

Life Changing loaf (nuts)

**2 days notice for orders*

a mixed nut and seed loaf that is incredibly nutritious and full of goodness. If you are gluten free or just looking for a healthy and delicious bread alternative, look no further.

2 days notice for orders

£15 whole loaf - approx 12 portions

£8 half loaf - approx 6 portions

Roast Wellington (gluten, nuts *can be made without nuts on request)

**5 days notice for orders*

pastry wrapped lentil roast wellington with water chestnuts and mushrooms. Perfect for the centre of a Sunday roast. Can also be frozen to enjoy up to 4 weeks later.

£16.50 - approx 8-10 portions

Nut Roast (nuts)

**5 days notice for orders*

made with almonds, cashews and mixed seeds, our nut roast promises to be moist and delicious. Can be frozen for up to 4 weeks, and is also super tasty, thinly sliced in a sandwich.

£18.50 - approx 10-12 portions

Granola (nuts)

cranberry and orange granola made with oats, mixed seeds and almonds flakes, baked together with orange zest, cranberries and ginger until golden brown. If kept in an air tight container, lasts for up to 5 weeks

£1.20/ 100g

COYO

homemade coconut yoghurt. Creamy and delicious, and is great served on breakfasts, soups, or just on it's own with fruit. Probiotic and great for your gut flora. To be consumed within 6 days

£2.50/ 120g

Kimchi

fermented right here at Co. our home made kimchi is a mildly spicy Korean classic. Fermented cabbage, with a smoky and distinct flavour. Keeps for up to 3 weeks refrigerated.

£2.50/ 100g