



Drinks

Loose Leaf Apothecary Teas

Digest Tea – Meadow sweet, chamomile and marshmallow root,

Goddess Blend – Chamomile, lavender and rose,

Chill Out – Lemon verbena, lavender and lime flowers,

Sneeze Ease – Elderflower, cat mint and nettle

£3.50

Organic Yogi Teas (please see selection at servery)

£2.50

Honey, lemon & fresh ginger

£3.50

Breakfast Tea (*Earl Grey, Rooibos, Organic English Breakfast, Assam*)

£2.50

Hot Chocolate

£2.75

Coffee

Our coffee is made with fair-trade coffee beans. We use organic semi-skimmed milk, but can also offer soy, oat or almond milk for 50 pence extra per cup.

Americano £2.30

Flat White £2.60

Cappuccino £2.60

Latte £2.60

Mochaccino £3.00

Espresso £1.80

Double Espresso £2.50

Fresh Smoothies *Our smoothies are fresh to order. Please see blackboard for today's choices* **£4.00**

Whole Earth *sparkling drinks Elderflower, Cranberry or Ginger* **£1.75**

Cambridge Juice Company *Apple, Orange & Clementine, Raspberry & Apple, Elderflower & Apple* **£2.50**

Bottled mineral water £1.75

Lager *Organic Gluten Free, hand crafted lager* **£4.20**

Beer *Lucky Buddha* **£3.80**

Wine, *Red or White - Organic, Vegan friendly*

£21.00 per bottle



Breakfast/Brunch

Served from 9.30am -Mid-day

Granola served with natural yogurt, blueberries, raspberries, banana, organic honey and ginger
£4.75

Banana and Blueberry Pancakes served with a little natural yoghurt and few chopped nuts
£5.50

Smashed Avocado seasoned with lime and paprika on lightly toasted bread, served with roasted cherry tomatoes
£7.00

Buffalo Bun two pan-fried free range eggs, a chunk of melted mozzarella , hunks of sautéed mushroom, served in a wholemeal bun
£6.25

Baked Avocado and Eggs topped with cheese and pine nuts served with roasted tomatoes
£7.95

'Thornes' Free Range Eggs scrambled, poached or boiled, served on two slices of homemade toast
£5.80

Just Toast your choice of bread, with butter, (vegan option available) Jam, Pip&Nut peanut butter, marmalade or honey.
£2.75

*We make our own bread and offer a selection to take-away.(with 24hours notice)
Beetroot, walnut, multi-seed, cherry tomato & spinach, green olive and rosemary*
£3.50

Children's portion sizes are available for breakfast and lunch, please ask us for more details.

Lunch

Served Monday to Saturday from Middyay

Salted Edamame £3.00

Olives £3.00

Hummus Dip, Pomegranate and Beetroot and Herbed Pitta Bread
£3.50

Homemade Soup served with bread of your choice, (please see blackboard for daily soup choices)
£6.50

Meze Slate falafels, tahini dip, beetroot and pomegranate hummus, tzatziki and olive tapenade, halloumi slices and char grilled vegetables served with crudités and warm herbed flat breads
£8.25/£14.95

Quiche (G/F) with a flaxseed and quinoa base served with a selection of three seasonal salads,
(please see blackboard for quiche choices)
£8.00

Thai Tempeh Curry a blend of lemongrass, coriander, coconut and lime served with cauliflower rice or wholemeal flatbread
£8.50

Nut and Hempseed Burger (V) with homemade guacamole and caramelised onions in a wholemeal bap-served with a salad garnish and a portion of roasted sweet potatoes
£8.50

Spinach pancakes (V) with lime and chilli butter served with a seasonal salad.
£7.95

Bruschetta butternut Squash, goats cheese and walnuts, drizzled with local honey and served on wholemeal sourdough
£7.00

Bruschetta tomato with avocado and basil topped with melted mozzarella and served on wholemeal sourdough
£7.00

Wholemeal or Beetroot Wrap served with falafel, tzatziki and grated red cabbage salad or grilled halloumi, roasted red peppers and pesto
£6.50

Do ask if you would like the above dishes Gluten Free

Homemade Cakes.

Please ask for todays choices of Gluten Free and Vegan cakes and flapjacks.

