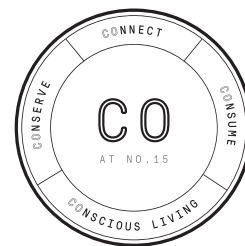


- 3.75 2 SLICES OF LIFE CHANGING LOAF *GF
a mixed nut and seed loaf that is incredibly nutritious and full of energy.
w/ homemade nutella, chia jam, peanut / hazelnut butter or honey *butter available on request
- 6.00 APPLE & CINNAMON GRANOLA *GF
homemade cinnamon & apple granola, refined sugar free and roasted until perfectly crunchy,
served with homemade coconut yoghurt or oat milk
- 6.00 FOUR GRAIN PORRIDGE *GF
a refined sugar free, warming porridge made from millet, quinoa, brown rice and amaranth, slow
cooked in coconut milk and topped with poached seasonal fruit and poppy seeds.
- 7.50 AVO ON TOAST *swap for GF life changing loaf 2.00
+ Korean avocado on toast served with kimchi fermented in-house and topped with coriander
or
+ avocado on toast topped with vine roasted tomatoes, coriander, charred chillies and fresh lime.
- 7.95 BANANA FRENCH TOAST *swap for GF life changing loaf 2.00
artisan bread soaked in banana and plant milk, panfried and served with grilled banana, tempeh
'bacon' pieces and coconut yoghurt
- 7.95 HASH STACK *GF
crispy potato hash stacked with sautéed chestnut mushrooms, avocado, thyme roasted vine
tomatoes and vegan hollandaise
+ 1.50 add toast / + 2.00 GF add life changing toast
- 8.00 AVOCADO TACOS
battered avocado fillet served in soft corn tortillas with homemade tomato salsa, crispy iceberg
lettuce and lime and cashew crema
- 8.00 FARM FRESH DISH *ask for details
a seasonally changing dish, using farm fresh produce to showcase the best in locally grown
ingredients
- 6.95 PESTO SOUP WITH GNOCCHI
fragrant basil and homemade vegetable broth blended with roasted cauliflower to create a silky
smooth and creamy soup. Topped with our pillowy potato gnocchi, pan fried green beans and
toasted pine nuts
- 7.00 DHAL & FLATBREAD
tasty and nutritious mung bean dhal cooked with creamy coconut milk and wilted spinach and
thickened with besan flour, served with homemade flat breads and topped with fresh coriander.
- 8.00 HIPPIE BOWL *GF
a nutritious and perfectly balanced bowl of wild & brown rice, lemon roasted chickpea croutons,
balsamic braised beets and fresh vegetables, avocado and micro herbs topped with tahini, miso
and plum dressing
- 6.50 PLANT PAD THAI *GF
a fresh and tasty salad made from crispy vegetables and rice noodles, in a creamy aromatic
almond butter and thai spiced dressing
- 14.00 SHARING PLATTER
the perfect dish for two people. Served on a platter with homemade dips and crackers and
breads, basil pesto, mushroom paté, onion chutney, as well as a delicious almond and chive
'cheese', marinated olives, sauerkraut.

BOOSTERS / BUILD YOUR OWN

- 1.50 Toasted Organic Bread (1 slice) *butter on request
1.75 Toasted Life Changing Loaf (1 slice) *butter on request
1.25 Free Range Egg (scrambled or poached)
2.00 Tempeh 'Bacon'
2.00 Streaky Bacon !MEAT
1.75 Mashed/ Sliced Avo
2.00 Kimchi / Sauerkraut
2.00 Fresh Salsa
1.25 Almond & Chive 'Cheese'



*GF - free from gluten / !EGG - contains egg / !MEAT - contains meat

In a bid to keep our promise that all our food is either prepared fresh on site every morning or made to order, we do not use bain maries or microwaves therefore please allow some time for your food to arrive. We cannot guarantee that our food is free from traces; if you have any specific requirements please advise us when placing your order; alternatively allergen menus are available upon request.

Tea

Kandula hand-picked pyramid tea bags

2.50	English Breakfast	
	Earl Grey	2/ 2.20
	Ebony Chai	2.20
	Vanilla Chai Rooibos*	2.30
	Ceylon Green*	2.30
	Chamomile Rose*	2.70
	Moroccan Mint*	2.70
	Strawberry Hibiscus*	2.70
	Spiced Mango Green*	2.00
	Lemon & Ginger*	1.00
	Detox	
	/ *teas available over ice	

#15 Speciality

3.80	Our Hot Cacao * w/ oat milk (add Reishi Mushroom 0.50)	0.50
3.00	Chai Milk	
3.80	Matcha Green Milk * w/ coconut milk	
3.30	Almond, Saffron, & Cardamom Milk	
2.80	Honey & Cardamom Milk Over Ice	
3.50	Turmeric & Ginger Milk * w/ coconut milk	

Wholesome Shakes*

made with dairy free vanilla ice cream & artisan ingredients

5.50	Vanilla Bean	
	Cacao	
	Espresso	
	Coconut	
	Mixed Berries	
	Turmeric & Ginger	2.95
	Rose	
	Homemade Hazelnut Butter	5.00
	Homemade Peanut Butter	

Coffee

Hot Numbers Espresso & Decaf

*all of our coffees are made with a double espresso, please specify if you'd prefer a single

Espresso / Double Espresso
Americano
Macchiato
Cortado
Flat White
Latte
Cappucino
Childrens Hot Cacao
Children's Babyccino (foamed milk, marshmallow & cocoa)

Swap cow's milk for coconut or oat milk

Boosters

add to any drink (1.00)

Organic Spirulina
Organic Chlorella
Organic Wheatgrass
Granola Dust
Organic Flaxseed
Protein Powder
Baobab
Organic Matcha
Turmeric & Ginger Root
Organic Coconut Oil
Organic Cacao

#15 Lemonade (250ml)

still, produced in-house daily
rooibos Infused lemonade

Seasonal Smoothie

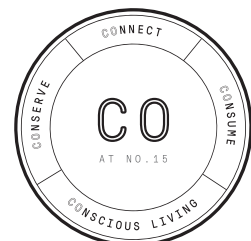
plant based smoothie, ask for details

*Love our shakes? Why not invest in one of our insulated reusable tumblers & save by collecting points to spend in store everytime you bring it in to refill; whilst keeping our planet greener!

In addition to the above, we have a variety of artisan & locally sourced cold drinks in our fridge, take a peek when you visit the counter to place your order.

OUR SUPPLIERS

Flour - Glebe Farm, Doves Farm & The Prior's Flour
Eggs & Other Dairy - Rattlesden Farm
Fruit & Vegetables - Kale and Damson
Bread - Cobs Bakery & Norfolk Street Bakery



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