

Breakfast

Monday to Saturday until 12pm

Buckwheat granola with apple and blackberry (vg) (n) £6
Cinnamon, chia, coconut, mixed seeds, apple and blackberry, with coconut yoghurt

Quinoa carrot toast with a choice of sweet or savoury toppings (v) (n)
Wholefood toast with a nutty crunch, made simply with quinoa* and carrot
+ grass fed butter and a seasonal fruit chia jam (v) £7
+ avocado and feta/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 (vg)
Our version of the classic hot chilli and garlic sauce (complimentary)

Sauerkraut* (vg) £2.5
A live German classic - sour and salty fermented cabbage

Kimchi* (vg) £3.5
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.

Hot Drinks

Matcha latte	£4.5
Green tea powder with a hint of vanilla, maple syrup and made with your choice of full fat milk, almond mylk (vg) or coconut milk* (vg)	
Golden chai latte	£4.5
Smooth blend of turmeric, ginger and cardamom with traditional chai spices with your choice of full fat milk, almond mylk (vg) or coconut milk* (vg)	
Bulletproof coffee	£4.5
Satisfying and energizing coffee blended with coconut oil	
CO₂ decaffeinated coffee	£4.5
Origin Coffee, decaffeinated without chemicals and 99% caffeine free with your choice of full fat milk, almond mylk (vg) or coconut milk* (vg)	
Coffee - Cappuccino, latte, americano	£4.5
Origin Coffee, choice of full fat milk, almond mylk (vg) or coconut milk* (vg)	
Espresso	£4
Lavender hot chocolate	£4
A blissful blend of cacao, vanilla, maple syrup and your choice of full fat milk, almond mylk (vg) or coconut milk* (vg)	
Pep-Up tea	£4
Zingy blend of ginger, turmeric, cayenne and lemon juice	
Fresh mint tea	£4
Rare Tea Company Teas	£4
Breakfast, Earl Grey, Green, Jasmine, Chamomile, Rooibos, Lemongrass	

Coconut sugar available to sweeten

*Please note that we use Rude Health organic coconut milk that contains rice

Drinks

	Remineralised* still water (complimentary)	
	Chi coconut water Virgin coconut water from Thailand	£6.95
	Chilled Pep-Up tea Zingy blend of ginger, turmeric, cayenne and lemon juice	£4
	Lemongrass Kombucha Naturally effervescent living tea, deliciously tart and refreshing made in Suffolk	£7.5
	Cold pressed organic apple juice Green apple variety that is rich, sumptuously sweet and just a little bit tart	£7.5
	Cold pressed medium core juice Green veg and herbs with a touch of sweetness – celery, cucumber, lemon, mint, green apple	£9.5
Smoothies	Purple berry smoothie A sweet, creamy and tropical concoction with blackberries, coconut milk, banana and honey	£8.5
	Go to Green smoothie Spinach, ginger, lemon and mint with avocado and chia seeds	£8.5
	Choco coco shake Cacao, coconut milk, banana and raw honey	£8.5

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