

brunch & lunch



from 10am

bircher £6.95

chia seeds, buckwheat and oats soaked in apple juice with coconut yoghurt, sunflower and pumpkin seeds topped with berries

granola £6.95

toasted maple granola crunchy nuts and seeds, served with coconut milk, yoghurt and berries

tropical smoothie bowl £6.95

mango, pineapple, chia seeds, coconut and turmeric smoothie bowl topped with passionfruit, kiwi and blueberries

toasted banana & chocolate bread £5.95

served with banana, whipped coconut cream and date syrup

buckwheat pancakes £9.95

topped with coconut yoghurt, fresh seasonal fruit, caramelised pecans & maple syrup

sweetcorn & red pepper pancakes £11.50

crispy sweetcorn pancakes with polenta, chilli, spring onion and coriander with guacamole, roasted tomatoes and wild rocket

daily buddha bowl £9.95

build your own bowl of goodness from our daily deli selection

hemp & turmeric hummus £8.00

home made fresh turmeric and hemp hummus with cherry vine tomatoes and rocket on seeded toast

chunky guacamole, tomato & lime £8.50

avocado, spring onion, coriander, chilli and lime juice with cherry vine tomatoes and micro greens, served on seeded toast

black bean chimichurri £8.75

spicy black bean in tomato sauce topped with avocado, lime and coriander and chimichurri served on seeded toast

adaptogenic creamy mushrooms £12.50

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

from 12 noon

californication £11.50

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

bolognese brown rice penne pasta £10.75

roasted red pepper, shitake mushrooms, basil, oregano and sundried tomato sauce and kalamata olives, topped with roasted pecan 'parmesan' and wild rocket

kale Caesar £12.50 ®

British curly kale with a zesty sunflower seed Caesar dressing, kalamata olives, caperberries, raw cracker croutons topped with avocado and dukkha

pad Thai £14.50 ®

raw courgette, mouli and carrot noodles with spring onions and mange tout tossed in pad Thai dressing topped with coriander and chilli lime cashews

® = RAW = NOT COOKED ABOVE 42

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

soup of the day £6.95

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

burgers

jack soft tacos £13.95

slow cooked spicy jackfruit in soft blue corn tacos with tomato salsa, guacamole, pineapple salsa with chipotle mayonnaise

buff burger £12.95

stay buff with our protein-packed fibre-boosting shitake mushroom, black bean and ruby beet burger with caramelised red onion marmalade, kimchi super slaw and chunky sweet potatoes
*(gluten free bun or vegan brioche not GF)

sides

kale Caesar £4.95 ®

British curly kale with a zesty sunflower seed Caesar dressing, kalamata olives, caperberries, raw cracker croutons topped with avocado and dukkha

kimchi super slaw £4.50 ®

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

chunky roasted sweet potatoes £5.50

topped with chipotle mayonnaise, spring onion and pomegranate

chunky guacamole £3.75 ®

hemp seed & turmeric hummus £3.25

day drinks & smoothies

water

bottomless filtered still or sparkling water

£1.50

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.

fruities

pious pina colada £5.95

a tropical combination of fresh pineapple, lemon juice and coconut yoghurt

pure salvation £5.95

orange, pineapple, lemon and raspberry puree

heart beets £5.95

beetroot, orange, lime, ginger, coconut water

kombucha apple mockjito £5.95

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



OUR DRINKS MENU IS 100% VEGAN, ALCOHOL FREE AND LOW IN NATURAL SUGARS

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

smoothies

morning glory £6

banana, dates, cardamom and coconut milk

caramel crack shake £6.50

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

chocolate maca shake £6.50

raw cacao, maca powder, banana, dates and tigernut milk

superhero shake £6.50

almond milk, banana, blueberries, chia seeds, hemp seeds, raw cacao

virtuous Mary £6

a spicy, pickle back tomato cocktail, with enough zing to give your wake up a shake up

green is the new black £6.95

baby spinach, avocado, cucumber, pineapple, lime, ginger, coconut water

draft

kombucha £4.50

Jarr Kombucha

sparkling

Paris 16 fizz £4.50 glass £18.50 bottle

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

kombucha mimosa £5.50

fresh orange juice, kombucha and calamansi

rosemary and pomegranate fizz £5.50

sparkling wine infused with rosemary and pomegranate jewels

beer * not gluten free

Lucky Saint lager £4.00

Fitbeer £4.00

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

Smashed apple soft cider £4.00

crafted with English apples

Nirvana tantra pale ale £4.00

Nirvana cosmic stout £4.00

Gusto cola £3.95

natural cola

hot drinks & sweets



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OUR MENU IS 100% VEGAN WHEAT-FREE AND LOW IN UNREFINED SUGARS
* OATS ARE NATURALLY GLUTEN -FREE HOWEVER OUR OAT MILK MAY CONTAIN TRACES OF GLUTEN

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sweet treats

bliss balls £5.75 ®

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

Eton mess £6.75

maple meringues with strawberries, whipped coconut cream and raspberry coulis

key lime cheesecake £7.95 ®

coconut and almond crust with avocado, lime and cashew cream with whipped crème Chantilly

banoffee pie £7.95

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

toasted banana bread £5.95

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

cheese board £9.95

fermented nut cheese selection with raw crackers, fig chutney and grapes

herbals

Infusions £2.50

fresh mint
fresh ginger

cleanse

turmeric latte £4.95

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

matcha latte £4.95

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) 4.95

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

mood enhancing mocha £5.50

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'

tea

pot of tea £2.95

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

pot of Chash loose leaf tea £2.95

English breakfast / Earl grey
orange rooibos / jasmine green / camomile / fog green

revive

The Gentleman Baristas coffee £2.10-2.95

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

iced coffee £3.95

espresso, coconut milk over ice
espresso, cacao, coconut milk over ice

guarana cacao latte £4.95

energy-boosting guarana and cacao with oat milk

We have a range of nut and oat* milk available

indulge

blue butterfly pea latte £4.50

packed with antioxidants and anti inflammatory properties

love handles chocolate £4.50 rich and decadent, cacao, vanilla bean, maple and coconut cream

