

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

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	
Cinnamon banana bread (v)	£4.5
Made with coconut flour, served with butter and blackberry chia jam	
Quinoa carrot toast with a choice of sweet or savoury toppings (v) (n)	
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
Huevos rancheros (v)	£9
Two eggs poached in a spicy tomato and red pepper sauce	
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

Complimentary

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

Main dishes

Served from 12pm

Squash and ginger soup	£6.5
Made with coconut, bone broth, served with a swirl of lemon coriander oil	
Moroccan chicken stew served with cauliflower ‘tabbouleh’ and crispy chicken skin (n)	£14.5
Slow-cooked with bone broth, green beans, dates and topped with toasted almonds	
Salmon burger served with lime slaw and chimichurri sauce (n)	£15
Juicy salmon patty in our signature flaxseed bun	
Feta and black bean burger served with lime slaw and cultured* ketchup (n) (v)	£12.5
Black bean, feta, sundried tomato and jalapeño patty in our signature flaxseed bun	
Mung dahl (vg)	£9.5
Lightly spiced mung bean stew with coriander, cumin and ginger	
Beef ragu and celeriacetti	£14
Our version of ‘spag bol’ using the Hemsley Spiralizer - slowcooked ragu served with celeriac noodles	
Steak tagliata	
with your choice of up to 3 salads	£17.5
Pan fried salmon	
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
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, spring onions and carrot spirals	
Puy lentil and beetroot salad with mustard maple vinaigrette (vg) (n)	
Raw beetroot, apple, chicory leaves, cranberries and walnuts	

Available as a side portion

Lime slaw (vg)	£6
Red cabbage, fennel, carrots, celery, spring onions and coriander	
Green leaf salad (vg) (v)	£6
Fresh seasonal greens	

Snacks and sharing

Available all day

Southern spiced nuts* (v) (n)	£4.5
Slow-roasted with maple syrup and smoked paprika	
Gordal olives	£4
Notably fleshy and juicy, with a mild and refreshing flavour	
Bagna cauda dip with crudités and chicory (n)	£9
Garlic, cream and anchovy dip with cayenne and carrot almond flax crackers	
Beetroot mung bean hummus with crudités (vg) (n)	£9
Served with carrot almond flax crackers	
British meat and cheese board (n)	£16
Market selection of the day; one charcuterie and one cheese, served with carrot almond flax crackers, celery, grapes and apple chutney	

Cakes and sweets

Available all day

Carrot cake (v) (n)	£6
Carrot, egg and almond bake with live yoghurt raw honey frosting	
Paradise bar (v)	£4
Hemsley signature treat: desiccated coconut, 85% cocoa, raw honey and a touch of sea salt	
Cinnamon banana bread (v)	£4.5
Made with coconut flour, served with butter and blackberry chia jam	
ChocBeet cupcake (v)	£5
Cold and fudgy, beetroot, cocoa and dates with live yoghurt raw honey frosting	
Sticky toffee pudding (v) (n)	£5
Made with chestnut flour and almonds, served warm with a date butter sauce	

Homemade condiments

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	

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.



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.