

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

Wholefood, nutrient-dense recipes without grains, gluten, refined sugar and hydrogenated vegetable oils.

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!

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

Breakfast

Monday to Saturday until 12pm

Berry cocktail (vg) £7

Fresh berries, live coconut yogurt, toasted seeds and a drizzle of maple syrup

Coconut buckwheat* porridge (v) £5

Buckwheat* groats cooked in coconut cream topped with seasonal fruit, bee pollen, goji berries and a touch of raw honey

Quinoa courgette toast (vg) with a choice of sweet or savoury toppings

Wholefood toast with a nutty crunch, made simply with quinoa* and courgettes

+ grass-fed butter and raw blueberry chia jam (v) £7

+ avocado, feta and tomato/add a fried egg (v) £9.5/11.5

Warm muffin frittatas served with green salad and cultured* ketchup (v) £9

Two egg muffins packed with mixed veg, cheese and herbs

Egg, bacon or sausage flaxseed breakfast bun with cultured* ketchup £7

Protein-rich bread with fillings to suit your mood

+ extra egg, bacon or sausage £2

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 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.

Drinks

	Remineralised* still water (complimentary)	
	MightyBee coconut water	£4
	Virgin coconut water from Thailand	
	Nourish kefir	£4
	Made from 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	

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

Hot Drinks

Mug of bone broth	£4
Our signature chicken and beef (AKA cheef!) bone broth - slow cooked and long simmered with miso*	
Pep-Up tea	£4
Zingy blend of ginger, turmeric, cayenne and lemon juice	
Chicorycino	£5
Naturally caffeine-free with almond mylk	
Coffee	£4.5
Origin Coffee, choice of full fat milk or almond mylk	
CO₂ decaffeinated coffee	£4.5
Origin Coffee, decaffeinated without chemicals and 99% caffeine free Choice of full fat milk or almond mylk	
Rare Tea Company teas	£4
Breakfast, Earl Grey, Green, Jasmine, Camomile, Rooibos, Lemongrass	
Fresh mint tea	£3.5
Coconut sugar available to sweeten	

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.