

# 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



® = 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

## **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, lion's 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

## **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

## **Belu still/ sparkling water £2.95**

750ml bottle of Belu still or sparkling mineral water, which donates all its profits to clean water charities

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 kosmic stout £4.00**



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

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fruity

## **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

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

smoothies

## **morning glory £6.00**

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 £6.00**

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

soft

## **kombucha £4.00**

ask for flavours

## **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**

a blend of 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 perfect 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, oat milk over ice

### **guarana cacao latte (espresso free) £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

