



weekday menu

toasted sunflower & flaxseed bread

chunky guacamole, tomato & lime £7.50

avocados, spring onion, coriander, chilli and lime juice with cherry vine tomatoes and micro greens

black bean chimichurri £7.50

spicy black beans with vine tomatoes, coriander and lime topped with avocado and chimichurri

mains

buckwheat pancakes £8.95

tossed in coconut oil and topped with natural coconut yoghurt, seasonal fruit and maple syrup

californication £9.25

roasted sweet potato and red onion hash with mushrooms, kale, spinach, rosemary and a squeeze of lemon

sweetcorn & red pepper pancakes £9.50

with guacamole, cherry vine tomatoes and wild rocket

bolognese & brown rice penne pasta £9.75

a rich tomato, purple sweet potato and shitake mushroom bolognese sauce with roasted pecan 'parmesan' and wild rocket

salads

kale Caesar £10.75

chopped kale, cashew-tahini Caesar dressing, garlic croutons and kalamata olives with roasted pecan 'parmesan' and avocado

zucchini pasta con pesto small £8.50 main £14.50 ®

raw courgette spaghetti tossed in basil and pumpkin seed pesto, rocket and cherry tomatoes, topped with brazil nut 'parmesan'

soup of the day £5.95

a seasonal daily bowl of goodness with our home made sunflower and flaxseed bread

daily buddha bowl £8.95

7 super-nourishing ingredients combining a flourish of flavours and textures - one for every 7 days of the week



burgers

pulled barbecued jack £9.95

slow cooked jackfruit in sweet 'n' smoky barbecue sauce with crunchy iceberg in an oat bun served with turmeric superslaw

add chunky sweet potato fries **£2.95**

buff burger £9.95

love burgers...love your body - stay buff with our protein-packed fibre-boosting shitake mushroom, black bean, walnuts and ruby beet burger, served in an oat bun with tomato, lettuce, caramelised red onion marmalade plus turmeric superslaw

add chunky sweet potato fries **£2.95**

sides

rocket salad £4.50 ®

wild rocket, cucumber, cherry tomatoes, red peppers and basil dressing

kale caesar salad £4.50

chopped kale, cashew-tahini caesar dressing, garlic croutons and capers topped with roasted pecan 'parmesan'

turmeric & nigella slaw £3.75 ®

anti-inflammatory slaw with fresh mint, golden sultanas and turmeric, black pepper and lemon creamy dressing

sweet potato chunky fries £3.50

chunky guacamole £3.50 ®

coconut yoghurt £2.75

turmeric hummus £2.75

® = RAW = NOT COOKED ABOVE 42°

OUR MENU IS 100% VEGAN, GLUTEN-FREE AND LOW IN NATURAL UNREFINED SUGARS

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 ADDED TO YOUR BILL

spoil yourself without spoiling yourself