

Breakfast

Monday to Saturday until 12pm

Buckwheat granola with fresh apple and pear (vg) (n) £6
Cinnamon, chia, coconut, mixed seeds, fresh apple and pear, with coconut yoghurt

Quinoa carrot toast with a choice of sweet or savoury toppings (v) (n)
Wholefood toast with a nutty crunch, made simply with quinoa* and carrot
+ grass fed butter and a seasonal fruit chia jam (v) £7
+ avocado and feta/add a fried egg (v) £9.5/11.5

Blueberry coconut pancakes (v) £7.5
Thick and fluffy coconut flour scotch pancakes served with maple butter, mint and blueberries
+ crispy bacon £2

Full Monty Breakfast £10
With bacon, sausage, spinach, grilled tomato, mushroom and fried egg
+ extra egg, bacon or sausage £2

Soft boiled yolky eggs (v) £4.5
Flaxseed bread soldiers for dipping and green salad

Sriracha (v)
Our version of the classic hot chilli and garlic sauce (complimentary)

Sauerkraut* (v) £2
A live German classic - sour and salty fermented cabbage

Kimchi* (vg) £2
Spicy, live Korean condiment of fermented shredded vegetables, chilli, garlic and ginger

Selection of sweet treats available

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.

Drinks

	Remineralised* still water (complimentary)	
	Hemsley champagne mimosa* Seasonal, luxurious twist on the classic mimosa cocktail with champagne, orange juice and sweet mixed spices	£13
	MightyBee coconut water Virgin coconut water from Thailand	£4
	Chilled Pep-Up tea Zingy blend of ginger, turmeric, cayenne and lemon juice	£4
	Kombucha Naturally fermented chilled green tea, lightly effervescent with sweet and sour flavour	£4
Juices	Hardcore juice (veg and lemon) Our favourite green veg and herbs – fennel, celery, spinach, lemon, ginger, parsley and mint	£7.5
	Medium core (veg and apple) Green veg and herbs with a touch of sweetness – celery, cucumber, lemon, mint, green apple	£7.5
	Beetroot Blush The perfect pick-me-up juice with celery, cucumber, carrot, lemon, ginger and mint	£7.5
Smoothies	Go to Green smoothie Spinach, ginger, lemon and mint with avocado and chia seeds	£7.5
	Choco coco shake Cacao, coconut milk, banana and raw honey	£7.5

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

* Hemsley champagne mimosa – Available from 10am

Hot Drinks

Shot of miso lemon bone broth	£1.5
Flavoured with miso and a squeeze of fresh lemon, enjoy as a nourishing appetizer	
+ also available in a mug	£4
Matcha latte	£4.5
Special green tea served creamy with a hint of vanilla, maple syrup and made with your choice of full fat milk, almond mylk or coconut milk	
Turmeric sunshine latte	£4.5
Lightly spiced with cinnamon and black pepper with your choice of full fat milk, almond mylk or coconut milk	
Beetroot love latte	£4.5
Gentle blend of beetroot, cinnamon and vanilla, with your choice of full fat milk, almond mylk or coconut milk	
Activated charcoal latte	£4.5
Naturally caffeine-free and cleansing, with a touch of maple syrup and vanilla and your choice of full fat milk, almond mylk or coconut milk	
CO₂ decaffeinated coffee	£4.5
Origin Coffee, decaffeinated without chemicals and 99% caffeine free with your choice of full fat milk, almond mylk or coconut milk	
Coffee - Cappuccino, latte, americano	£4.5
Origin Coffee, choice of full fat milk, almond mylk or coconut milk	
Espresso	£4
Lavender hot chocolate (vg)	£4
A blissful blend of cacao, vanilla, maple syrup and your choice of full fat milk, almond mylk or coconut milk	
Pep-Up tea	£4
Zingy blend of ginger, turmeric, cayenne and lemon juice	
Fresh mint tea	£3.5
Rare Tea Company Teas	£4
Breakfast, Earl Grey, Green, Jasmine, Chamomile, Rooibos, Lemongrass	
Coconut sugar available to sweeten	