

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

Wholefood, nutrient-dense recipes avoiding grains, gluten, refined sugar and hydrogenated vegetable oils as ingredients.

Our recipes are created using only the finest natural ingredients. Thoughtfully sourced, we choose organic, biodynamic, seasonal, 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](http://www.hemsleyandhemsley.com)  
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Our recipes can be found in 'The Art of Eating Well' and 'Good + Simple'

# All Day Menu

Takeaway available

## Snacks and sharing

|   |             |
|---|-------------|
| <b>Southern spiced nuts* (v) (n)</b><br>Slow-roasted with maple syrup and smoked paprika  | <b>£4.5</b> |
| <b>Bagna cauda dip with crudités and chicory (n)</b><br>Garlic, cream and anchovy dip with cayenne and carrot almond flax crackers  | <b>£9</b>   |
| <b>Beetroot mung bean hummus with crudités (vg) (n)</b><br>Carrot almond flax crackers  | <b>£9</b>   |
| <b>British cheese board (n)</b><br>Baron Bigod Brie, Colston-Bassett Stilton, aged Montgomery Cheddar and Ragstone. Carrot almond flax crackers, grapes and celery. chutney | <b>£16</b>  |
| <b>Peelham Farm charcuterie board (n)</b><br>Fennel salami, red wine salami, chorizo, prosciutto and lonza. Carrot almond flax crackers, capers and cornichons              | <b>£16</b>  |

## Cocktails and beer

|  |                           |
|--|---------------------------|
| <b>Beetroot bloody Mary</b><br>A beetroot twist on a classic – made with Chase (potato) vodka<br>+ Also available as mocktail                | <b>£10.5</b><br><b>£7</b> |
| <b>Blueberry, lime and lavender cocktail</b><br>Floral and fresh – made with raw honey, Chase (potato) vodka<br>+ Also available as mocktail | <b>£12</b><br><b>£8</b>   |
| <b>H+H Collins</b><br>Refreshing lemon fizz – made with San Pellegrino, raw honey, Chase (potato) vodka                                      | <b>£10.5</b>              |
| <b>St. Peter's gluten free ale, 4.2%</b>   | <b>£5.25</b>              |

# Salads

Available as a side, main course or a Hemsley selection

£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 and carrot spirals

Available as a side portion

**Cauliflower 'tabbouleh' (v)**

£6

Cauliflower 'rice', herbs, tomato, onion, feta and lemon juice

**Lime slaw (vg) (n)**

£6

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

**Green leaf salad (vg) (v)**

£6

Fresh seasonal greens

## 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)**

£2

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

**Sauerkraut\* (v)**

£2

A live German classic – sour and salty fermented cabbage

Complimentary

**Cultured ketchup\* (v)**

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

**Sriracha (v)**

Our version of the classic hot chilli and garlic sauce

# Main dishes

|   |              |
|---|--------------|
| <b>Cream of tomato soup (n)</b><br>Made with bone broth, served with a swirl of mint pesto and toasted seeds  | <b>£7.5</b>  |
| <b>Moroccan chicken stew served with cauliflower 'tabbouleh' and crispy chicken skin (n)</b><br>Slow-cooked with bone broth, green beans, dates and topped with toasted almonds | <b>£14.5</b> |
| <b>Salmon burger served with lime slaw and chimichurri sauce (n)</b><br>Juicy salmon patty in our signature flaxseed bun  | <b>£15</b>   |
| <b>Feta and black bean burger served with lime slaw and cultured* ketchup (n) (v)</b><br>Black bean, feta, sundried tomato and jalapeño patty in our signature flaxseed bun     | <b>£12.5</b> |
| <b>Steak tagliata</b><br>with your choice of up to 3 salads   | <b>£17.5</b> |
| <b>Pan fried mackerel</b><br>with your choice of up to 3 salads   | <b>£15</b>   |

## Notes

\* Buckwheat – despite it's 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.

# Cakes and sweets

|  |           |
|--|-----------|
| <b>Carrot cake (v)</b><br>Carrot, egg and almond bake with live yoghurt raw honey frosting                                     | <b>£6</b> |
| <b>Paradise bars (v)</b><br>Hemsley signature treat: desiccated coconut, 85% cocoa, raw honey and a touch of sea salt          | <b>£4</b> |
| <b>Chocolate chip cookie (vg) (n)</b><br>Made with ground almonds, coconut oil and 85% dark choc chips                         | <b>£3</b> |
| <b>ChocBeet cupcakes with live yoghurt raw honey frosting (v)</b><br>Cold and fudgy, made with whole beetroot, cocoa and dates | <b>£5</b> |
| <b>Berry cocktail (vg)</b><br>Fresh berries, live coconut yogurt, toasted seeds, and a drizzle of maple syrup                  | <b>£7</b> |

# Drinks

Remineralised\* still water (complimentary)

**MightyBee coconut water** £4  
Virgin coconut water from Thailand

**Nourish kefir** £4  
Made from fresh organic British cow's milk

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

**Green Juices** **Hardcore juice (all 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

|  |             |
|--|-------------|
| <b>Mug of bone broth</b>   | <b>£4</b>   |
| Our signature chicken and beef (AKA cheef!) bone broth - slow cooked and long simmered with miso*              |             |
| <b>Pep-Up tea</b>  | <b>£4</b>   |
| Zingy blend of ginger, turmeric, cayenne and lemon juice   |             |
| <b>Chicoryccino</b>  | <b>£4.5</b> |
| Naturally caffeine-free with almond mylk   |             |
| <b>Coffee</b>  | <b>£4.5</b> |
| Origin Coffee, choice of full fat milk or almond mylk  |             |
| <b>Espresso</b>  | <b>£4</b>   |
| <b>CO<sub>2</sub> decaffeinated coffee</b>   | <b>£4.5</b> |
| Origin Coffee, decaffeinated without chemicals and 99% caffeine free<br>Choice of full fat milk or almond mylk |             |
| <b>Rare Tea Company teas</b>   | <b>£4</b>   |
| Breakfast, Earl Grey, Green, Jasmine, Camomile, Rooibos, Lemongrass  |             |
| <b>Fresh mint tea</b>  | <b>£3.5</b> |
| <b>Coconut sugar available to sweeten</b>  |             |

# Champagne and wine

Glass / Bottle

|           |  |               |             |  |
|-----------|--|---------------|-------------|--|
| Champagne | <b>NV Ayala 'Brut Nature' Ay, France</b>                               | <b>£14.75</b> | <b>£65</b>  | The Brut nature has no dosage or sugar added. Fresh, aromatic and quite dry, with delicate stone fruit. Exudes freshness and elegance.   |
|           | <b>NV Ayala 'Brut Majeur' Rosé Ay, France</b>                          | <b>£15.5</b>  | <b>£69</b>  | This pale elegant rosé with a pink hue is light yet expressive, with red berry and gooseberry.   |
|           | <b>06 Dom Perignon, Moet et Chandon, France</b>                        | <b>£38</b>    | <b>£150</b> | The world's most iconic champagne. Gorgeous aromas of fresh brioche, delicate white stone fruit and a never-ending complexity.   |
| White     | <b>14 Chenin Blanc 'Sirkel' Domaine Scali, Swartland, South Africa</b> | <b>£7.5</b>   | <b>£31</b>  | A family-run winery, focused on having as little impact on the environment as possible. Expressive and fresh with a delicate tropical fruit character.   |
|           | <b>14 Menetou-Salon 'Morogue' Domaine Pelle, Loire Valley, France</b>  |               | <b>£35</b>  | 100% organic and hand harvested, this is a lively and vibrant white with crisp green apple, citrus and a slightly creamy and honeyed finish.   |
|           | <b>14 Chablis, Domaine Billaud-Simon, Burgundy, France</b>             | <b>£12.25</b> | <b>£49</b>  | 100% organic, this white is pure, clean and fresh with light citrus notes, a soft texture and a vibrant, delicate finish.  |
| Red       | <b>15 Malbec, Familia Cecchin, Mendoza Argentina</b>                   | <b>£7.25</b>  | <b>£30</b>  | 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.   |
|           | <b>14 Souson, 'The Flower and The Bee' Ribeiro Spain</b>               | <b>£8.25</b>  | <b>£33</b>  | 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. |
|           | <b>09 Cabernet blend, Clos du Jaugueyron, Haut Medoc, France</b>       |               | <b>£55</b>  | This tiny estate produces a mere 1000 cases and is 100% certified organic. Supple and forward with aromas of blackberry and raspberry.   |



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](https://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.