

drinks

nibble...

kale crisps £4.75 ®

British curly kale, rubbed with nutritional yeast and olive oil and love...

activated nuts £4.75 ®

long-soaked, dehydrated with smoked paprika

cold pressed organic juices

winter zinger £6.95

cold pressed apple and lemon juice heavily spiked with warming ginger and a touch of lemon thyme

bright eyes £6.95

cold pressed carrot, apple and lemon juice with a dash of ginger and the power of turmeric

the beat goes on £6.95

cold pressed beetroot, lemon, apple and aloe juice spiced with ginger

smoothies n shakes

caramel crack shake £6.95

light tahini, dates, maple, Himalayan salt and coconut milk

chocolate protein shake £7.95

raw cacao ,hemp seeds, chia, maca powder, banana, dates and hazelnut milk

blue spirulina smoothie £8.25

spinach, spirulina, banana, cold pressed lemon orange and ginger

soft

kombucha £4.95

ask for flavours



spoil yourself without spoiling yourself

OUR DRINKS MENU IS 100% VEGAN, ALCOHOL FREE AND FREE FROM REFINED SUGAR

WE USE NUTS AND SEEDS IN SOME OF OUR DRINKS, IF YOU HAVE AN ALLERGY LET US KNOW

spritzers powered by plants

Humble Warrior turmeric & mango £5.50

600mg of turmeric extract, Indian gooseberry, black pepper, ginger, mango and mandarin

Humble Warrior tulsi & pomegranate £5.50

1500mg whole tulsi leaf, ginger, cinnamon, green tea, pomegranate and beetroot

Humble Warrior reishi & pineapple £5.50

200mg reishi mushroom, gotu kola, rosemary , orange, pineapple, pink grapefruit and guava

apple mockjito £6.95

muddled apple presse with fresh mint and limes topped up with kombucha

long tonics

Ceder's crisp & cucumber tonic £6.95

fresh and full of botanicals, served long on ice with cucumber tonic

Atopia wild blossom £6.95

delicate wild blossom botanicals with crisp cucumber tonic

Atopia spiced citrus £6.95

spiced citrus with aromatic hibiscus flowers and hibiscus tonic

love & tonic £7.25

Senser love with passionfruit, bergamot and rose paired with our floral tonic

sparkling

Noughty non alcoholic prosecco

£5.50 glass £19.50 bottle

beautifully crafted alcohol-free sparkling wine made from the finest Italian grapes

joy & fizz £6.95

organic sparkling wine infused with Senser plant spirit joy with lemon grass, damiana and Schisandra and pomegranate pearls

beer

Hemp & Hop CBD lager £5.50 0.5% *

full flavoured craft brew, with a twist of organic, hemp-derived CBD cannabidiol extract

Smashed apple soft cider £4.90

crafted with English apples

Nirvana £4.90 / £5.20 *

Tantra pale ale 0.0%

Bavarian Hells larger 0.3%

Lucky Saint lager £4.90 0.5% *

Fitbeer £4.90 0.3% *

a premium alcohol-free beer brewed in Bavaria, a natural isotonic packed full of B vitamins and only 66 calories

* not gluten free

all day



® = RAW = NOT COOKED ABOVE 42

OUR MENU IS VEGAN, GLUTEN-FREE * AND REFINED SUGAR-FREE

WE USE NUTS AND SEEDS IN MANY OF OUR DISHES, IF YOU HAVE AN ALLERGY LET US KNOW

A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE SUGGESTED ON YOUR BILL

water

WE BELIEVE IN DRINKING BETTER

bottomless filtered still or sparkling water £2.50

refillable 750ml bottle of filtered still or sparkling mineral water - we give 75p per bottle to team nominated local charities and projects that can make a difference to the communities they serve.

protein porridge £7.95

quinoa, chia seeds, buckwheat with blueberries, sunflower, pumpkin seeds and caramelised pecans

toasted banana bread £6.95

chocolate chip banana bread with banana, whipped coconut cream and date syrup

very berry pancakes £11.95

buckwheat American style pancakes topped with coconut yogurt, banana, berry compote and chocolate sauce

sweetcorn & red pepper pancakes £12.95

crispy sweetcorn pancakes with polenta, chilli, spring onion and coriander with avocado, roasted tomatoes and leaves

T.L.T £10.50

smoky fresh probiotic tempeh, baby gem lettuce and tomato in a warm charcoal brioche bun (not GF)

add avo £1.50

adaptogenic creamy mushrooms £13.95

shitake, chaga, lions mane, reishi, chestnut and nameko mushrooms in almond cream, mustard, parsley, served on seeded toast

avocado & super beets sauerkraut £10.50

avocado, super beets probiotic sauerkraut served on seeded toast with pomegranate pearls

sweet potato hummus toast £9.95

roasted red pepper and sweet potato hummus served on seeded toast topped with edamame, toasted seeds and lemon oil

mozzarella melt £9.95

caponata, smoked sun blushed tomato and melted mozzarella on seeded toast

soup of the day £7.95

a fresh and seasonal daily bowl of goodness served with seeded bread

daily buddha bowl £10.95 take away £8.95

ask for today's bowl

brown rice pasta of day £13.95

daily chef's pasta dish, ask for today's special

roasted roots winter Caesar £14.50

British curly kale with roasted butternut squash, roasted heritage beetroot, a zesty sunflower seed Caesar dressing, black douce olives and macadamia

Korean spicy bbq jack bap £15.95

slow cooked bbq jackfruit with kimchi slaw and pickled cucumber in a soft charcoal brioche bun * (not GF) served with chunky rosemary roasted potatoes

the Redemption burger £15.95

shitake mushroom, hemp seeds, quinoa, roasted chestnuts and toasted walnuts in a warm charcoal brioche * (not GF) with caramelised red onion marmalade, kimchi super slaw and rosemary roasted potatoes

don't want the bun? go naked £14.95

add avo £1.50

add cheese £1.50

sides

roasted roots winter Caesar £5.95

British curly kale with roasted butternut squash, roasted heritage beetroot, a zesty sunflower seed Caesar dressing, black douce olives and macadamia

kimchi super slaw £5.95 ®

smoky spicy kimchi with cabbage, red onion, carrots, coriander and green chilli

rosemary roasted potatoes £5.95

topped with chipotle mayonnaise

smashed avo & lime £4.50 ®

sweet potato hummus £4.50

add corn chips £2.50

hot drinks & sweets

sweet treats

bliss balls £6 ®

packed with antioxidants, raw dark chocolate and date truffles rolled in coconut

apple & cinnamon pie £7.95

baked bramley apples with a crumble topping served with coconut cream

lemon & blueberry cheesecake £8.95 ®

coconut and almond crust with layers of lemon and blueberry cashew cream

banoffee pie £8.95 ®

a chewy oat base, layer of chocolate filled with a sticky medjool date caramel, banana and coconut cream

toasted banana bread £6.95

chocolate chip banana bread with banana, whipped coconut cream and date syrup

cheese board £13.50

nut free creamy brie, a selection of fermented nut cheeses with raw crackers, fig chutney and grapes

indulge

love handles chocolate £4.95

rich and decadent, cacao, vanilla bean, maple and coconut cream

guarana cacao latte (espresso free) £5.95

energy-boosting guarana and ceremonial grade cacao with oat milk



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* OATS ARE NATURALLY GLUTEN -FREE HOWEVER OUR OAT MILK MAY CONTAIN TRACES OF GLUTEN

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cleanse

turmeric latte £4.95

organic turmeric root, ginger, cinnamon, a pinch of black pepper and coconut milk

matcha latte £4.95

ceremonial grade matcha green tea whisked with coconut milk

adaptogenic

utilising ancient & powerful medicinal mushrooms for healing, immunity and brain function

bullet proof chaga £3.95

espresso, hot water with chaga & coconut oil coffee with a boost – helps you to wake up, focus and kick start your day without the coffee jitters

adaptogenic latte (espresso free) £5.95

reishi, lion's mane and turmeric with tiger nut milk strong anti-inflammatory and immune booster, helps calm the body and clear the mind

mood enhancing mocha £5.95

espresso, chaga, guarana & cacao made with coconut milk

a perfect any time of day energy boost, rich in polyphenols helping to increase blood flow to the brain and stimulating 'happy hormones'

herbals

infusions £2.95

fresh mint or fresh ginger

tea

Redemption detox herbal blend £3.95

unique detox tea, formulated to detox the lymphatic system, with nettles, cleavers and marigold

pot of loose leaf tea £3.50

English breakfast / Earl grey
orange rooibos
green tea
camomile
spiced vanilla chai

coffee we have a range of nut and oat* milk available

The Gentleman Baristas coffee £2.10-2.95

organic, fair trade, single origin, Honduran blend espresso – americano - macchiato - cappuccino – latte – flat white

comfort

hot toddy £4.95

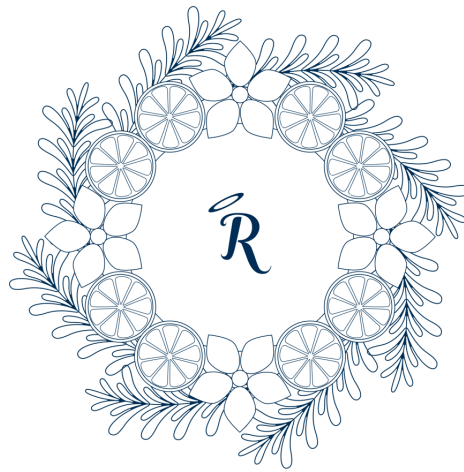
Borrage botanical spirit with hibiscus tea and Winter spices

hot apple and ginger £4.95

cloudy apple juice and ginger

buttered rumish hot chocolate £5.95

rich cacao, vanilla bean, maple and coconut cream with a double shot of Rumish!



spoil yourself without spoiling yourself