



weekend 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 homemade 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

daily buddha bowl £8.95

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

buckwheat & chia pancake stack £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

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 £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 oatly 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

WIFI: REDEMPTION BAR / PASSWORD: Redemption2015
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