

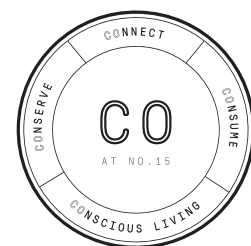
OUR FOOD

- 3.75 2 SLICES OF LIFE CHANGING LOAF *GF
a mixed nut and seed loaf that is incredibly nutritious and full of goodness w/ homemade spread (nutella, chia jam, peanut / hazelnut butter or honey) *butter available on request
- 5.00 PUMPKIN GRANOLA *GF
pumpkin and walnut granola, golden roasted and refined sugar free served with either home made coconut yoghurt or oat milk
- 5.50 RED QUINOA PORRIDGE *GF
slow cooked red quinoa in creamy coconut milk with toasted almonds, almond butter and poached winter fruit
- 7.95 PANCAKES
fluffy applejack pancakes with apple compote, apple caramel and cinnamon & coconut yoghurt
- 7.50 AVO ON TOAST *swap for GF life changing loaf 1.75
+ Korean avocado on toast served with kimchi fermented in-house and topped with coriander or
+ avocado on toast topped with smoky carrot lox & shaved radishes with lime
- 8.00 HASH STACK *GF
crispy potato hash stacked with sautéed chestnut mushrooms, avocado, smoky carrot lox and hollandaise
+ 1.50 add toast / + 1.75 add life changing toast GF
- 6.50 SEASONAL SOUP
see whiteboard for today's selection
- 7.95 MUSHROOM BOURGUIGNON
a rich mushroom bourguignon cooked in a tomato and red wine jus and served with a creamy caramelised shallot and potato mash
- 7.00 STIR FRY
Crunchy, fresh vegetables stir fried with mushroom and ginger in a tamari sauce topped with sesame and crispy shallots.
+ add chinese five spiced seitan £2.00
- 7.50 BALANCE BOWL *GF
a perfectly balanced bowl of wild rice, homemade chickpea falafel, roasted butternut squash, fresh vegetables and avocado served with carrot hummus, spicy Harissa and lemon dressing
- 6.50 BANH MI
five spice 'duck', ginger pickled carrots, mung beansprouts, shredded lettuce, cucumber, crispy shallots & lemongrass 'mayo' and hoison sauce in a baguette
- 8.00 HUEVOS RANCHEROS !EGG
two perfectly runny eggs on corn tortillas, topped with smoky black beans & fresh tomato salsa with charred chilli

12.50 SUNDAY ROAST WELLINGTON *available on Sundays only 11-3 / *GF available on request
lentil wellington, made from puy lentils and water chestnuts, rolled in a mushroom duxell and flaky pastry, baked until golden brown, served with crispy potatoes roasties, maple roasted brussels sprouts, cinnamon roasted parsnips, smashed peas and rich red wine gravy.

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
1.50 Organic Egg (scrambled or poached)
2.00 Tempeh 'Bacon'
2.00 Chinese Five Spiced Seitan
2.00 Smoked Carrot Lox
2.00 Streaky Bacon !MEAT
1.75 Mashed/ Sliced Avo
2.00 Kimchi
2.00 Fresh Salsa



*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.

OUR DRINKS

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	

0.50

#15 Speciality

3.80	Our Hot Cacao * w/ oat milk (add Reishi Mushroom 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	2.95
	Espresso	
	Coconut	
	Mixed Berries	
	Turmeric & Ginger	5.00
	Rose	
	Homemade Hazelnut Butter	
	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

2/ 2.20	Espresso / Double Espresso
2.20	Americano
2.30	Macchiato
2.30	Cortado
2.70	Flat White
2.70	Latte
2.70	Cappucino
2.00	Childrens Hot Cacao
1.00	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

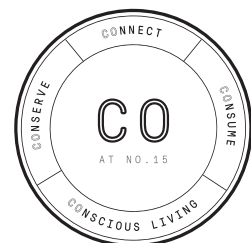
plant based smoothie, ask for details

*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 - COFCO / Haresfield Farm
Fruit & Vegetables - Kale and Damson
Bread - Cobs Bakery



This paper has been manufactured in Hemel Hempstead using the world's first mechanised paper making machine and it has been made with 100% recycled materials and is process chlorine free. Throughtout Co. you will find variations including paper made with: waste collected from banana plantations/ waste collected from coffee plantations/ grass fibres/ crushed sea shells/ shredded old bank notes; can you guess which one you are looking at right now? #Conserve