

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 granola with fresh apple and pear (vg) (n)</b> Cinnamon, chia, coconut, mixed seeds, fresh apple and pear, with coconut yoghurt	£6
<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 a seasonal fruit chia jam (v)	£7
+ avocado and feta/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	£7.5
+ crispy bacon	£2
<b>Full Monty Breakfast</b> With bacon, sausage, spinach, grilled tomato, mushroom and fried egg	£10
+ extra egg, bacon or sausage	£2
<b>Soft boiled yolky eggs (v)</b> Flaxseed bread soldiers for dipping and green salad	£4.5

Main dishes

Served from 12pm

<b>Primavera soup (vg) (n)</b> Watercress and baby spring vegetables with quinoa carrot toast and almond butter	£7.5
<b>Pink quinoa risotto</b> A heartwarming bowl with beetroot, spring onion and goat’s cheese	£12.5
<b>Feta and black bean burger served with green salad and cultured* ketchup (v) (n)</b> Black bean, feta, sundried tomato and jalapeño patty in our signature flaxseed bun	£12.5
<b>Cornish crab cakes with guacamole, green salad and chimichurri (n)</b> Hand picked Cornish crab patties combined with salmon, spring onions, chili and coriander	£16
<b>Cauliflower stalk and smoked ham gratin</b> Making the most of the whole vegetable, a hot pot of cauliflower stalk, onions and ham hock	£12.5
<b>Beef ragu with courgetti</b> Our version of ‘spag bol’ using the Hemsley Spiralizer - slow cooked ragu served with courgette noodles	£14
<b>Crispy chicken thighs</b> with your choice of up to 3 salads	£15
<b>Fish of the day</b> with your choice of up to 3 salads	£16

Salads

Served from 12pm

Available as a side, main course or a Hemsley Salad Trio	
<b>Quinoa* roasted vegetables with basil pesto (vg) (n)</b> Carrots, red peppers and tomatoes, dairy-free brazil nut pesto	£7/£10
<b>Primavera salad (vg) (n)</b> Spring vegetable medley with peas, fennel, mint, borlotti beans and cashew nut cream	£7/£10
<b>Puy lentil and beetroot salad with mustard maple vinaigrette (vg) (n)</b> Raw beetroot, apple, chicory leaves, cranberries and walnuts	£7/£10
<b>Spiralized courgette salad with sesame seeds, fennel, carrot, roasted aubergines and tamari (vg)</b>	£7/£10
<b>Green salad (vg) (n)</b> Fresh seasonal greens	£5/£10
<b>Delicious with barrel aged feta cheese or toasted seeds added to your salad</b>	£4
<b>Side of guacamole</b>	£3

Snacks and sharing

Available all day

<b>Southern spiced nuts* (v) (n)</b> Slow-roasted with maple syrup and smoked paprika	£4.5
<b>Gordal olives</b> Notably fleshy and juicy, with a mild and refreshing flavour	£4.5
<b>Baba Ganoush with crudités and crackers (vg) (n)</b> Smoky, earthy aubergine dip with carrot almond flax crackers and fresh vegetables	£9.5
<b>Muhammara with crudités and crackers (vg) (n)</b> Spicy red pepper and walnut dip with carrot almond flax crackers	£9.5
<b>Piri-Piri chicken wings</b> 4 soulful and spicy wings served with sriracha, cultured* ketchup and a wedge of lime	£8

Cakes and sweets

Available all day

<b>Carrot cake (v) (n)</b> Carrot and almond bake with live yoghurt and 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>Chocolate and ginger tart (v) (n)</b> Almond pastry filled with avocado chocolate and a caramelised ginger maple drizzle	£6
<b>Orange blossom chestnut crêpes (v) (n)</b> Chestnut flour crêpe served with orange blossom infused coconut yoghurt, raw honey and caramelised orange	£6.5
<b>BB brownie protein balls (vg) (n)</b> 3 chewy chocolate, date and black bean protein bites	£4

Fermented foods

<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, seasonal fruit and 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.