



## ***daytime menu***

### ***chia, gluten free oats & sprouted buckwheat porridge £5.75***

start the day off well with our nutrient boosting, protein packed porridge with banana, blueberries, date syrup, coconut milk and roasted almonds

### ***soup of the day £5.95***

a fresh and filling soup with our home made gluten-free sunflower and flaxseed bread

### ***avocado on sunflower & flaxseed toast £6.75***

our home made flaxseed bread toasted and topped with smashed avocado, lemon and a drizzle of olive oil

### ***smoky ranch beans on toast £7.50***

slow cooked pinto beans cooked in our smoked paprika, tomato and red pepper sauce on toasted sunflower and flaxseed bread

### ***buckwheat & chia pancakes £8.50***

buckwheat & chia pancakes tossed in coconut oil and topped with banana, coconut yoghurt, caramelised pecans and maple syrup

### ***californication £8.50***

roasted sweet potato and rosemary hash with mushrooms and spinach and a squeeze of lemon

### ***daily buddha bowl £8.95***

seven super-nourishing ingredients combining a flourish of flavours and textures - one for every day of the week

### ***sweet corn & red pepper pancakes £9.50***

with avocado, coriander, chilli and lime guacamole, tomatoes and rocket

### ***brown rice penne pasta £9.50***

with a rich tomato, red pepper and garlic sauce, served with black olives, rocket and roasted pecan 'parmesan'

### ***tokyo salad small £8.95 large £12.95***

a nourishing bowl of brown rice and avocado salad with cucumber, radish, chilli, hijiki seaweed, a citrus-miso dressing and a sprinkling of sesame seeds

## ***sweet treats***

### ***bliss balls £5.75*** ®

four raw dark chocolate and date truffles rolled in coconut

### ***spiced pumpkin pie £6.00***

cinnamon and ginger spiced pumpkin pie on a nut-free oat base served with coconut yoghurt

### ***acai berry & vanilla cheesecake £6.50*** ®

raw cheesecake made from cashew nut cream, vanilla and coconut on an almond and sprouted buckwheat base with a layer of acai berry jelly

### ***ruby forest gateau £6.95*** ®

a layered gateau of rich chocolate mousse on a crunchy nutty chocolate base with raspberries and vanilla cream

® = RAW = NOT COOKED ABOVE 42°

ALL MENU ITEMS ARE VEGAN, WHEAT-FREE AND LOW IN NATURAL SUGARS

ORGANIC WHERE POSSIBLE

WE USE NUTS!

**SPOIL YOURSELF WITHOUT SPOILING YOURSELF**

A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL