



All Day Brunch.

Sourdough toast 3.5

2 rounds of sourdough or ryebread (+1.5) with butter. **VO** Add seasonal chia jam or marmalade +1.5.

Peach melba porridge 9.5

Gluten free porridge made with milk of your choice, topped with peach compote, rasberry drizzle and toasted almonds. **VG NGCI**

Avo 'N eggs 11.5

Sliced avocado and poached eggs on toasted buttered sourdough with pink pickled onions, our house basil oil dressing, chilli flakes and omega seeds. *Swap sourdough for toasted Lovingly Artisan ryebread*+2 Add smoked salmon +4.5 upgrade to fiery guacamole+1.5*

BLT/HLT 10.5

Bacon or halloumi with crisp lettuce, slices of tomato and basil oil. Add Chicken +4 add avocado +3.5

Spicy Nduja Eggs 14

Sourdough toast with two poached eggs, spicy nduja, crispy kale then drizzled with sour cream and our spicy sunblushed and roast red pepper sauce. Add fiery guacamole +3

Brunch bagel 12

Halloumi, avocado, rocket and tomato chilli chutney on a chewy toasted bagel. Add fried egg +1.5 Add bacon +3.

Masala Eggs 11.

2 poached eggs on a bed of lentil and spinach masala drizzled with coriander yoghurt, flaked almonds and chopped coriander. Served with a slice of toasted buttered sourdough. *Homemade sauce add on + 1.5*

Add.

Mushrooms Roasted cherry tomatoes Baby spinach Kale	2.5
Two eggs your way Avocado 2 Sweet potato hash Feta	
Homemade beans Scrambled tofu Halloumi Bacon	
Old English Sausages Vegan Sausages Ryebread	3.5
Smoked salmon	4.5

Looking for low-carb / high fibre?

Choose our rye bread, hand-baked by Lovingly Artisan. Packed with vitamins and full of fibre, this is a delicious, healthy option with fewer carbs and less gluten than any other bread we offer. Your gut will thank you! Get it while you can - this sells out fast!

Garden Classics.

Granola bowl 9.5

Our house granola, organic greek or coconut yoghurt, peach compote and rasberry drizzle sprinkled with flaked almonds. **VO NGCI** Add fresh berries & sliced banana +2.5 add almond butter +1

Garden breakfast 14

2 poached eggs, 2 sausages, house beans, field mushroom, vine roasted tomatoes, basil dressed kale, sliced avocado and toasted buttered sourdough. *Go vegan with tofu scramble and vegan sausages. Swap sourdough for ryebread +1.5, Add sweet potato hash +1.5 Add halloumi or bacon +3.*

Rainbow hash 14

Homemade sweet potato hash with slow roasted tomato sauce, sliced avocado & either 2 poached eggs OR mushrooms. Topped with omega seeds & chilli flakes **VO NGCI**. Add sourdough +1.5 Add halloumi or bacon +3.

Supergreen omelette 12

3 eggs, spirulina, kale and spinach, topped with a tahini dressing, roasted vine cherry tomatoes and omega seeds. **NGCI**. Add sourdough +1.5 or ryebread +2. Add sliced avocado +3.

Make it yours.

Eggs Anyway 7.5

Eggs your way on toasted buttered sourdough. Add chilli oil and chopped chives +1.

Lovingly Artisan Ciabatta 8

Build your own breakfast butty on a toasted buttered ciabatta with one choice of: egg anyway, scrambled tofu, mushrooms, avocado, bacon, sausage, vegan sausage, chicken, halloumi, sweet potato hash. Add another filling +1.5.

House Omelette 10

3 egg omelette topped with roasted vine tomatoes. Choose two: mushrooms, red onions, roasted tomatoes, baby spinach, kale, cheddar cheese, halloumi, feta, bacon. **NGCI** Egg whites only +2.

Lunch.

Asian bone broth 10

Chicken broth infused with ginger, soy, sesame and garlic. Braised with pulled chicken, quinoa, wild mushroom & pak choi.

Garden soup of the day 7.5

Homemade soup of the day topped with a tasty garnish and served with sourdough. *Swap sourdough for toasted Lovingly Artisan ryebread* +1.5.*

Green Goddess chopped salad 14

a chopped salad courgette, gherkin, green peppers, petit pois, spring onion and shredded lettuce. Dressed with basil, avocado and time dressing topped with fetta and seeds. Add chicken +5 and salmon filet +6

VG NGCI.

Asian poke bowl 15

a choice of salmon filet, chicken, halloumi or smoked salmon with sushi rice, charred pak choi, avocado, pickled slaw topped with teriyaki sauce and sesame seeds.

Thai sweetcorn fritters 13.5

three sweetcorn fritters topped with a pickled slaw of carrot, cabbage and ginger and a poached egg. Garnished with coriander yoghurt and sweet chilli.

Sun Kissed Stack 13.5

a toasted ciabatta with chicken or halloumi glazed with our sunblushed tomato and red pepper sauce with lettuce cucumber and tomato slices with extra drizzle of sunblushed tomato sauce.

Sweet treats.

Toasted house banana bread 8.5

Toasted banana bread, with coconut yoghurt, berry and vanilla compote & fresh berries. **VG NGCI**.

Banana pancakes 11.5

Our classic banana pancakes, topped with greek yoghurt, peach compote, a rasberry drizzle and toasted almond. Go vegan with coconut yoghurt.

VO NGCI.

Weekly Guest Dishes

Check the specials board to see our latest guest dishes .

Allergens and information.

VO Vegan Option Upon Request | **NGCI** Non Gluten Containing Ingredients Many of our dishes contain common allergens. Please alert a member of staff before ordering if you have any dietary requirements and we will assist you where possible.

A discretionary 10% service charge will be added to bills.



Organic cold pressed juice.

Energise

Cucumber | Apple | Spinach | Courgette | Kale | Parsley | Coriander | Lime 6.5

Thrive * AWARD WINNING

Pineapple | Apple | Carrot | Lemon | Ginger | Turmeric 6.5

Glow

Carrot | Beetroot | Lemon | Cucumber 6.5

Alkalise

Celery | Cucumber | Kale | Parsley | Ginger | Lemon 6.5

Smoothies.

Please ask your server what smoothies we have today

Strong

Banana | Almond Butter | Hemp Protein Powder | Cashew Nut | Vanilla Extract | Chia Seeds | Alkaline Water | Dates 6.5

Purple Rain

Banana | Blueberries | Raspberries | Apple | Avocado | Baobab | Alkaline Water 6.5

Holy Cacao

Banana | Raw Cacao | Matcha | Almond Milk | Chia Seeds | Vanilla Extract | Tahini 6.5

Green Peace

Apple | Avocado | Spinach | Kale | Cucumber | Parsley | Spirulina | Wheatgrass 6.5

Organic shots.

Ginger

Ginger | Apple | Lemon 3.5

Kick Start

Turmeric | Cayenne | Lemon | Apple Cider Vinegar | Ginger 3.5

Cold drinks.

Still/sparkling water 2.95

Hip Pop Kombucha 4

Coke Zero 3.5

Fresh orange juice/ Dunham Massey apple juice 3.5

Cawston press kids 1.5

Signature.

I am Well * AWARD WINNING

Lemon | Turmeric | Ginger | Black Pepper | Chaga Tincture | Hot Water 4.5

Ceremonial Grade Matcha

Matcha | Milk of choice 4.5

Golden Mylk

Turmeric | Ginger | Black Pepper | Maca | Maple Syrup | Milk of choice 4.5

Mushroom Magic

Reishi | Organic Cacao | Coconut palm sugar | Milk of choice 5

Flamingo

Beetroot | Coconut nectar | Cacao | Ginger | Milk of choice 4.5

Aura Chai Latte

Whole spice chai | Coconut palm sugar | Milk of choice.
Choose from: Original | Cacao | Vanilla | Turmeric 4.5

Island's Hot Chocolate

Island's 45% Hot Chocolate | Milk of choice 4

Herbal Medicine. 4.5

By medical herbalist Lucie Bradley.

Tummy tamer

Meadowsweet | Yarrow | Peppermint | Chamomile | Lemon balm

Detox

Cleavers | Marigold | Dandelion Leaf | Heartsease | Nettle

Stress ease

Passionflower | Heartsease | Chamomile | Skullcap | Hawthorn Flower & Leaf

Immunita

Elderflower | Yarrow | Peppermint | Echinacea Leaf

Tea of isis

Mugwort | Marigold | Rose Petals | Yarrow | Raspberry Leaf

Bohea Teas. 3.

Breakfast Tea / Early Grey / Jasmine Green / Peppermint / Juicy Berry

Infusions

Fresh mint or Lemon and Ginger

Seasonal drinks.

Salted Maple Latte

Double Espresso | Maple Syrup | Maldon Sea Salt | Milk of Choice 5

Cinnamon Brown Sugar Latte

Double Espresso | Cinnamon | Brown Sugar | Milk of choice 5

Banoffee Latte

Double Espresso | Cinnamon | Caramelised Banana Syrup | Brown Sugar | Milk of Choice 6

Orange Hot Cacao

Organic Raw Cacao | Coconut Palm Sugar | Orange Extract | Whipped Cream | Milk of choice 6

Pistachio Matcha Latte

Matcha | Pistachio Cream | Whipped Cream | Crushed Pistachio | Milk of choice 6.5

Ask your server if you want yours iced!

Coffee.

Flat white 3.7

Caffe Latte 3.9

Cappuccino 3.9

Espresso 3

Americano 3.5

Cortado 3.5

Macchiato 3.5

Mocha 4

Our Dairy, almond and coconut milk are organic
Milk alternatives: oat, almond, coconut. No extra charge.
Coffee syrup +.5

Elevate your day.

Bulletproof Coffee Long black | MCT oil 4.5

Lion's Mane Latte Espresso | Lion's Mane | Milk of choice 4.5

Ancient and Brave True Hydration Electrolytes 3

Add Ancient and Brave MCT oil/ collagen / Creatine +1.5

Add Organic Lion's Mane/ Tremella Mushroom +1.5

Add Pistachio Cream to your coffee/ matcha/ hot chocolate +1.5