

# evening



® = 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

## nibbles

### **kale crisps £3.75** ®

English curly kale, rubbed with nutritional yeast and olive oil

### **activated nuts £3.75** ®

long-soaked, slow-roasted with smoked paprika and Himalayan salt

### **house marinated mixed olives £3.50** ®

### **hemp & turmeric hummus & guacamole**

**£7.95**

organic, GMO-free blue corn chips with a lemon, fresh turmeric hummus and guacamole

## starters

### **soup of the day £6.95**

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

### **grilled aubergine & tahini £8.95**

with a white miso and sesame glaze, served with lemon tahini dressing, toasted pine nuts, pomegranate seeds and micro basil

## sharing starters

### **sharing antipasto board £12.95**

smoked paprika & herb cashew cheese, chargrilled artichokes, marinated mushrooms, sunblush cherry tomatoes and Italian olives, crackers

### **Vietnamese summer roll platter £12.95**

spinach, shiso, mint, tulsi, coriander, shredded pomelo, pickled vegetables wrapped in rice paper and served with sweet chilli sauce

### **maki rolls platter £12.95**

a gorgeous platter of maki rolls filled with quinoa, ginger and wasabi, avocado, enoki mushroom, crunchy vegetables, sesame seeds and micro red amaranth

## sides

### **kale Caesar £4.75** ®

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 sweet potatoes £5.50**

topped with chipotle mayonnaise, spring onion and pomegranate

### **chunky guacamole £3.75** ®

### **hemp seed & turmeric hummus £3.25**

## mains

### **bolognese brown rice penne pasta £10.75**

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

### **jack soft tacos £13.95**

slow cooked spicy jackfruit in soft blue corn tacos with sweetcorn salsa, tomato salsa, guacamole and pineapple salsa

### **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**)

### **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

### **summer pea & mint risotto £14.75**

a mix of seasonal British sugar snap peas, pea shoots, spring onion and garden herbs with mint & dill salsa verde topped with roasted pecan 'parmesan'

# evening drinks & cocktails



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

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## alcohol-free cocktails

### **crantini £4.95**

cranberry, orange, lemon, birch syrup, elderflower and coconut water

### **Sea foam sour £6.50**

Sea Arch botanical with butterfly pea, lime, aquafaba and coconut water

### **pious pina colada £5.95**

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

### **flu fighters martini £5.95**

give your immune system a boost with our fiery martini, ginger, citrus, aloe vera and chilli

### **Three Spirits espresso martini £6.50**

cold pressed beetroot juice shaken with a double shot of espresso

### **black magic £6.50**

Borrigo botanical spirit shaken with toxin-grabbing activated charcoal, aquafaba, fresh lemon, vanilla and maple

### **kombucha apple mockjito £5.95**

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

### **Ceders crisp & cucumber tonic £6.50**

fresh and full of botanicals, served long on ice with cucumber tonic

### **Caleno & hibiscus £6.75**

juniper and inca berry tropical free spirit paired with hibiscus tonic and lime

## beers

### **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 kosmic stout £4.00**

## draft

### **kombucha £4.00**

Jarr Kombucha

## 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.

## sparkling

### **Paris 16 fizz £4.00 glass £18.50 bottle 0%**

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

### **rosemary and pomegranate fizz £4.95**

sparkling wine infused with rosemary and pomegranate jewels

### **1688 premium grand rose £28**

Masion honore de faubourg – premium sparkling wine Red or white both served chilled

# 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 oatly 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

