

## brunch

served until 4:00pm

### strawberry shortcake granola (gf)

soya yogurt, baked vanilla granola, strawberry compote and toasted almonds - £6.00

### avo toast (gfo)

smashed avocado on sourdough - £7.00

### breakfast waffle

warm buttermilk waffle, maple syrup, salted smoked coconut and cinnamon pecans - £8.00

### hummus and the works (gfo)

toasted sourdough with hummus, balsamic fried tomatoes, kale, toasted seeds and pea shoots - £9.00

### breakfast burrito

smashed avocado, spinach, chilli jam, hashed potatoes, tofu scramble and smoky maple tempeh - £10.00

### vegivores breakfast (gfo)

house beans, tofu scramble, garlic mushrooms, tomato, sauteed kale, smoky maple tempeh, hashed potatoes and toasted sourdough - £12.00

*with hummus or avocado - £13.50 with both - £14.00*

### ...add a smoothie or juice

.....

#### the green one

mango, pineapple, ginger, lime, apple and spinach - £5.00  
*with wheatgrass - £5.50*

#### the purple one

summer berries, banana and coconut milk - £4.50  
*with acai berry powder - £5.00*

#### the cheeky one

almond milk, peanut butter, banana, dates, cocoa and sea salt - £5.00

**freshly squeezed breakfast juice** - £4.50

## starters and tapas

served all day

### olives (gf)

rosemary and garlic - £4.00

### crispy gnocchi

sage and onion gnocchi, lemon aioli - £6.00

### miso soup (gf)

nori, greens and silken tofu - £5.00

### hummus and pita

roasted garlic hummus, sourdough pita and truffle oil - £6.00

### plantain fritters (gf)

with scotch bonnet jam - £6.00

### patlican skewers (gf)

tofu and marinated aubergine skewers, tahini sauce, toasted almonds and pomegranate - £6.00

## mains

served all day

### vegivores burrito

house beans, brown rice, roasted sweet potato, roasted peppers, guacamole, 'slaw and cholula onions - £10.00  
*add jalapenos and crispy onions - £10.50*

### mexicana bowl (gf)

house beans, brown rice, nachos, 'slaw, guacamole, charred corn salsa and cholula onions £10.00

### mac n cheeze

creamy mac and cheeze with crispy onions - £10.00  
*add kale and truffled mushrooms - £12.00*

### allergen information

please inform a member of staff if you have any allergies or intolerances before placing your order and whilst we will do our best to accommodate, we cannot guarantee that any of our dishes will be completely free from allergens

## mains cont'd

### mac-xicana

house beans, creamy mac n cheeze, nachos, 'slaw, guacamole, charred corn salsa and cholula onions - £14.00

### the burger

toasted brioche bun, crispy tofu, thick satay sauce, kimchi-style 'slaw and cucumber ribbons - £10.00

### caribbean curry (gf) 🌶️

jackfruit, coconut and sweet potato curry with brown rice - £12.00

### rainbow bowl (gf)

quinoa, spinach, roasted sweet potatoes, roasted peppers, sumac-tossed chickpeas, strawberry balsamic dressing, toasted seeds, pomegranate and pea shoots - £10.00

### weekly special

please ask a member of staff

## sides and extras

creamy 'slaw - £1.00

hashed potatoes - £2.00

chilli jam - £2.00

mac n cheeze - £5.00

sourdough pita - £1.50

nachos & guacamole - £5.00

## desserts

served all day

### the biscoffle

warm buttermilk waffle, vanilla ice cream and biscoff - £6.00

### the fruity one (gf)

champagne sorbet, fruit compote, fresh strawberries and mint - £6.00

### the chocolatey one (gf)

dark chocolate pudding, chocolate brownie pieces, peanut butter, salted caramel and crunchy pecans - £7.00

## coffee

.....  
**espresso** - single - £2.00 double - £2.50  
**short black** - £2.60  
**long black** - £2.90  
**latte** - £3.30  
**cappuccino** - £3.30  
**flat white** - £3.00  
**mocha** - £3.50

**loose-leaf tea** - all £3.00

.....  
**luxury english breakfast**  
**moroccan mint**  
**earl grey with orange blossom**  
**organic gunpowder green**  
**lemon & ginger\***  
**organic camomile\***  
**organic luxury rooibos\***  
**moringa passion fruit\***  
**peppermint\***  
*\*caffeine free*

## other hot drinks

.....  
**hot chocolate** - £3.50  
with cream & marshmallows - £5.00  
**turmeric latte** - £4.00  
**ruby latte** - £4.00  
**matcha latte** - £4.00  
**chai latte** - £3.80

*milks available - oat (used as standard),  
almond, soya and coconut*

## soft drinks

.....  
**belu water** still *or* sparkling - £2.00  
**bottled juice** orange *or* apple - £3.00  
**other juices** cranberry *or* tomato £3.00  
**nix & kix** mango+ginger *or*  
cucumber+mint - £3.00  
**gusto organic** sparkling sicilian blood  
orange - £3.50  
**karma** cola *or* lemonade - £3.50  
**south hams organic** elderflower-  
pressé - £3.50  
**kombucha** passion fruit+goji *or*  
raspberry+pomegranate *or*  
ginger+turmeric £4.00

## spirits & cocktails

.....  
**pimms** - glass £5.50 pitcher £20.00  
**bloody mary** - £7.00  
**mimosa** - £6.00  
**gin & tonic** sgl £5.50 dbl £7.50  
**gin & elderflower** - sgl £6.00 dbl £8.00  
**havana blaze** - £7.00  
**cosmopolitan** - £7.50  
**espresso martini** - £8.00  
**disaronno on ice** - sgl £3.50 dbl £5.50  
**aperol spritz** - £7.00

## weekly special

please ask a member of staff

## beer and cider

.....  
**draught** changes regularly, please ask a member of staff  
**siren lumina gluten free session ipa (4.2%)** 330ml - £4.00  
**loddon 'this is new england' neipa (5.8%)** 440ml - £5.50  
**elusive 'oregon trail' west coast ipa (5.8%)** 440ml - £5.50  
**south hams organic cider (4.5%)** 330ml - £4.50  
**riedenburger organic alcohol free lager or ipa (0.5%)** 330ml - £4.00

## fizz

.....  
**organic wild thing frizzante prosecco (italy - 11%)**  
125ml - £5.50 bottle - £25.00

## white

.....  
**wild thing sauvignon blanc (spain - 12%)**  
125ml - £4.00 175ml - £5.00 250ml - £7.00 bottle - £18.00  
**giol pinot grigio (italy - 12.5%)**  
125ml - £4.50 175ml - £5.50 250ml - £7.50 bottle - £20.00  
**beetle riesling trocken qualitätswein (germany - 12.5%)**  
bottle only - £23.00

## rosé

.....  
**wild thing rosé (spain - 12.5%)**  
125ml - £4.00 175ml - £5.00 250ml - £7.00 bottle - £18.00

## red

.....  
**bodegas piqueras garnacha tintorera (spain - 14.5%)**  
125ml - £4.00 175ml - £5.00 250ml - £7.00 bottle - £18.00  
**hoopoe nero d'avola/syrah (sicily - 14%)**  
125ml - £4.50 175ml - £5.50 250ml - £7.50 bottle - £20.00  
**albet i noya petit albet (spain - 13.5%)**  
bottle only - £23.00