisps
£4.00 (vg)

Kale crisps, chilli flakes, lemon zest
£2.50 (gf)

Halloumi fries, salt and pepper spices
£4.95 (v)

BUDDAH BOWLS

A big bowl of goodness

Sweet & Spicy

Sweet potato - chickpea - coriander - coconut - peanut - chilli salt

£8.75 - (gf) (vg) (v)

Barley On High

Pearl barley - beetroot - falafel - yoghurt - spring onion

£8.50 - (v)

Eat Your Greens

Tenderstem broccoli - duck egg - chilli - tahini - glass noodles

£8.95 - (gf) (v)

Add Smoked Salmon £3.50, Poached Egg £1.50, Bacon £1.50, Halloumi £2.50, Sweet Potato £1.75, Chicken £2.75

SMOOTHIE BOWLS

All Smoothies - £6.50

Green Machine

Spinach / Banana / Matcha / Avocado / Agave

Berry Blast

Raspberries / Blueberries / Pineapple / Banana

Acai Bowl

Banana / Avocado / Apple / Acai Berry

Cosmic Cacao

Banana / Avocado / Cacao

All smoothie bowls come with a side of granola, and garnished with fresh berries, coconut, and chia seeds



SIDES

Smashed avocado, chilli, coriander, lime

£4.00 (vg) (gf)

Sweet potato mash, extra virgin olive oil, smoked sea salt

£4.00 (vg) (gf)

Beetroot hummus, candied walnuts

£4.00 (vg) (gf)

(v) - vegetarian (vg) - vegan (gf) - gluten free (df) - dairy free

HOT DRINKS

Ristretto

A real kick in the teeth
Sng £1.90 / Dbl £2.50

Espresso

A kick in the teeth
Sng £1.50 / Dbl £2.10

Espresso Macchiato

A kick in the teeth through a pillow
Sng £1.50 / Dbl £2.10

Cortado

Survive the meeting
£2.20

30p extra for Oat Milk

Flat White

Smooth drinking
£2.70

Americano

The day burner
£2.70

Cappuccino

The fluffy one
£2.80

Latte

The milky one
£2.80

Latte Macchiato

Same as above but more power
£3.20

Mocha

Best of both
£3.00

Hot Chocolate

Social drinker
£2.80

Affogato

A dessert or a coffee? You decide
£3.95

SPECIALS

Beetroot Latte

Made with oat milk
£3.20

Turmeric Latte

Made with oat milk
£3.20

Matcha Latte

£3.20

Chai Latte

£3.80

Peanut Butter Hot Chocolate

£3.75

EXTRAS

Espresso Shot

£0.80

Speciality Syrup

£0.50

Make it decaf

£0.40

Shot

£0.40

Whipped Cream

£0.40



TEAS

All Loose Leaf Tea £2.75

English Breakfast

Earl Grey

Classic Chai

Chocolate Chai

Red Berry

Rabbit Veggie

Rooibos

Lapsang Osprey

Camomile

Sencha Green

Moroccan Mint

Moroccan Spearmint

Darjeeling Silver Needle

Lemon & Ginger

Mint & Liquorice

Mint & Melon Pu'ehr

Carrot Apple

Coconut

FRESH PRESSED JUICES

All Juices £3.00

Apple, Beetroot, Carrot £3

ABC Juice

Beetroot £3

Good for the blood

Apple Juice £3

Full of vitamins A, C, B6

Carrot & Orange £3

It is what it is

PICK ME UP SMOOTHIES

All Smoothies £4.50

Apple / Blueberry / Raspberry

Vitamin B6, C, great for cholesterol and the heart

Apple / Pineapple / Spinach

High in niacin, zinc & vitamins A, C, E, K, B6

Banana / Matcha / Spinach / Oat Milk

High levels of anti oxidants & beneficial catechins

Banana / Cacao / Oat Milk

Vitamins B1, B2, B3, B5, B9, E and essential heart healthy fats

Banana / Amazonian Fruits / Daily Berries / Oat Milk

4 of your 5 a day

ENERGISING SMOOTHIES

All Smoothies £4.50

All of breakfast smoothies are heart healthy, with high levels of Vitamin C, E and anti oxidant goodness

Avocado / Apple / Spinach / Ginger / Agave

Apples / Blueberries / Raspberries / Avocado

Apples / Pineapple / Spinach / Avocado

Fresh Pears / Spinach / Matcha Tea / Ginger

Add some protein

Vegan Raw

Vanilla

Chocolate

COCKTAILS - £7.50

Martini's

Pornstar
French
Espresso

Daiquiri's

Strawberry
Watermelon
Passion-Fruit

Favourites

Key West Cooler
Caribou Lou
Long Island Iced Tea



BEERS

All Beers £4.75

Pacifico Clara 4.5%, Mexican, Light Pilsner

Peroni Red 4.7%, Italian

Slightly darker than its cousin. Goes great with food

Mongozo 5.0%, Fairtrade

Gluten Free, Vegan

Mongozo Buckwheat White Beer 5.0%, Fairtrade

Gluten free, Vegan, Weiss Beer made from Buckwheat

Beavertown Gamma Ray 5.4%, American Pale Ale

Aromas of Mango and Grapefruit

Beavertown Lupuloid 6.7%, American Pale Ale

Peach, Pine, Big Bev

Kona Big Wave 4.4%, Hawaiian Light Golden Ale

Smooth and Easy

Kona Longboard 4.6%, Hawaiian Golden Ale

Smooth, Citrus and Spicy

WINES

Red

Nero D'Avola Vinuva Organic 13.0%

£5.50 per glass / £20.00 per bottle

Mmm. Macho Man Monastrell 14.0%

£5.50 per glass / £20.00 per bottle

Porcondero Aglianico 13.0%

£5.00 per glass / £18.00 per bottle

Rosé

Arbour Point White Zinfandel 10.0%

£5.00 per glass / £18.00 per bottle

Lumiere De Provence 13.0%

£5.50 per glass / £20.00 per bottle

White

Altortas Sauvignon Blanc 12.5%

£18 per bottle / £5 per glass

Vinuva Organic Pinot Grigio 13.0%

£5.50 per glass / £20.00 per bottle

Sparkling

Sant'Orsola Prosecco 11.0%

£6.50 per glass / £22.00 per bottle

Cororniu Organic Cava 11.5%

£6.50 per glass / £22.00 per bottle

Evening Menu

5pm till late

Small Plates

+

Smoked salmon, dill and orange dressing, charred tenderstem broccoli	7.50 (gf)
Salt baked beetroot, crème fraiche, pomegranate and lemon	6.50 (gf) (v)
Roasted heritage carrots, wilted carrot tops, pistachio, agave, cumin & tahini	5.75 (gf) (vg)
Lettuce cup taco, chopped avocado, spiced butternut squash, jalapeno salsa, sour cream	6.50 (gf) (v)

Large Plates

+

Stuffed sweet potato skins, toasted seed crust, pickles, wilted pak choi	8.50 (gf) (vg)
Vegetarian pandang red curry, glass noodles, carrot, aubergine, mushroom, sugar snap peas, coconut, thai basil	9.50 (gf) (v)
Pearl barley risotto, red and golden beetroots, goats cheese, crispy kale	9.50 (v)
Baked aubergine and vegan mozzarella, spiced lemon breadcrumbs, tomato and oregano sauce	8.50 (v)

Skewers

+

Spiced falafel, salt baked beetroot and courgette skewer - cucumber and mint buckwheat - chilli vegan yoghurt	8.75 (vg)
Marinated Peruvian style chicken breast, tomato and basil buckwheat salad, avocado dressing	9.90
Marinated halloumi, yellow and green courgette, red onion - coriander and lime quinoa	8.75 (v)

Cheat

+

Loaded sweet potato fries - smoked tomato sauce, jalapeño salsa, pickles, vegan parmesan	7.50 (gf) (vg)
Tortilla bun burger - lean steak burger - smoked garlic aioli, fairground onions, avocado salsa	12.50
Sticky chicken wings - agave and pomegranate glaze, sesame	6.50 (gf)

Buddha Bowls

+

Sweet & Spicy

Sweet potato - chickpea - coriander - coconut - peanut	8.75 - (gf) (vg) (v)
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Barley On High

Beetroot - falafel - yoghurt - barley	8.50 - (gf) (v)
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Eat Your Greens

Tenderstem broccoli - duck egg - chilli - tahini - glass noodles	8.95 - (gf) (v)
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Snacks

+

Sweet potato fries, tahini dressing, pickles	3.50 (vg)
Smoked garlic hummus, flatbread crisps	4.00 (vg)
Kale crisps, chilli flakes, lemon zest	2.50 (vg)
Halloumi fries, salt and pepper spices	4.95 (v)

Sides

+

Smashed avocado, chilli, coriander, lime	4.00 (gf) (vg)
Sweet potato mash, extra virgin olive oil, smoked sea salt	4.00 (vg) (gf)
Beetroot hummus, candied walnuts	4.00 (vg) (gf)