



HOT DRINKS

COFFEE

Espresso	2.50
Long Black	2.50
Filter Coffee	2.70
Macchiato	2.70
Piccolo	2.70
Cortado	2.80
Flat White	3.20
Latte	3.20
Cappuccino	3.20
Mocha	3.20
Hot Chocolate	3.20
Golden Latte	3.50

TEA

Matcha	3.30
Chai	3.30
Darjeeling	3.00
Green	3.00
Assam	3.00
Oolong	3.00
Fresh Mint Tea	3.00

MILK ALTERNATIVES

Oat Milk
Coconut Milk
Hazelnut Milk

Upgrade to larger size for	0.20
Extra shot of coffee	1.00

All coffees are single origin and light to medium roasts.

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

COLD DRINKS

Water	1.25
Kombucha	3.50
Coconut Water	2.85

Lemonaid	2.99
Switchle	2.99
Meda	3.45
Daily dose	2.20

VIENNOISERIE

Croissant	1.80	Pain aux raisins	2.00
Almond croissant	2.35	Cinnamon swirl	2.00
Pain au chocolat	2.00	Pastel de nata	1.70

***For allergens, please ask to a member of the staff.
Food consumed on premises plus VAT***



HOMEMADE SMOOTHIES ALL 4.20

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-oxidant ingredients), dates, coconut
milk. (Vegan)

Antioxidant (Keep it clean)

Açai berries, blackberries, blueberries,
banana, dates, activated charcoal (Vegan)

Avolove (Your daily greens)

Avocado, green apple, grape, mint, matcha
(Vegan)

Energizer (Let it glow)

BREAKFAST POTS

Sunshine Oat £3.50

Coconut overnight oats with mango and
peach sauce topped with mixed berries,
cherries and coconut flakes (Vegan)

Magic Chia £3.50

Overnight chia seeds soaked in coconut milk
with mango, raisins and dates topped with
berry açai and fresh tropical fruits (Vegan-
GF)

Strawberry Love £3.10

Organic greek yogurt with homemade sugar
free strawberry compote, topped with
marinated pineapple and our signature
aromatic granola(toasted mixed nuts,
nutmeg, cinnamon, maple syrup and
coconut oil)

CAKES

Chelsea bun	2.60	Courgettes and Orange	3.90
Plain or Fruit Scones served with clotted cream and jam	3.50	Lemon and Blueberries	3.90
Almond, orange and pear chocolate individual cake	3.90	Chocolate cake (GF)	3.50
Matcha white chocolate and blueberries square	3.90	Mini Victoria sponge cake (Vegan)	2.90
Banana bread (Vegan)	3.50	Muffins	3.50
Carrot Cake	3.50	Bakewell (Vegan-GF)	3.50
Chocolate and Beetroot	3.90	Brownies (PB)	3.00
Pecan and Coffee	3.90	Sour cherry and oat cookie (PB)	1.90
		Chocolate chip and oat cookie (PB)	1.90
		Coconut and Chocolate	
		Bounty Bar (Vegan-GF)	2.95

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SALADS

Whipped Goats Cheese, Green Bean Salad & Grilled Chicken - 8.00

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

Spicy aubergine, Marinated Watermelon, Cilantro Salad & Single origin smoked Salmon - 8.00

Roasted aubergines, watermelon marinated with honey, a mix of spices and orange. Served with feta and cilantro dressing. (GF)

Crunchy chickpeas, Roasted Butternut Squash, Sweet Potatoes & Caramelised Onion Salad with Boiled eggs and aioli with boiled eggs and aioli - 8.00

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

Tenderstem Broccoli, Caramelised baby carrots, Roasted mushrooms, Red Beans Salad - 7.00

Sautéed Tenderstem Broccoli, Oven caramelised baby carrots and red onions, Roasted Botton mushrooms and red beans served with a orange vinaigrette dressing.

Add a protein for £4.00

SANDWICHES

Roasted Vegetables - 5.25

Roasted aubergine, red peppers courgettes, pesto, sun-dried tomatoes, olives & torn basil.

Falafel and Harissa Hummus Chia Wrap - 5.25

Oven roasted falafel, homemade harissa hummus and rocket.

Harissa Roasted Chicken - 5.95

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

Smoked Salmon and Dill Cream Cheese - 6.10

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

Prawns and Avocado Brioche - 6.50

Prawns, cherry tomatoes, avocado with a mayonnaise and tabasco sauce.

Ham and Cheese Baguette - 5.50

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

Gruyere & Mature Cheddar Toastie - 5.50

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

Kimchi, Brie and Cheddar Toastie - 5.95

Melted brie and cheddar cheese with kimchi on sourdough bread

SNACKS

Emily Crisps 1.00
Pipers Crisps 1.10

Propercorn Popcorn 1.30
Soffles pitta chips 1.00

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