



Drink

Coffee

By THE ROASTING PARTY

Espresso 2.20

Long Black 2.50

Macchiato / Piccolo 2.90

Flat White 3.00

Cappuccino 3.00

Mocha 3.20

Cold Drip 4.00

Home brewed
+ steamed coconut milk 50p

Hot Chocolate 3.70

Cacao & date syrup
+ coconut milk 50p

Bubbachino 1.50

Latte 3.00

Rose Latte 3.70

Double shot with rose water
infused milk & petals

Lavender Latte 3.70

Double shot with lavender water
infused milk & petals

Chai Latte 3.80

Home brewed with cinnamon & honey

Liquid Gold Latte 4.00

Turmeric, cinnamon, astragalus, honey
+ coconut milk 50p

Latte Black 4.00

Activated charcoal, date syrup & cashew milk

Matcha Latte 3.80

Organic Japanese green tea powder

Hibiscus Matcha 4.20

Organic red matcha latte with coconut milk

Butterfly Matcha 4.20

Organic blue matcha powder with almond milk

The word "Extras" is written in a large, teal, cursive font. The letters are connected and have a fluid, handwritten appearance. The color is a vibrant teal or seafoam green.

Rude Health

Almond Milk | Coconut Milk | Cashew Milk | Hazelnut Milk 50p
Extra shot 50p / Decaf 50p

FROM OUR FRIDGE

Orange Juice 3.50

Grapefruit Juice 3.50

What A Melon Water 2.30
Watermelon Juice

Jax Coco 3.50
100% pure coconut water

Jax Sparkling Coco Water 3.50
ginger | raspberry

Bottled Water 2.50
Still or sparkling

Karma Cola Soft Drink 3.00
Lemonade or Cola

Kombucha Kat 3.60
Original | Ginger

Limonada Iced Tea 3.00

Farm Spritzer 2.75
elderflower, lime & sparkling water

LOOSE LEAF

Tea

Fresh Ginger 2.30

Fresh Mint 2.30

Lemon, Honey & Ginger 2.30

Earl Grey 2.50

English Breakfast 2.60

Chai 2.50

Peppermint 2.50

Green 2.50

Fennel 2.50

Hibiscus 3.10

Chamomile 3.10

Liquid Gold 3.90

Fresh lime juice, ginger, cinnamon, turmeric,
freshly grated nutmeg, astragalus & honey

ACV Cleanse 3.00

Apple cider vinegar, honey & milk thistle



Eat



ALL DAY

Toast 4.50 DF V

with almond butter & strawberry jam

Avocado Toast 8.00 V NF

Lemon juice, fresh coriander & pomegranate
+ a poached egg 2.20

House Granola 8.50 GF

A nutty blend of oats, elderflower & orange zest
served with natural yoghurt & and summer fruits
+ coconut yoghurt instead 2.50

Açai Bowl 8.00 GF V

Frozen Amazonian berries with banana & almond milk topped with summer
fruits & chia seeds

+ almond butter 1.50 + granola 3.00

Dragon Bowl 8.00 GF V

Frozen pitaya blended with banana & almond milk topped with hemp
seeds & summer fruits

+ coconut yoghurt 2.50

Teff Porridge 7.00 GF

Chia seeds, teff, almond milk, bee pollen topped with summer fruits &
amber maple syrup

Berry Pancakes 12.00 GF

Buckwheat flour with amber maple syrup topped with mixed berries
& coconut shavings

+ coconut yoghurt 2.50

Eggs (any style) 8.00 DF

3 poached, fried or scrambled (with almond milk) & toasted sourdough

Farm Omelette 8.00 DF NF

3 eggs cooked in coconut oil with toasted sourdough

+mushrooms 2.50

Oven Baked Aubergine 9.50 NF

Traditionally baked in a tomato & chickpea sauce with a mint & tahini
yoghurt dressing

+ poached egg 2.20



Extras

poached egg 2.20, fried egg 2.20, scrambled egg 2.20, gluten free bread 2.50, maple syrup 1.00, avocado 2.50, granola 3.00, berries 3.50, coconut bacon 3.50, cashew cream 3.00, diced tomato 75p, steamed spinach 2.00, goat's cheese 1.50, feta 1.50, mozzarella 1.00 mushrooms 2.50, chicken 3.00, smoked salmon 6.00

ONLY FROM 11AM

Garden Soup 6.50

Seasonal daily ingredients served with toasted brown sourdough

Check our chalk board

Farm Salad 7.50 GF V

Mixed leaves, avocado, cherry tomatoes, walnuts & a basil pesto dressing

+ Chicken 3.00 + Goats Cheese 1.50

Pink Salad 9.00 GF V NF

Watermelon, toasted pumpkin seeds, alfalfa sprouts, heritage tomatoes, quinoa, sauerkraut & feta with a citrus dressing

Bear Salad 7.50 GF

Roasted beetroot, pear, goats cheese & toasted walnuts with an apple cider dressing

Lady Salad 7.50 GF V NF

Purple potatoes, lambs lettuce, broccolini, asparagus, pickled red onion & sesame seeds with a mustard vinegar dressing

+ smoked salmon 6.00

Coconut BLT Sandwich 9.00 V

Coconut bacon*, sliced beef tomatoes, guacamole, lettuce & homemade cashew cream on toasted brown sourdough

+ gluten free bread 2.50

Chicken Sandwich 9.00

Slow cooked chicken breast, guacamole, beef tomato, lettuce & a pesto dressing on toasted brown sourdough

+ gluten free bread 2.50

Blue Jack Tacos 12.00 GF V NF

BBQ pulled jackfruit, pineapple, guacamole, lettuce & egg free mayonnaise served on three blue corn tortillas



Sprinkle

Superfood

on your dish

**Maca 1.20, Bee Pollen 70p, Hemp Protein 90p, Flaxseed 70p,
Turmeric 50p, Chlorophyll 1.00, Chia Seeds 70p, Spirulina 90p**

Sweet

Matilde's Donuts 3.50 GF V

Lemon & Rosemary Sorbet 3.00 DF

Spinach, Kiwi & Gelato 3.00

See our cake display for more options

DF = dairy free **GF** = gluten free **NF** = nut free **V** = suitable for vegans

***Bacon**: our smoked & seasoned coconut flesh V

Our produce is selected carefully from the New Covent Garden Market .

Please be advised, we cannot guarantee the absence of allergens in our dishes due to being produced in a kitchen that contains allergens.

