



## SALADS

6.99

### Raw Detox Salad

Shredded white & purple cabbage, carrots, courgettes, Oolong-soaked raisins, walnuts and orange served with honey & mustard dressing. (Vegan-GF)

### Roasted Cauliflower & Pomegranate Tabbouleh

Roasted paprika purple and white cauliflower, cauliflower rice, pomegranate seeds, ripped herbs and balsamic dressing. (Vegan-GF)

### Whipped Goats Cheese & Green Bean

Whipped goats cheese on a salad of green beans, sugar snaps, tender stem broccoli and dukkah (roasted nuts, spices & seeds) with french dressing. (GF)

### Crunchy chickpeas, Roasted Butternut Squash, Sweet Potatoes & Caramelised Onion

Chickpeas, roasted butternut squash, caramelised onions, confit tomatoes and sugar snaps peas. (Vegan-GF).

## PROTEIN ADD-ONS

Add any of these to your salad for more protein power:

### Roasted Organic Harissa Chicken

3.99

### Hummus with Raw Vegetable Spears

2.99

### Single-Source Smoked Salmon

3.99

### Dill and sun-dried tomatoes Aioli with Soft Boiled Organic Eggs

3.99

### Herb & Goats Cheese Balls

3.99

## SANDWICHES

### Vegan

5.25

Roasted aubergine, red peppers, rosemary hummus, sun dried tomatoes, olives & torn basil.

### Smoked Salmon

### and Dill Cream Cheese

6.10

Smoked salmon, dill cream cheese, marmalade of orange chives & dill.

### Harissa Roasted Chicken 5.95

Marinated harissa chicken, guacamole, cilantro, raisins and aioli.

### Ham and Cheese baguette 5.50

Caramelised onions and rosemary butter, cheddar cheese and honey roast ham.

### Gruyere & Mature Cheddar Toastie

Mature cheddar and gruyere topped with jalapeños and dijon mustard on sourdough bread.

For food allergens and information, please ask a member of staff.



## VIENNOISERIE

Croissant	1.65	Pain aux raisins	1.90
Almond croissant	2.35	Cinnamon swirl	1.90
Pain au chocolat	1.90	Pastel de nata	1.70

### BREAKFAST POTS

3.10

#### Magic Oat Pot

Overnight oats soaked in oat milk, tahini paste, medjool dates, raisins, grated apples, topped with fresh and goji berries & toasted coconut flakes (Vegan)

#### Sunshine Chia Pot

Chia seeds in coconut milk, topped with mango puree, mixed forest berries, toasted coconut & almond flakes. (Vegan-GF)

#### Strawberry Granola Pot

Our signature aromatic granola (toasted mixed nuts, nutmeg, cinnamon, maple syrup, coconut oil,) with organic greek yogurt, home-made strawberry compote and fresh strawberries. (Vegetarian, low-carb)

### SMOOTHIE BOWLS

7.50

#### Açaí Berry Bowt

Acai blended with banana, mixed forest berries topped with fresh banana, berries, toasted coconut & almond flakes, chia seeds and home made granola. (Vegan)

#### Golden Bowl

Mango and pineapple blended with coconut milk, a dash of fresh orange juice, turmeric, dates and topped with fresh banana, strawberries, mixed berries, pistachio flakes, sunflower & chia seeds (Vegan, GF)

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please ask a member of staff.

### HOMEMADE CAKES

Timmy's Bakewell	3.50
Lemon Drizzle	3.50
Lavelle Fruit cake	3.50
Manzana cake	3.50
Vegan cakes	3.50

### SNACKS

Emily Crisps	1.00
Pipers crisps	1.10
Popcorns	1.30

### HOMEMADE VEGAN TREATS

Coconut and Chocolate Bounty Bar	2.95
Plant based cookies	1.50
Protein balls	1.50
Marinated Olives	2.99
Vegan chocolate spread with crunchy banana sticks	3.25



## HOT DRINKS

<b>Espresso</b> 35 ml coffee	2.30
<b>Long Black</b> 35 ml coffee + hot water	2.30
<b>Filter Coffee</b> 210 ml coffee	2.50
<b>Macchiato</b> 5 ml coffee + little foam	2.60
<b>Piccolo</b> 15ml coffee + 10ml milk	2.60
<b>Cortado</b> 35ml coffee + 30ml milk	2.60
<b>Flat White</b> 35 ml coffee, 130ml milk + little micro foam	3.00
<b>Latte</b> 35ml coffee, 195 ml milk + 1cm foam	3.00
<b>Cappuccino</b> 35ml coffee, 190 ml milk + 5cm foam	3.00
<b>Mocha</b> 35ml coffee + 7gr dark chocolate, + 88ml milk 1cm foam	3.00
<b>Hot Chocolate</b> choose 50/70/100% chocolate	3.00
<b>Golden Latte</b> Turmeric ginger, cinnamon, cardamon, black pepper, cloves & vanilla.	3.10
<b>Matcha</b>	3.10
<b>Chai</b>	3.10
<b>Teas</b>	2.90
<b>Fresh Mint Tea</b>	2.70

All coffees are single origin  
and light to medium roasts.

## MILK ALTERNATIVES

Oat Milk  
Coconut Milk  
Hazelnut Milk

## SMOOTHIES

3.95

### Balance

Vitamin Enhancer  
Strawberries, banana, dates,  
coconut milk. (Vegan)

### Sunrise

Immunity Booster  
Mango, pineapple, turmeric,  
bananas, dates, coconut milk. (Vegan)

### Super Green

Daily Detox  
Spinach, Supergreen food powder  
(contains 9 anti-oxidante ingredients),  
dates, coconut milk. (Vegan)

## COLD DRINKS

Water	1.25
Kombucha	3.50
Agua de Madre	3.95
Coconut Water	2.85
Intune	2.29
Moju shot	2.10
Cola or Lemonade	2.50

Please let us know if you would like any  
variation of the above, we want you to enjoy!