

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 chili 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 chili.

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

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

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

kombucha £4.00

ask for flavours

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

sparkling

Paris 16 fizz £4.00 glass £18.50 bottle

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 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

