

Our wholefood, nutrient-dense recipes are created without grains, (and therefore gluten) refined sugar and hydrogenated vegetable oils as ingredients.

This seasonal menu is thoughtfully sourced. We choose organic, biodynamic, sustainable and traditionally farmed produce wherever possible – grown and reared just as nature intended.

A note from Jasmine and Melissa

We're home-cooks with a passion for delicious, healthy food that makes you feel your very best. We create nourishing, nutrient-dense recipes using top quality, thoughtfully sourced ingredients to make dishes that are packed with flavour and goodness! Our motto is 'good food, good mood, good digestion, good health' as we believe that all are inextricably linked – and when you start with good food, the rest will fall into place.

All our food is prepared without gluten, grains, refined sugar and hydrogenated vegetable oils; instead we embrace a wide variety of meat, fish, dairy, pseudocereals, fresh veg and fruit. We follow old kitchen wisdom and champion nutritious, traditional ingredients like bone broth and natural fats which modern society has forgotten.

Provenance is key to our philosophy; we value the importance of understanding what you're eating and knowing where it comes from. We're now thrilled to be bringing the H+H philosophy to life in our first ever cafe. Long live good food!

Follow our journey on
www.hemsleyandhemsley.com
@HemsleySelfridges #HemsleySelfridges

Our recipes can be found in 'The Art of Eating Well' and 'Good + Simple'

We choose thoughtfully sourced ingredients that are organic in nature – this includes supporting local producers who grow their produce free from pesticides – as nature intended – but don't necessarily have an organic certification. We prefer local (preferably British grown) and traditionally farmed food, including Organic and Biodynamic-certified produce, to ensure that our food is as free as possible from chemicals and GM ingredients.

- + Dairy is full-fat, organic certified and unhomogenised
- + Eggs are organic certified and free range
- + Meat is pasture-reared, hormone and antibiotic free
- + Fish is responsibly sourced; we prefer seasonal, sustainable and wild-caught
- + Vegetables are grown without pesticides, chemicals and GM ingredients

Natoora Veg Producers of fruit and veg, grown in an environmentally responsible way with a focus on seasonality and sustainability.

Fairking Great British Seeds An independent, family-run business producing home-grown quinoa in Essex.

Walter Rose & Son A family-run butcher; suppliers of top-quality, naturally and ethically-reared British meat.

Peelham Farm Award-winning, Organic Scottish farmers and suppliers of their own naturally grass-reared and free-range livestock with a focus on meat quality, animal welfare and environmental care.

Goodwood Estate Producers of deliciously rich and non-homogenised organic milk and cheese.

Neal's Yard Suppliers of a carefully selected range of cheeses from the UK and Ireland.

Mighty Bee Suppliers of 100% organic and sustainable coconut water, with a strong emphasis on fair trade and community-based farming.

Infinity Foods Specialising in fairtrade and ethically produced organic nuts, seeds, beans, lentils, dried fruit and pseudocereals such as buckwheat groats.



THERE ARE NO ENDANGERED FISH ON THIS MENU
SUPPORT PROJECT OCEAN
selfridges.com/projectocean

Some of the dishes served in Hemsley + Hemsley at Selfridges contain allergens. Further information is available. Please ask a duty manager prior to placing your order. Please note that an optional discretionary service charge of 12.5% has been added to your bill.

Menu from 12pm

Takeaway available

Snacks and sharing

Southern spiced nuts* (v) (n) Slow-roasted with maple syrup and smoked paprika	£4.5
Bagna cauda dip with crudités and chicory (n) Garlic, cream and anchovy dip with cayenne and carrot almond flax crackers	£9
Roasted red pepper hummus with crudités (vg) (n) Made with mung beans and served with carrot almond flax crackers	£9
British meat and cheese board (n) Market selection of the day; one charcuterie and one cheese, served with carrot almond flax crackers, celery, grapes and apple chutney	£16

Cocktails

Kombucha fizz mocktail A refreshing blend of Kombucha, lime, mint and sparkling water for a delicious fizz	£7
Beetroot bloody Mary A beetroot twist on a classic – made with Chase (potato) vodka	£10.5
+ Also available as mocktail	£7
Blueberry, lime and lavender cocktail Floral and fresh – made with raw honey, Chase (potato) vodka	£12
+ Also available as mocktail	£8
H+H Collins Refreshing lemon fizz – made with San Pellegrino, raw honey, Chase (potato) vodka	£10.5

Main dishes

Cream of tomato soup (n) Made with bone broth, served with a swirl of basil pesto and toasted seeds	£7.5
Moroccan chicken stew served with cauliflower 'tabbouleh' and crispy chicken skin (n) Slow-cooked with bone broth, green beans, dates and topped with toasted almonds	£14.5
Salmon burger served with lime slaw and chimichurri sauce (n) Juicy salmon patty in our signature flaxseed bun	£15
Feta and black bean burger served with lime slaw and cultured* ketchup (n) (v) Black bean, feta, sundried tomato and jalapeño patty in our signature flaxseed bun	£12.5
Quinoa courgette toast with avocado, feta and tomato (vg) Wholefood toast with a nutty crunch, made simply with quinoa* and courgettes, topped with avocado, feta and tomato/add a fried egg (v)	£9.5/11.5
Steak tagliata with your choice of up to 3 salads	£17.5
Pan fried mackerel with your choice of up to 3 salads	£15

Notes

* Buckwheat – despite its name buckwheat is not a wheat or even a grain but a fruit seed!

* Activated – whole nuts, pulses, quinoa and buckwheat have been 'activated' (soaked) to increase the nutrients available along with enhancing digestibility.

* Cultured means that it has been fermented and is served 'live' for a hit of gut-loving goodness.

* Miso – we use traditionally fermented miso made from soy beans and brown rice. The long fermentation process helps break down the complex nutrients in these foods rendering them easy to digest.

* Remineralised – Tap water that is purified to remove impurities and then remineralised, resulting in better balanced pH for a thirst quenching drink.

Salads

Available as a side, main course or a Hemsley Salad Trio

£7 / £10

Quinoa* roasted vegetables with basil pesto (vg) (n)

Carrots, red peppers and tomatoes, dairy-free brazil nut pesto

Soba, carrot noodle and vegetable salad with sesame lime dressing (vg)

Buckwheat noodles, cabbage, broccoli, fennel, spring onions
and carrot spirals

Courgetti with Pesto Trapanese (n)

Spiralized raw courgette tossed in a fresh tomato, garlic, almond
and mint sauce

Available as a side portion

Lime slaw (vg)

Red cabbage, fennel, carrots, celery, spring onions and coriander

£6

Green leaf salad (vg) (v)

Fresh seasonal greens

£6

Homemade condiments

Fermented foods: cultured *ketchup, kimchi, sauerkraut – live digestive aids,
enjoy a little at a time

For a kick: sriracha, chilli oil and mustard

Kimchi* (vg)

Spicy, live Korean condiment of fermented shredded vegetables,
chilli, garlic and ginger

£2

Sauerkraut* (v)

A live German classic – sour and salty fermented cabbage

£2

Complimentary

Cultured ketchup* (v)

Cultured* tomatoes, bay, garlic and herbs, lightly sweetened

Sriracha (v)

Our version of the classic hot chilli and garlic sauce

Drinks

Remineralised* still water (complimentary)

MightyBee coconut water £4

Virgin coconut water from Thailand

Chilled Pep-Up tea £4

Zingy blend of ginger, turmeric, cayenne and lemon juice

Kombucha £4

Naturally fermented chilled green tea, lightly effervescent with sweet and sour flavour

Iced latte £4

Made with full fat milk or almond mylk and your choice of sweetener if you wish

Iced matcha latte £4.5

Made with your choice of full fat milk or almond mylk, a hint of vanilla and maple syrup

Green Juices

Hardcore juice (mostly veg) £7

Our favourite green veg and herbs – fennel, celery, spinach, lemon, ginger, parsley and mint

Medium core (veg and a touch of fruit) £7

Green veg and herbs with a touch of sweetness – celery, cucumber, lemon, mint, green apple

Smoothies

Go to Green smoothie £7

Spinach, ginger, lemon and mint with avocado and chia seeds

Love smoothie £7

Beetroot, orange, vanilla, turmeric and avocado

Choco coco shake £7

Cacao, coconut milk, banana and raw honey

Hot Drinks

Mug of bone broth	£4
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Our signature chicken and beef (AKA cheef!) bone broth - slow cooked and long simmered with miso*

Matcha latte	£4.5
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Special green tea served creamy with a hint of vanilla, maple syrup and made with your choice of full fat milk or almond mylk

Chicoryccino	£4.5
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Naturally caffeine-free with almond mylk

CO₂ decaffeinated coffee	£4.5
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Origin Coffee, decaffeinated without chemicals and 99% caffeine free choice of full fat milk or almond mylk

Coffee	£4.5
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Origin Coffee, choice of full fat milk or almond mylk

Espresso	£4
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Pep-Up tea	£4
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Zingy blend of ginger, turmeric, cayenne and lemon juice

Fresh mint tea	£3.5
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Rare Tea Company Teas	£4
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Breakfast, Earl Grey, Green, Jasmine, Chamomile, Rooibos, Lemongrass

Coconut sugar available to sweeten

Cakes and sweets

Takeaway available

Carrot cake (v) (n) Carrot, egg and almond bake with live yoghurt raw honey frosting	£6
Paradise bar (v) Hemsley signature treat: desiccated coconut, 85% cocoa, raw honey and a touch of sea salt	£4
Cinnamon banana bread (v) Made with coconut flour, served with butter and blueberry chia jam	£4.5
Chocolate chip cookies (vg) (n) Made with ground almonds, coconut oil and 85% dark choc chips	£3
ChocBeet cupcake (v) Cold and fudgy, beetroot, cocoa and dates with live yoghurt raw honey frosting	£5
Berry cocktail (vg) Fresh berries, live coconut yogurt, toasted seed and a drizzle of maple syrup	£7

Champagne and wine

Glass / Bottle

Champagne	NV Ayala 'Brut Nature' Ay, France	£14.75	£65
	The Brut nature has no dosage or sugar added. Fresh, aromatic and quite dry, with delicate stone fruit. Exudes freshness and elegance.		
	NV Ayala 'Brut Majeur' Rosé Ay, France	£15.5	£69
	This pale elegant rosé with a pink hue is light yet expressive, with red berry and gooseberry.		
	06 Dom Perignon, Moet et Chandon, France		£150
	The world's most iconic champagne. Gorgeous aromas of fresh brioche, delicate white stone fruit and a never-ending complexity.		
White	14 Chenin Blanc 'Sirkel' Domaine Scali, Swartland, South Africa	£7.5	£31
	A family-run winery, focused on having as little impact on the environment as possible. Expressive and fresh with a delicate tropical fruit character.		
	14 Menetou-Salon 'Morogue' Domaine Pelle, Loire Valley, France		£35
	100% organic and hand harvested, this is a lively and vibrant white with crisp green apple, citrus and a slightly creamy and honeyed finish.		
	14 Chablis, Domaine Billaud-Simon, Burgundy, France	£12.25	£49
	100% organic, this white is pure, clean and fresh with light citrus notes, a soft texture and a vibrant, delicate finish.		
Red	15 Malbec, Familia Cecchin, Mendoza Argentina	£7.25	£30
	The Cecchin family have been making artisanal, chemical-free products since 1910. This particular cuvée has no added sulphur. Aromas of ripe plum, red cherry and liquorice.		
	14 Souson, 'The Flower and The Bee' Ribeiro Spain	£8.25	£33
	A small estate focusing on the Ribeiro appellation and indigenous varieties as well as biodynamic viticulture. This 100% Souson is fresh, vivid and bright with delicate cherry and raspberry notes, very pure and satisfying.		
	09 Cabernet blend, Clos du Jaugueyron, Haut Medoc, France		£55
	This tiny estate produces a mere 1000 cases and is 100% certified organic. Supple and forward with aromas of blackberry and raspberry.		