



AUTUMN RECIPES

FROM 14 SEPTEMBER TO 6 DECEMBER 2020



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE

HOT DISHES

LASAGNE   6.74*

*£7.70 – 12.5% government VAT cut

HOT DISH 7.26*

*£8.30 – 12.5% government VAT cut

VEGAN HOT DISH  7.26*

*£8.30 – 12.5% government VAT cut

ORGANIC JUICE - BAR

FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES 4.75

350ml - 100% organic fruits and vegetables.

TO BE
MIXED
AS YOU
WISH

CARROT
ORANGE
APPLE
GINGER

MIXED FRUIT JUICES 4.95

350ml - 100% organic fruits.

SUMMER BREEZE

pineapple, strawberry, apple.

SECRET GARDEN

strawberry, banana, kiwi, apple.

RED VIVAL

blackcurrant, raspberry, strawberry, apple.

ACAI BLUSH

acai, raspberry, banana, apple.

MIXED FRUIT & VEGETABLE JUICES 5.15

350ml - 100% organic fruits and vegetables.

GREEN MANGO

spinach, mango, pineapple, ginger, apple.

GREEN POWER

spinach, cucumber, apple.

SUPERHULK

kale, banana, pineapple, orange, chia seed.

YOGI TIME

pineapple, banana, carrot, hemp seeds.

SANDWICHES

BAGUETTES

CURED HAM MOZZARELLA & WALNUT BAGUETTE

cured ham, mozzarella, rocket, creamy honey, fig and walnut sauce in an organic seed baguette. 4.25



STILTON, BLUEBERRY & WALNUT BAGUETTE 

stilton, blueberry, baby spinach, creamy honey and walnut sauce with blueberry in an organic seed baguette. 4.25


RUSTICS

HAM & CHEESE RUSTIC

ham, emmental cheese, gherkin, butter in a rustic bread. 2.70

TUNA & CUCUMBER RUSTIC  

msc tuna spread, cucumber, chive, basil in a rustic bread. 2.70

CREAMY CASHEW MUSHROOM RUSTIC 

grilled carrot, baby spinach, mushroom, cashew nut and tofu spread in a rustic bread. 2.85

BRIOCHÉS

PUMPKIN GOAT CHEESE & PECAN BRIOCHÉ 

pumpkin, ash goat cheese, pecan nut, grape, dai-kon cress, tomatate sauce in an organic poppy seed brioche. 3.30

SPECIAL SALMON BRIOCHÉ 

asc smoked salmon, apple, black radish, dill, grav-lax sauce in an organic poppy seed brioche. 3.50

TURKEY & EMMENTAL BRIOCHÉ

turkey, emmental cheese, cherry tomato, mus-tard sauce in an organic multigrain brioche. 3.50

DESSERTS

FRUITS  


FRUIT SALAD

mixed chopped fresh fruit. 2.45

PINEAPPLE 2.85

MANGO 2.85

MILKY  

WHOLE MILK YOGURT 

lemon, raspberry, blueberry. 1.85


YOGHURT WITH RASPBERRY COULIS 

reduced fat yoghurt, raspberry coulis, raspberry. 2.70

YOGHURT WITH BLUEBERRY & HONEY 

reduced fat yoghurt, blueberry, honey, pumpkin seed. 2.90

PASTRIES, BREADS & CAKES 

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL  0.35

COOKIES 

milk chocolate, white chocolate or triple choco-late. 1.40

LE PETIT CANELÉ 

caramelised rum and vanilla flavoured cake. 1.60

PASTEL DE NATA 

vanilla flan on a flaky pastry base. 1.60

CINNAMON ROLL 1.80

CAKES 

carrot, lemon poppyseed, marble, pistachio-chocolate. 1.80

PECAN NUT BROWNIE  1.95

DRINKS

ORGANIC COFFEE & TEA 

ESPRESSO, ESPRESSO MACCHIATO 1.70

AMERICANO 2.10

DOUBLE ESPRESSO 2.10

LATTE, CAPPUCINO, FLAT WHITE, MOCHA 2.60

HOT CHOCOLATE 2.60

FRESH MINT 1.90

TEAS

english breakfast, earl grey, green, peppermint. 1.90

prices apply to take away

BOWL

ACAI BOWL 6.95

organic acai, organic strawberry, organic banana, organic apple, raspberry, blueberry, granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

SOUPS

HOMEMADE DAILY SOUPS  3.63*

300ml - with organic vegetables.

*£4.15 – 12.5% government VAT cut

GYOZA SOUPS 6.04*

*£6.90 – 12.5% government VAT cut

PRAWN 

miso broth: prawn gyoza, rice noodle, carrot, shii-take stir fry, green cabbage, edamame, bamboo shoot, red onion, ginger, lemongrass, coriander.


CHICKEN 

miso broth: chicken gyoza, rice noodle, carrot, shii-take stir fry, green cabbage, edamame, bamboo shoot, red onion, ginger, lemongrass, purple shiso.

VEGETABLES 

miso broth: vegetable gyoza, rice noodle, carrot, shiitake stir fry, green cabbage, edamame, bamboo shoot, red onion, ginger, lemongrass, spring onion.

TOASTIES

VEGGIE 

in whole grain bread. 5.21

*£5.95 – 12.5% government VAT cut

CLUB



in sesame seed bread. 5.56

*£6.35 – 12.5% government VAT cut

SEE BLACKBOARD FOR
OUR WEEKLY SPECIALS

SALADS

VEGETARIAN

YOGI BOOST SALAD  

organic millet, organic red lentil, carrot, lemongrass, chive, lemon juice, hazelnut, cider vinaiger, rapeseed oil with hazelnut, organic hemp yogi sauce with almond, organic blond psyllium, chilli, curry and tur-meric. 5.55



YOGI FLOW SALAD 

organic barley, broccoli, raisin, ginger, lemon zest, rocket, grilled almond, mint, organic red fruit vine-gar, organic hemp yogi sauce with almond, organic blond psyllium, rocket and ginger. 5.55


YOGI RELAX SALAD  

organic red, white and black quinoa, organic chick-pea, pumpkin, celery, pomegranate, pecan nut, shallot, coriander, pomegranate and cherry vinegar, organic hemp yogi sauce with almond, organic blond psyllium, sumac, pomegranate molasse and orange zest. 5.55

MEAT & FISH


CREAMY CHICKEN SALAD  

grilled chicken breast, green bean, edamame, button mushroom, chervil, shallot, creamy lemon sauce. 5.75


INDIAN CURRY TABBOULEH SALAD 

organic bulgur, marinated chicken breast with curry, chickpea, dried raisin, red onion, mint, pars-ley, lemon juice, olive oil, cucumber yoghurt raita sauce with cumin. 6.25

PASTA

JAPANESE PASTA SALAD 

asc soba pasta, smoked salmon, edamame, grapefruit, black sesame seed, wasabi, dill, lemon juice, sesame oil, soya sauce. 5.05

CHICKEN & NUT PESTO PASTA SALAD 

orecchiette pasta, grilled chicken breast, comté cheese, button mushroom, baby spinach, grape, chive, hazelnut pesto. 5.65

SMALL SWEET



TREATS 

COCONUT & COCOA POT   





coconut milk, cocoa. 2.25

COCONUT POT   


coconut milk. 2.25

COCONUT RICE PUDDING  

rice from camargue with coconut milk. 2.35

MOUSSE AU CHOCOLAT    

2.35

PEAR & VANILLA CRUMBLE 

apple and pear compote flavoured with vanilla covered with crumble. 2.55

KIWI & SPIRULINA BIRCHER MUESLI 

organic oat flake, roasted hazelnut, apple, coco-nut milk, maple syrup, kiwi coulis, spirulina, rasp-berry. 2.75

SALTED CARAMEL & ALMOND PORRIDGE

organic oat flake, organic chia seed, organic coco-nut milk, salted caramel, shredded almond. 2.58*

*£2.95 – 12.5% government VAT cut


CHIA SEED & ALMOND MILK PORRIDGE  

organic chia seed, organic almond milk, organic banana, blueberry, maple syrup, organic pumpkin seed. 2.58*

*£2.95 – 12.5% government VAT cut

GOLDEN SPICES & BLUEBERRY CHIA PUDDING  

organic chia seed with organic coconut milk and golden latte spices (turmeric, cinnamon, ginger, red Kampot (sp. pepper), blueberry compote, blue-berry. 3.20

MANGO & PASSION FRUIT CHIA PUDDING  

organic chia seed with organic coconut milk, mango and passion fruit coulis. 3.20