

# drinks



Redemption

*spoil yourself without spoiling yourself*

nibble...

## **kale crisps £4.75** ®

British curly kale, rubbed with nutritional yeast and olive oil and love...

## **activated nuts £4.75** ®

long-soaked, dehydrated with smoked paprika

cold pressed organic juices

## **winter zinger £6.95**

cold pressed apple and lemon juice heavily spiked with warming ginger and a touch of lemon thyme

## **bright eyes £6.95**

cold pressed carrot, apple and lemon juice with a dash of ginger and the power of turmeric

## **the beat goes on £6.95**

cold pressed beetroot, lemon, apple and aloe juice spiced with ginger

smoothies n shakes

## **caramel crack shake £6.95**

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

## **chocolate protein shake £7.95**

raw cacao ,hemp seeds, chia, maca powder, banana, dates and hazelnut milk

## **blue spirulina smoothie £8.25**

spinach, spirulina, banana, cold pressed lemon orange and ginger

soft

## **kombucha £4.95**

ask for flavours

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

spritzers powered by plants

## **Humble Warrior turmeric & mango £5.50**

600mg of turmeric extract, Indian gooseberry, black pepper, ginger, mango and mandarin

## **Humble Warrior tulsi & pomegranate £5.50**

1500mg whole tulsi leaf, ginger, cinnamon, green tea, pomegranate and beetroot

## **Humble Warrior reishi & pineapple £5.50**

200mg reishi mushroom, gotu kola, rosemary , orange, pineapple, pink grapefruit and guava

## **apple mockjito £6.95**

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

long tonics

## **Ceder's crisp & cucumber tonic £6.95**

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

## **Atopia wild blossom £6.95**

delicate wild blossom botanicals with crisp cucumber tonic

## **Atopia spiced citrus £6.95**

spiced citrus with aromatic hibiscus flowers and hibiscus tonic

## **love & tonic £7.25**

Senser love with passionfruit, bergamot and rose paired with our floral tonic

sparkling

## **Noughty non alcoholic prosecco**

### **£5.50 glass £19.50 bottle**

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

## **joy & fizz £6.95**

organic sparkling wine infused with Senser plant spirit joy with lemon grass, damiana and Schisandra and pomegranate pearls

beer

## **Hemp & Hop CBD lager £5.50 0.5% \***

full flavoured craft brew, with a twist of organic, hemp-derived CBD cannabidiol extract

## **Smashed apple soft cider £4.90**

crafted with English apples

## **Nirvana £4.90 / £5.20 \***

Tantra pale ale 0.0%

Bavarian Hells larger 0.3%

## **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

\* not gluten free

# all day



® = RAW = NOT COOKED ABOVE 42

OUR MENU IS 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

water

**WE BELIEVE IN DRINKING BETTER**

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

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

***protein porridge £7.95***

quinoa, chia seeds, buckwheat with blueberries, sunflower, pumpkin seeds and caramelised pecans

***toasted banana bread £6.95***

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

***very berry pancakes £11.95***

buckwheat American style pancakes topped with coconut yogurt, banana, berry compote and chocolate sauce

***sweetcorn & red pepper pancakes £12.95***

crispy sweetcorn pancakes with polenta, chilli, spring onion and coriander with avocado, roasted tomatoes and leaves

**T.L.T £10.50**

smoky fresh probiotic tempeh, baby gem lettuce and tomato in a warm charcoal brioche bun (not GF)

***add avo £1.50***

***adaptogenic creamy mushrooms £13.95***

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

***avocado & super beets sauerkraut £10.50***

avocado, super beets probiotic sauerkraut served on seeded toast with pomegranate pearls

***sweet potato hummus toast £9.95***

roasted red pepper and sweet potato hummus served on seeded toast topped with edamame, toasted seeds and lemon oil

***mozzarella melt £9.95***

caponata, smoked sun blushed tomato and melted mozzarella on seeded toast

***soup of the day £7.95***

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

***daily buddha bowl £10.95***

ask for today's bowl

***brown rice pasta of day £13.95***

daily chef's pasta dish, ask for today's special

***roasted roots winter Caesar £14.50***

British curly kale with roasted butternut squash, roasted heritage beetroot, a zesty sunflower seed Caesar dressing, black douce olives and macadamia

***Korean spicy bbq jack bap £15.95***

slow cooked bbq jackfruit with kimchi slaw and pickled cucumber in a soft charcoal brioche bun \* (not GF) served with chunky rosemary roasted potatoes

***the Redemption burger £15.95***

shitake mushroom, hemp seeds, quinoa, roasted chestnuts and toasted walnuts in a warm charcoal brioche \* (not GF) with caramelised red onion marmalade, kimchi super slaw and rosemary roasted potatoes

***don't want the bun? go naked £14.95***

***add avo £1.50***

***add cheese £1.50***

sides

***roasted roots winter Caesar £5.95***

British curly kale with roasted butternut squash, roasted heritage beetroot, a zesty sunflower seed Caesar dressing, black douce olives and macadamia

***kimchi super slaw £5.95*** ®

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

***rosemary roasted potatoes £5.95***

topped with chipotle mayonnaise

***smashed avo & lime £4.50*** ®

***sweet potato hummus £4.50***

add corn chips **£2.50**

# hot drinks & sweets



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

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## sweet treats

### **bliss balls £6** ®

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

### **apple & cinnamon pie £7.95**

baked bramley apples with a crumble topping served with coconut cream

### **lemon & blueberry cheesecake £8.95** ®

coconut and almond crust with layers of lemon and blueberry cashew 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 £13.50**

nut free creamy brie, a selection of fermented nut cheeses with raw crackers, fig chutney and grapes

## indulge

### **love handles chocolate £4.95**

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

## cleanse

### **turmeric latte £4.95**

organic turmeric root, ginger, cinnamon, a pinch of black pepper and coconut milk

### **matcha latte £4.95**

ceremonial grade 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'

## herbals

### **infusions £2.95**

fresh mint or fresh ginger

## tea

### **Redemption detox herbal blend £3.95**

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

### **pot of loose leaf tea £3.50**

English breakfast / Earl grey  
orange rooibos  
green tea  
camomile  
spiced vanilla chai

coffee we have a range of nut and oat\* milk available

### **The Gentleman Baristas coffee £2.10-2.95**

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

## comfort

### **hot toddy £4.95**

Borrage botanical spirit with hibiscus tea and Winter spices

### **hot apple and ginger £4.95**

cloudy apple juice and ginger

### **battered rumish hot chocolate £5.95**

rich cacao, vanilla bean, maple and coconut cream with a double shot of Rumish!