

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

Hello and welcome to our cafe! If you're a regular, thank you for all your support over the last two years. If you're new to who we are and what we do please find a little intro and our recommendations below:

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. 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 of the food you're about to enjoy is prepared without gluten, grains, refined sugar or hydrogenated vegetable oils. We choose whole foods, processed with minimal interruption with an organic focus keeping our menu fresh and nutritious and our planet healthier. We're proud to operate a plastic-free kitchen and all of our takeaway packaging is fully recyclable. Please ask a team member for more information. We're also big fans of zero waste, which you'll notice across our menu.

Long live good food!

Follow our journey on
www.hemsleyandhemsley.com
[@HemsleySelfridges](https://www.instagram.com/HemsleySelfridges) [#HemsleySelfridges](https://www.facebook.com/HemsleySelfridges)

Our recipes can be found in 'The Art of Eating Well' and 'Good + Simple', available here at the cafe.

This is our autumn menu for 2018, celebrating seasonal produce that's at it's best right now. Here are our must-try dishes of the moment to help make choosing easier!

The Afternoon Tea! Our gluten and refined sugar free delight is perfect for sharing. Enjoy with a pot of tea or glass of zero dosage champagne £29.5

Roasted cauliflower with toasted seeds and spiced red pepper dip (n) £7

Osso Bucco with cauliflower mash, seasonal greens, chantenay carrots and gremolata £17

What we're drinking this autumn

H+H Collins £12

Soave Classico £7.5

Bourgogne Pinot Noir £9.25

We have also created a lovely selection of bar snacks

Southern spiced nuts* (vg) (n) £4.5

Gordal olives (vg) £5.95

Muhammara with crudités and crackers (vg) (n) £6.5

Chocolate snap (vg) £5

Anyone for an Afternoon Tea-se?

The Ultimate Afternoon Tea at Hemsley + Hemsley at Selfridges
Served Daily From 3pm

The Cream Tea £12.5

Two warm quinoa scones
Seasonal fruit and chia jam and clotted cream
Pot of tea from The Rare Tea Company
Add a glass of Zero Dosage NV Ayala Champagne £22.5

The Afternoon Tea £29.5

Savoury to start...

Mini crab mayonnaise flaxseed roll
Avocado, lime and smoked salmon
carrot and quinoa crisp bread
Cucumber and cream cheese on toast

Selection of cakes...

Chocbeet fudge bar, yoghurt honey frosting and cacao nibs
Blueberry coconut cupcake with raspberry frosting
Carrot cake

To top it off...

Two warm quinoa scones
Seasonal fruit chia jam and clotted cream
Mango, coconut and passion fruit pot
Pot of tea from The Rare Tea Company
Add a glass of Zero Dosage NV Ayala Champagne £39.5

Small plates, starters and salads

All salads available as a side, main course or as part of the Hemsley Salad Trio

A shot of Hemsley Pep-Up broth	£1.5
+ also available in a mug	£4.5
Cauliflower roasted in coconut with toasted seeds and spiced red pepper dip (vg) (n)	£7
Spiced broccoli fritters (v) With Indian-inspired cabbage and carrot slaw, guacamole and sriracha	£7
Quinoa* roasted vegetables with basil pesto (vg) (n) Carrots, red peppers and tomatoes, dairy-free brazil nut pesto	£7/£10
Lentil 'tabbouleh' with pomegranate, onion and preserved lemon (vg)	£7/£10
Soba noodle salad (vg) A vibrant asian-inspired salad of red cabbage, carrot spirals, leafy greens and buckwheat soba noodles with a tamari lime dressing	£7/£10
Green salad (vg) Fresh seasonal greens	£5/£9
Boost your salad with barrel aged feta or toasted seeds	£4

Complimentary Cultured ketchup* (vg)
Cultured* tomatoes, bay, garlic and herbs, lightly sweetened

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

Main dishes

Pink quinoa risotto with goat's cheese and spring onion (v)	£13.5
A heartwarming bowl with beetroot, spring onion and goat's cheese	
Falafel salad (vg) (n)	£12
Served with red cabbage and lime slaw and cashew, lemon and mint dressing	
Feta and black bean wrap with mixed green salad (v)	£12.5
Flaxseed flatbread filled with black bean, feta and sundried tomato 'meatballs', avocado and salsa	
Fish cakes with beetroot pickle and bitter leaves	£15
Salmon and haddock patties served with bright red beetroot pickle and guacamole	
Moroccan chicken stew with puy lentil tabbouleh (n)	£16
A hearty stew, slow-cooked with bone broth, green beans, dates and topped with toasted almonds	
Ossobuco with cauliflower mash	£17
Braised veal stew served with creamy cauli mash, seasonal greens and Chantenay carrots, topped with zesty gremolata	
Crispy chicken thighs	£15
With your choice of up to 3 salads	
Fish of the day	£16
With your choice of up to 3 salads	

Sides

Kimchi* (vg)	£4
Spicy, live Korean condiment of fermented shredded vegetables, chilli, garlic and ginger	
Sauerkraut* (vg)	£4
A live German classic – sour and salty fermented cabbage	
Guacamole (vg)	£4
Ratatouille (vg)	£4

Cakes and sweets

Takeaway available

Avocado lime cheesecake (vg) (n) Pecan, date and coconut base topped with creamy avocado and lime filling and pistachio crumble	£7.5
Chocolate snap (vg) Dark chocolate shards of Chocolarder 70% Ashinika cacao. Ethical, small batch, bean-to-bar chocolate makers from Cornwall	£5
Orange blossom and chestnut crêpes (v) (n) Chestnut flour crêpe served with orange blossom infused coconut yoghurt, raw honey and caramelised orange	£7.5
Paradise bar (v) Hemsley signature treat: desiccated coconut, 85% cocoa, raw honey and a touch of sea salt	£4.5
BB brownie protein balls (vg) (n) 3 chewy chocolate, date and black bean protein bites	£4.5
Carrot cake (v) (n) Carrot and almond bake with live yoghurt and raw honey frosting	£6.95

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.

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

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

All our juices and smoothies are made from fresh organic ingredients

	Remineralised* still water (complimentary)	
	Rebel Kitchen coconut water	£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

Champagne and wine

		Glass / Bottle
Champagne	NV Ayala 'Brut Nature' Ay, France The Brut nature has no dosage or sugar added. Fresh, aromatic and quite dry, with delicate stone fruit.	£14.75 £65
	NV Ayala 'Brut Majeur' Rosé Ay, France This pale elegant rosé with a pink hue is light yet expressive, with red berry and gooseberry.	£15.5 £69
White	16 Soave Classico, Pieropan, Veneto, Italy A fresh and expressive Soave with classic white flower, almond blossom and a touch of citrus. Rounded, ripe fruit perfectly balanced by a fresh, clean acidity.	£7.5 £35
	16 Chablis 'St Martin', Domaine Laroche, Burgundy, France Intense freshness typical of the area, with ripe white fruit and white blossom aromas. Its minerality gives a lingering finish and wonderfully distinct character.	£12.25 £49
Rosé	17 'Cuvée Alexandre' Rosé, Château Beaulieu, Provence, France Abundance of redcurrant and wild strawberry perfumes that develop into juicy white peach and pear notes. Fresh acidity is balanced beautifully with the alcohol giving an elegant mouthfeel and refreshing length.	£7.5 £35
Red	17 Mendoza Malbec Classico, Altos Las Hormigas, Mendoza, Argentina Traditional notes of red fruits, cherries and freshly picked plums. This wine is all about freshness with structured tannins and a pleasant finish.	£7.5 £35
	16 Bourgogne Pinot Noir 'Les Ursulines', Jean-Claude Boisset, Burgundy, France Fresh raspberries on the nose with notes of black pepper. The freshness continues on the palate with more red fruits and a lovely roundness.	£9.25 £40

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.

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.

LA Brewery 100% organic naturally fermented sparkling tea made in Suffolk.

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.

Chocolarder Ethical small batch bean to bar chocolatier.

Rude Health London-based healthy food and drinks company.



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.