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SPOIL YOURSELF WITHOUT SPOILING YOURSELF

daytime menu

***soup of the day £5.95***

a fresh and filling soup with our homemade gluten-free sunflower and flaxseed bread

***avocado on sunflower & flaxseed toast £6.75***

our home made flaxseed bread toasted and topped with avocado, lemon, tomato, rocket and a drizzle of olive oil

***daily buddha bowl £8.95***

seven super-nourishing ingredients combining a flourish of flavours and textures

***sweet corn & red pepper pancakes £9.50***

crisp, savoury pancakes of sweet corn, peppers, spring onions, coriander and chilli served with guacamole, tomatoes and rocket

***brown rice penne pasta £9.75***

organic gluten free penne with a rich slow cooked tomato and red pepper sauce with black olives served with wild rocket and roasted pecan ‘parmesan’

***jackfruit rendang coconut curry £12.50***

a rich Southeast Asian-style dish with young jackfruit, fresh turmeric, ginger, lime leaf, cinnamon sticks and coconut milk served with black rice and a piquant pickled carrot and cauliflower kimchi

***pulled barbecued jackfruit & superslaw £9.95***

slow cooked jackfruit in sweet n’ smoky barbecue sauce served in a gluten-free bun served with sauerkraut superslaw

add roasted sweet potato fries ***£2.95***

***buff burger £9.95***

love burgers…but love your body? Stay buff with our protein packed fibre-boosting shitake mushroom, black bean and ruby beet burger in a gluten-free bun with tomato, lettuce, and caramelised red onion marmalade

add sweet potato fries ***£2.95***

***probiotic booster bowl £14.50***

aid digestion and boost your immunity with our green cabbage, celeriac, carrot and kolrabi superslaw with coconut kefir dill dressing, chopped kale salad with medjool dates, chili, sesame seeds, spring onions, almonds and a miso dressing, and a pickled carrot and cauliflower kimchi

sweet treats

***bliss balls £5.75 ®***

rich and smooth raw dark chocolate and medjool date truffles rolled in coconut, divinely decadent whilst being packed with natural antioxidants

***banana & walnut bread £5.95***

heavenly warm and nutty gluten free banana bread with coconut yoghurt and a drizzle of maple syrup

***seasonal cheesecake of the day £6.50 ®***

we like to experiment with fresh and fruity seasonal creations, we know you’ll love our specials as much as we do… ask what awesome creations are available today!

***banoffee pie £6.95 ®***

a chewy nutty chocolate base with sticky medjool date salted caramel, bananas and coconut cream

® = RAW = NOT COOKED ABOVE 42°

ALL MENU ITEMS ARE VEGAN, WHEAT-FREE AND LOW IN NATURAL SUGARS

ORGANIC WHERE POSSIBLE

WE USE NUTS!

A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL