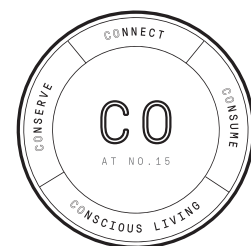


- 3.95 2 SLICES OF LIFE CHANGING LOAF *GF
a mixed nut and seed loaf that is incredibly nutritious and full of goodness w/ homemade spread (nutella, chia jam, peanut / hazelnut butter or honey) *butter available on request
- 4.50 CRANBERRY & ORANGE GRANOLA *GF
oats mixed with seeds and almond flakes baked together with orange zest, cranberries and ginger until golden brown. Topped with either coconut yoghurt or warm oat milk
- 5.50 PORRIDGE *GF
warm chia and flaxseed pudding spiced with chai flavours and served warm with coconut milk. Topped with homemade coconut yoghurt and freeze dried apple
- 7.95 FRENCH TOAST
organic wholemeal bread soaked in a banana batter, pan fried and served with homemade maple coconut butter, grilled banana, berry compote and tempeh bacon
- 8.00 BREAKFAST TACOS *GF
scrambled tofu and smoky Mexican beans served with persimmon and avocado salsa topped with charred lime, sour cream and chilli
- 8.00 HUEVOS RANCHEROS *GF !EGG
two perfectly runny eggs on corn tortillas, topped with smoky Mexican style beans & fresh tomato salsa with charred chilli
- 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 & french 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 offering
- 7.50 BALANCE BOWL *GF
a perfectly balanced bowl of quinoa, pickled carrots, roasted butternut squash, purple sauerkraut and avocado served with carrot hummus and a spinach and tahini dressing
- 7.00 OUR MEATBALLS & MASH *GF
roasted lentil 'meatballs' served with cheesy and creamy polenta and rich tomato sauce topped with crispy kale chips
- 7.00 JACKFRUIT SLIDERS
barbecue pulled jackfruit served in toasted slider buns with red cabbage and apple coleslaw, sliced avocado and barbecue sauce
- 6.95 CHEF'S PLATE
see whiteboard for today's offering

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 Smoked Carrot Lox
1.75 Mashed/ Sliced Avo
2.00 Kimchi
2.00 Fresh Salsa



OUR DRINK

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

Swap cow's milk for coconut or oat milk

#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	2.50
	Cacao	
	Espresso	
	Coconut	2.95
	Mixed Berries	
	Turmeric & Ginger	
	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

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)

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 Cacao

Home Brewed Kombucha

varying in flavour, as the seasons change

#15 Lemonade (250ml)

still, produced in-house daily
rooibos Infused lemonade

Seasonal Smoothie

plant based smoothie, ask for details

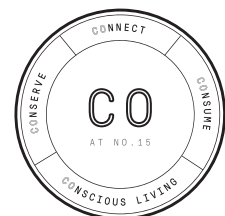
TAKE IT HOME WITH YOU

A small selection of our artisan products, produced in-house. For further details regarding ingredients & storage information please ask a member of staff.

8.00 / 15.00	Life Changing Loaf (6/12 portions) *we require 2 days notice a gf mixed nut and seed loaf that is incredibly nutritious and full of goodness.
18.50	Nut Roast *we require 5 days notice made w/ almonds, cashews & mixed seeds, and promises to be moist & delicious
16.50	Roast Wellington *we require 5 days notice pastry wrapped lentil roast wellington with water chestnuts and mushrooms.
1.20 / 100g	Cranberry & Orange Granola
2.50 / 120g	CoYo (coconut yoghurt)
2.50 / 100g	Kimchi Fermented (in house) cabbage, with a smoky and distinct flavour

OUR SUPPLIERS

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. Throughout 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