

SMALL PLATES

Smoked Salmon £7.50 (gf)

Dill and orange dressing,
charred tenderstem broccoli

Salt Baked Beetroot £6.50 (gf) (v)

Crème fraiche,
pomegranate and lemon

Sweet Potato Fries £3.50 (vg)

Tahini dressing, pickles

Smoked Garlic Hummus - £4.00 (vg)

Flatbread crisps

Kale Crisps £2.50 (vg)

Chilli flakes, lemon zest

Halloumi Fries £4.95 (v)

Salt & pepper spices

Lettuce Cup Taco £6.50 (gf) (v)

Chopped avocado, spiced butternut
squash, jalapeno salsa, sour cream

Roasted Heritage Carrots £5.75 (gf) (vg)

Wilted carrot tops, pistachio,
agave, cumin & tahini

Stuffed Sweet Potato Skins - £8.50 (gf) (vg)

Toasted seed crust, pickles, wilted pak choi

Pandang Red Curry £9.50 (vg) (gf) (v)

Glass noodles, carrot,
aubergine, mushroom, sugar
snap peas, coconut, thai basil

Loaded Sweet Potato Fries £7.50 (gf) (vg)

Smoked tomato sauce, jalapeño salsa,
pickles, vegan parmesan

Tortilla Bun Burger £12.50

Lean steak burger - smoked garlic aioli,
fairground onions, avocado salsa

Pearl Barley Risotto £9.50 (v) (vg)

Red and golden beetroots,
goats cheese, crispy kale

LARGE PLATES



Spiced Falafel - £8.75 (vg)

Salt baked beetroot and courgette skewer
Cucumber and mint buckwheat
Chilli vegan yoghurt

Marinated Peruvian Style Chicken Breast £9.90

Tomato and basil buckwheat
salad, avocado dressing

Marinated Halloumi £9.90

Yellow and green courgette, red onion
Coriander and lime quinoa

Baked Aubergine & Vegan Mozzarella - £8.50 (v)

Spiced lemon breadcrumbs,
tomato and oregano sauce

BUDDHA BOWLS

Sweet & Spicy £8.75 (gf) (vg) (v)

Sweet potato - chickpea
coriander - coconut - peanut

Barley On High £8.50 (gf) (v)

Beetroot - falafel
yoghurt - barley

Eat Your Greens £8.95 (gf) (v)

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

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

SIDES

Smashed Avocado £4.00 (gf) (vg)

Chilli, coriander and lime

Sweet Potato Mash £4.00 (gf) (vg)

Extra virgin olive oil,
smoked sea salt

Beetroot Hummus £4.00 (gf) (vg)

Candied walnuts

HOT DRINKS

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

Cortado
Survive the meeting
£2.20

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

Flat White
Smooth drinking
£2.70

Hot Chocolate
Social drinker
£2.80

Americano
The day burner
£2.70

Affogato
A dessert or a coffee? You decide
£3.95

Latte
The milky one
£2.80

Mocha
Best of both
£3.00

Cappuccino
The fluffy one
£2.80

Black Hot Coco
Activated Charcoal, Chocolate,
Coconut Milk and Whipped Cream
£4.00

White Hot Coco
White Chocolate, Coconut
Milk and Whipped Cream
£3.20

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

SPECIALS & EXTRAS

Beetroot Lattem
Made with oat milk
£3.20

Turmeric Latte
Made with oat milk
£3.20

Espresso Shot
£0.80

Matcha Latte
£3.20

Chai Latte
£3.80

Speciality Syrup
£0.50

Make It Decaf
£0.40

Shot
£0.40

Whipped Cream
£0.40

Peanut Butter Hot Chocolate
£3.75

TEAS

All Loose Leaf Tea £2.75

Earl Grey
Classic Chai
Red Berry
Moroccan Spearmint
Coconut
Mint & Melon Pu'ehr

Mint & Liquorice
Rooibos
Carrot Apple
Darjeeling Silver Needle
Lemon & Ginger
Moroccan Mint

Lapsang Osprey
Sencha Green
Rabbit Veggie
Camomile
Chocolate Chai
English Breakfast

PICK ME UP SMOOTHIES

All Smoothies £4.50

Apple / Blueberry / Raspberry
Vitamin B6, C, great for cholesterol and the heart

Banana / Matcha / Spinach / Oat Milk
High levels of anti oxidants & beneficial catechins

Apple / Pineapple / Spinach
High in niacin, zinc & vitamins A, C, E, K, B6

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

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

White

Altoritas Sauvignon Blanc 12.5%
£18 per bottle / £5 per glass

Vinuva Organic Pinot Grigio 13.0%
£5.50 per glass / £20.00 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

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

BEERS

All Beers £4.75

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

COCKTAILS

The Hibiscus Margarita - £7.50
Aqua Riva Tequila, Hibiscus Syrup, Lime Juice,
Agave Syrup, Himalayan Pink Sea Salt

The Rosary - £8.00
Portobello Road Gin, Fentimans Botanical
Rose Lemonade Grapefruit Bitters

The Black Daq - £7.50
Bacardi Superior Rum, Fresh Lime Juice,
Activated Agave Syrup

The Espresso Martini - £7.50
Grey Goose Vodka, Kahlua Liqueur, Fresh Batched
Espresso, Madagascan Vanilla Syrup, Chai

The Pink Colada - £7.50
Bacardi Carta Blanca, Coconut Rum, Coconut Milk
and Cream, Pineapple Juice, Dehydrated Raspberries

The Zen & Tonic - £8.00
Liverpool Gin, Blueberry and Lavender Syrup,
Rose Oils, Aloe Water and Elderflower Tonic

The Classic Aperol Spritz - £7.00
Aperol, soda, orange slices topped with
Prosecco (Try it with an olive in, the Venetian way)

The Red & Sweet Perfect Serve - £8.00
Mombasa Strawberry Gin with Fever Tree Tonic
GARNISH: Wild Strawberries and Spearmint