

croissant 2.5 almond croissant\* 3.5 pain au choc 2.5

### TOAST

**Avocado toast** 10 VG  
citrus, candy beetroot, sichuan pepper, chervil on wholemeal sourdough  
+ gluten free toast instead 2

**Banana & Almond Butter Toast** 8 VG \*  
caramelised banana, almond butter, coconut, maple on wholemeal sourdough  
+ gluten free toast instead 1

**Warm Strawberry Toast** 8  
Greek yoghurt, coconut & English strawberries on wholemeal sourdough  
+ gluten free toast instead 1

### BREAKFAST BOWLS

**Acai Bowl** 11 VG, GF  
frozen acai, frozen banana, coconut milk, seasonal fruit, chia seeds, granola & coconut shavings  
+ almond butter\* 3

**Seasonal Fruit & Greek Yoghurt** 6 GF  
+ granola\* 3.5

**Granola** 7.5 GF \*  
GF oats, maple syrup, ginger, cardamon, pecans, almonds, fruit & Greek yoghurt  
+ coconut yoghurt instead 2.5 + summer fruits 2.5

### SANDWICHES

from 11am

**Farm Sandwich** 9 V, GF \*  
tomato, lettuce, cucumber, grated carrot, beetroot,  
smashed avo, feta, green olives  
romesco sauce, herbs & pine nuts  
with wholemeal sourdough

**Coconut BLT Sandwich** 10 VG, GF  
coconut bacon, tomato, lettuce, cucumber, grated  
carrot, beetroot & a vegan aioli sauce  
with wholemeal sourdough  
+ chicken 5

**Chicken Sandwich** 10.5 DF \*  
miso & dijon marinated chicken breast, tomato  
lettuce, cucumber, grated carrot  
beetroot, aioli & romesco sauce  
with wholemeal sourdough

have them with gluten free bread instead 2

### RICE PAPER ROLLS

**Rainbow** 4 VG, GF  
beetroot, chives, carrot, pickled cabbage  
cucumber shredded cabbage  
vermicelli noodles & sesame

**Spicy Mushroom** 4.5 VG, GF  
spicy cooked oyster mushrooms, carrot, coriander  
fresh chilli, vermicelli noodle & sesame

**Chicken Avocado** 5 GF  
chicken, avocado, pickled red onion, mango  
mint, vermicelli noodles, olive oil  
lemon juice & sesame

**Salmon** 6 GF  
cooked salmon, avocado, mixed peppers  
cucumber, spring onion, mint  
vermicelli noodles & sesame

**sauce**  
ginger soy 2 VG, GF  
almond satay 2 VG, GF \*  
green tahini 1.5 VG, GF

### SIDES

feta 2, Greek yoghurt 2, gluten free bread 2,  
coconut yoghurt 2.5, summer fruits 2.5, almond butter\* 3, avocado 3, granola\* 3.5  
coconut bacon 4, chicken 5, smoked salmon 6

\* contains nuts **VG** vegan **GF** gluten free **DF** dairy free

**please advise our staff of any allergies**

due to the nature of our kitchens, we can not guarantee the absence of allergens in our dishes

### COFFEE

Espresso 3  
Long Black 3  
Macchiato, Piccolo 3  
Flat White 3.5  
Cappuccino 3.5  
Latte 3.5  
Rose Latte 5  
double shot with rose water infused semi skimmed milk & petals  
Lavender Latte 5  
double shot with lavender water infused semi skimmed milk & petals

### SUPER LATTES

Hot Choc 5  
cacao, date syrup & semi skimmed milk  
Happy Hot Choc 6.5 VG \*  
cacao, date syrup, peppermint, matcha, CBD & hazelnut milk  
Chai Latte 4.5  
home brewed with cinnamon, date syrup & semi skimmed milk  
Latte Black 4.5 VG \*  
activated charcoal, date syrup & cashew milk  
Liquid Gold Latte 4.5  
turmeric, ginger root, honey & black pepper & coconut milk  
Matcha Latte 5  
organic Japanese green tea powder & semi skimmed milk  
Butterfly Matcha 5.5 \*  
organic blue matcha latte & almond milk  
Rose Matcha 5.5  
organic Japanese green tea powder infused with rose water & semi skimmed milk

### TEA

Fresh Mint 3  
Lemon, Honey & Ginger 3  
Earl Grey 3  
English Breakfast 3  
Peppermint 3  
Chai 3.5  
Green 3  
Chamomile 3  
Liquid Gold 4.5  
turmeric, ginger root, honey, black pepper & lime  
ACV Cleanse 4  
apple cider vinegar, honey & milk thistle

### ADD

Extra Shot, Decaf 50p  
MCT Oil 3 CBD Oil 5  
Oatly Milk 60p Rude Health Milk 60p  
almond\*, coconut, hazelnut\* or cashew\*

### SMOOTHIES

all 7  
Maca Man VG, GF \*  
cashew milk, cacao, maca powder, banana, Protein  
Powder, shot of coffee & almond butter  
Happy Gut VG, GF \*  
flaxseed, parsley, spinach, coconut milk, berries  
ginger & coconut yoghurt  
Sweet 16 GF \*  
coconut milk, aloe vera, brazil nuts  
collagen powder, mixed berries, lemon & cucumber

### SWEET

Energy Balls 3.5 VG, GF \*  
choc coco | oat & cranberry | choc hazelnut  
Giant Anzac Cookie 3.5 VG, GF \*  
additional daily selection of cakes on our counter

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### WINE

Champagne Brut NV 11.5, 65  
france  
Sauvignon Blanc 7, 27  
new zealand, 2018  
Chardonnay 12, 48  
chile, 2016  
Pinot Noir 12.5, 52  
new zealand, 2016  
Champagne Brut Rose 13.5, 75  
Rose 5, 25

You may be asked for ID

### BOTTLED

Remedy Kombucha 3.6  
original, apple crisp, cherry plum, raspberry lemonade  
Jax Coconut Water 4  
100% pure coconut water  
Karma Cola Soft Drink 3  
lemonade, cola

### COVID 19

We are following the Government guidelines to ensure the safety of both our customers & our staff.  
We will not be accepting any re-usable items such as coffee cups or tupperware.  
Whilst waiting for your order, please keep a safe distance from other people.  
For any questions regarding this, please ask a member of staff.