

Breakfast

Monday to Saturday until 12pm

Buckwheat* granola with fresh British berries (vg) £6

With cinnamon, chia, coconut, mixed seeds and raisins, served with fresh strawberries, raspberries and live coconut yoghurt

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

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

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

+ avocado, feta, and tomatoes/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

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)	
	MightyBee coconut water	£4
	Virgin coconut water from Thailand	
	Chilled Pep-Up tea	£4
	Zingy blend of ginger, turmeric, cayenne and lemon juice	
	Kombucha	£4
	Naturally fermented chilled green tea, lightly effervescent with sweet and sour flavour	
Green Juices	Hardcore juice (veg and lemon)	£7.5
	Our favourite green veg and herbs – fennel, celery, spinach, lemon, ginger, parsley and mint	
	Medium core (veg and apple)	£7.5
	Green veg and herbs with a touch of sweetness – celery, cucumber, lemon, mint, green apple	
Smoothies	Go to Green smoothie	£7.5
	Spinach, ginger, lemon and mint with avocado and chia seeds	
	Strawberry, mint and cucumber smoothie	£7.5
	Refreshing blend of sweet strawberries, hydrating cucumber, coconut water and a hint of mint	
	Choco coco shake	£7.5
	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

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 or almond mylk	
Turmeric sunshine latte	£4.5
Lightly spiced with cinnamon and black pepper with your choice of full fat milk or almond mylk	
Beetroot love latte	£4.5
Gentle blend of beetroot, cinnamon and vanilla, with your choice of full fat milk or almond mylk	
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 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	
Coffee	£4.5
Origin Coffee, choice of full fat milk or almond mylk	
Espresso	£4
Mexican hot chocolate (vg)	£4
Rich chocolate almond mylk spiced with cinnamon and cayenne, sweetened with maple syrup	
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	

Our wholefood, nutrient-dense recipes are created without grains, (and therefore gluten) refined sugar and hydrogenated vegetable oils as ingredients.

This seasonal menu is thoughtfully sourced. We choose organic, biodynamic, 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
@HemsleySelfridges #HemsleySelfridges

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

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.

Hodmedod's An independent business supplying home-grown Quinoa from the Fairs family 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.

Wunder Workshop Ayurveda-inspired functional food brand focusing on organic turmeric-based products.

Ucha Kombucha 100% organic naturally fermented sparkling tea.

Rare Tea Company Small, independent London-based suppliers of sustainable, fair trade tea direct from farmers and their tea gardens.

Origin Coffee Direct and fair trade speciality coffee roasters championing ethical practice.



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.