

day drinks & smoothies



‘spoil yourself without spoiling yourself’

OUR DRINKS MENU IS 100% VEGAN, ALCOHOL FREE AND FREE FROM REFINED SUGAR

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

water **WE BELIEVE IN DRINKING BETTER**

bottomless filtered still or sparkling water
£1.85

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 £6.95

a tropical combination of pineapple, lemon juice and coconut yoghurt

pure salvation £6.50

orange, pineapple, lemon and raspberry coulis

heart beets £6.50

beetroot, orange, lime, ginger, coconut water

kombucha apple mockjito £6.95

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

smoothies

morning glory £6.95

banana, dates, cardamom and coconut milk

caramel crack shake £6.95

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

chocolate maca shake £6.95

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

superhero shake £6.95

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

virtuous Mary £5.95

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 £4.95

Jarr Kombucha

soft

Gusto cola £3.95

natural cola

sparkling

Thompson & Scott non alcoholic prosecco

£4.95 glass £18.50 bottle

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

kombucha mimosa £5.95

fresh orange juice and kombucha

rosemary and pomegranate fizz £6.50

sparkling wine infused with rosemary and pomegranate jewels

beer * not gluten free

Smashed apple soft cider £4.90

crafted with English apples

Nirvana tantra pale ale £4.90 *

Nirvana cosmic stout £4.90

Lucky Saint lager £4.90 0.5% *

Fitbeer £4.90 0.3% *

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

brunch & lunch



from 10am

bircher £7.95

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

granola £7.95

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

tropical smoothie bowl £7.95

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

toasted banana bread £6.95

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

buckwheat pancakes £11.95

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

sweetcorn & red pepper pancakes £12.95

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

daily buddha bowl £12.95

build your own bowl of goodness from our daily deli selection

hemp & turmeric hummus toast £9.95

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

chunky guacamole, tomato & lime £9.95

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

black bean chimichurri £9.95

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

adaptogenic creamy mushrooms £13.95

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

from 12 noon

soup of the day £7.95

a fresh and seasonal daily bowl of goodness served with seeded bread

californication £12.95

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

bolognese brown rice penne pasta £13.95

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

kale Caesar £14.50 ®

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

® = RAW = NOT COOKED ABOVE 42

OUR MENU IS 100% VEGAN, GLUTEN-FREE * AND REFINED SUGAR-FREE

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 SUGGESTED ON YOUR BILL

spicy 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

jack soft tacos £14.95

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

buff burger with sides £15.95

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

sides

kale Caesar £5.95 ®

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

kimchi super slaw £5.95 ®

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

chunky roasted sweet potatoes £5.95

topped with chipotle mayonnaise, spring onion and pomegranate jewels

chunky guacamole £4.50 ®

hemp seed & turmeric hummus £4.50

add corn chips **£2.50**

hot drinks & sweets

sweet treats

ask for today's deli selection

bliss balls £6 ®

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

Eton mess £7.95

maple meringues with strawberries, whipped coconut cream and raspberry coulis

key lime cheesecake £8.95 ®

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

banoffee pie £8.95

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

toasted banana bread £6.95

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

cheese board £12.50

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

herbals

Infusions £2.95

fresh mint
fresh ginger



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* OATS ARE NATURALLY GLUTEN -FREE HOWEVER OUR OAT MILK MAY CONTAIN TRACES OF GLUTEN

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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) £5.95

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

mood enhancing mocha £5.95

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

detox herbal blend £3.95

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

pot of Chash loose leaf tea £3.50

English breakfast / Earl grey /orange rooibos
ask for herbal selection

coffee

The Gentleman Baristas coffee £2.10-2.95

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

iced coffee £4.95

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

We have a range of nut and oat* milk available

indulge

blue butterfly pea latte £4.95

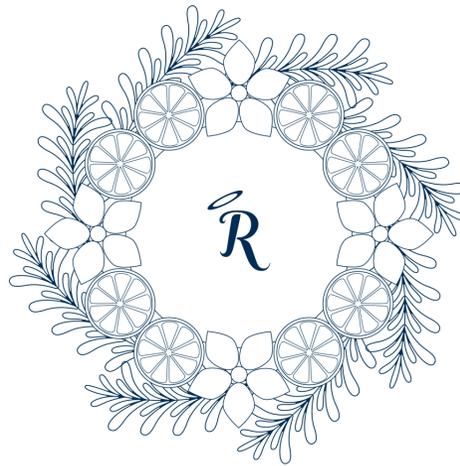
packed with antioxidants and anti inflammatory properties

love handles chocolate £4.50

rich and decadent, cacao, vanilla bean, maple and coconut cream

guarana cacao latte (espresso free) £5.95

energy-boosting guarana and ceremonial grade cacao with oat milk



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