

## Menu

Our menu changes with the seasons, making use of the best ingredients that nature can offer.

Takeaway available

## Breakfast

Monday to Saturday until 12pm

<b>Buckwheat* crunch granola (vg)</b> With cinnamon, chia, coconut, mixed seeds, raisins and goji berries, served with your choice of kefir or coconut yoghurt	£6
<b>Cinnamon banana bread (v)</b> Made with coconut flour, served with butter and blackberry chia jam	£5
<b>Quinoa carrot toast with a choice of sweet or savoury toppings (v) (n)</b> Wholefood toast with a nutty crunch, made simply with quinoa* and carrots	
+ grass-fed butter and raw blackberry chia jam (v)	£7
+ avocado, feta and red peppers/add a fried egg (v)	£9.5/11.5
<b>Blueberry coconut pancakes (v)</b> Thick and fluffy coconut flour scotch pancakes served with maple butter, mint and blueberries	£7
+ side of crispy bacon	£2
<b>Berry cocktail (vg)</b> Fresh berries, live coconut yoghurt, toasted seeds and a drizzle of maple syrup	£7
<b>Egg, bacon or sausage flaxseed breakfast bun with cultured* ketchup</b> Protein-rich bread with fillings to suit your mood	£7
+ extra egg, bacon or sausage	£2
<b>Sriracha (v)</b> Our version of the classic hot chilli and garlic sauce (complimentary)	

## Main dishes

Served from 12pm

<b>Broccoli, ginger and white bean soup (vg)</b> Silky smooth, bright green with a swirl of coconut oil, coriander and black sesame seeds, served with carrot and quinoa toast	£6.5
<b>Moroccan chicken stew served with cauliflower 'tabbouleh' and crispy chicken skin (n)</b> Slow-cooked with bone broth, green beans, dates and topped with toasted almonds	£14.5
<b>Salmon burger served with lime slaw and chimichurri sauce (n)</b> Juicy salmon patty in our signature flaxseed bun	£15
<b>Feta and black bean burger served with lime slaw and cultured* ketchup (n) (v)</b> Black bean, feta, sundried tomato and jalapeño patty in our signature flaxseed bun	£12.5
<b>Shepherd's pie</b> British classic with lamb mince and our signature cauliflower mash topping, served with a side of steamed, buttered kale	£14
<b>Beef ragu and celeriacetti</b> Our version of 'spag bol' using the Hemsley Spiralizer - slowcooked ragu served with celeriac noodles	£14
<b>Crispy chicken thighs</b> with your choice of up to 3 salads	£15
<b>Pan fried salmon</b> with your choice of up to 3 salads	£15

## Salads

Served from 12pm

Available as a side, main course or a Hemsley Salad Trio	£7 / £10
<b>Quinoa* roasted vegetables with basil pesto (vg) (n)</b> Carrots, red peppers and tomatoes, dairy-free brazil nut pesto	
<b>Soba, carrot noodle and vegetable salad with sesame lime dressing (vg)</b> Buckwheat noodles, cabbage, broccoli, fennel, spring onions and carrot spirals	
<b>Puy lentil and beetroot salad with mustard maple vinaigrette (vg) (n)</b> Raw beetroot, apple, chicory leaves, cranberries and walnuts	
+ barrel aged feta cheese	£6

Available as a side portion

<b>Lime slaw (vg)</b> Red cabbage, fennel, carrots, celery, spring onions and coriander	£6
<b>Green leaf salad (vg) (v)</b> Fresh seasonal greens	£6
<b>Beetroot mung bean hummus (vg) (n)</b>	£3.5

## Snacks and sharing

Available all day

<b>Gordal olives</b> Notably fleshy and juicy, with a mild and refreshing flavour	£4.5
<b>Bagna cauda dip with crudités and chicory (n)</b> Garlic, cream and anchovy dip with cayenne and carrot almond flax crackers	£9.5
<b>Beetroot mung bean hummus with crudités (vg) (n)</b> Served with carrot almond flax crackers	£9.5
<b>British meat and cheese board (n)</b> Market selection of the day; one charcuterie and one cheese, served with carrot almond flax crackers, celery, grapes and apple chutney	£16

## Cakes and sweets

Available all day

<b>Carrot cake (v) (n)</b> Carrot and almond bake with live yoghurt raw honey frosting	£6
<b>Paradise bar (v)</b> Hemsley signature treat: desiccated coconut, 85% cocoa, raw honey and a touch of sea salt	£4
<b>Cinnamon banana bread (v)</b> Made with coconut flour, served with butter and blackberry chia jam	£5
<b>ChocBeet cupcake (v)</b> Cold and fudgy, beetroot, cocoa and dates with live yoghurt raw honey frosting	£5
<b>Orange blossom chestnut crêpes (v)</b> Chestnut flour crêpe served with orange blossom infused coconut yoghurt, raw honey and caramelised orange	£6.5

## Homemade condiments

<b>Kimchi* (vg)</b> Spicy, live Korean condiment of fermented shredded vegetables, chilli, garlic and ginger	£2
<b>Sauerkraut* (v)</b> A live German classic - sour and salty fermented cabbage	£2

Complimentary

<b>Cultured ketchup* (v)</b> Cultured* tomatoes, bay, garlic and herbs, lightly sweetened	
<b>Sriracha (v)</b> Our version of the classic hot chilli and garlic sauce	

## Afternoon Tea-se

Served daily from 3pm

<b>Cream Tea</b> Quinoa scones, clotted cream, raspberry chia jam and pot of tea	£12.50
<b>Afternoon Tea</b> Scones, mini sandwiches, selection of cakes and pot of tea	£29.50

## 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.



THERE ARE NO ENDANGERED FISH ON THIS MENU  
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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.