



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

marinated medicinal mushroom £8.95

shitake, chestnut, nameko and golden needle mushrooms marinated in parsley, garlic and olive oil

mains

buckwheat pancakes £8.95

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

californication £9.50

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 capers topped with roasted pecan 'parmesan' and avocado

Tokyo salad £12.95

a nourishing bowl of brown rice and avocado salad with cucumber, radish, chilli, hijiki seaweed, a citrus-miso dressing and a sprinkling of sesame seeds

zucchini pasta con pesto £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 fresh and seasonal daily bowl of goodness with our home made sunflower and flaxseed bread

daily buddha bowl £9.50

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

burgers

pulled barbecued jack £12.95

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

buff burger £12.95

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

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