

# 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

Berry cocktail (v)	£7
Fresh berries, live coconut yogurt and toasted seeds	
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

Complimentary

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

## Main dishes

Served from 12pm

Broccoli soup served with quinoa* courgette bread and butter (n)	£7.5
Made with bone broth, served with a swirl of mint pesto and toasted seeds	
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	
Steak	
with your choice of up to 3 salads	£17.5
Mackerel	
with your choice of up to 3 salads	£15

## Salads

Served from 12pm

Available as a side, main course or selection of 3	£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	
Cauliflower 'tabbouleh' (v)	
Cauliflower 'rice', herbs, tomato, onion, feta and lemon juice	
Available as a side portion	£7
Lime slaw (vg) (n)	
Red cabbage, fennel, carrots, celery, spring onions and coriander	
Green leaf salad (vg) (v)	
Fresh seasonal greens	

## Snacks and sharing

Available all day

Southern spiced nuts* (v) (n)	£4.5
Slow-roasted with maple syrup and smoked paprika	
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
Carrot almond flax crackers	
British cheese board (n)	£16
Baron Bigod Brie, Colston-Bassett Stilton, aged Montgomery Cheddar and Ragstone. Carrot almond flax crackers, grapes and celery	
Peelham Farm charcuterie board (n)	£16
Fennel salami, red wine salami, chorizo, prosciutto and lonza. Carrot almond flax crackers, capers and cornichons	

## Cakes and sweets

Available all day

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

## 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.