

BREAKFAST

HOUSE GRANOLA

Oats, barley, rye, seeds, walnuts, coconut flakes, coconut yoghurt and plum compote

PORRIDGE

Slow cooked with poached rhubarb, toasted almonds and Dorset honey

AVOCADO ON SOURDOUGH

Avocado, chilli jam, lime, boiled egg, toasted seeds on sourdough

SOURDOUGH TOAST

Home made Raspberry jam or Seville orange and ginger marmalade

OVERNIGHT OATS

Oats, chia, oat milk, sweet tahini, coconut, pineapple and passion fruit

POKE BOWLS

TERIYAKI BAKED SALMON

Greens, edamame, kimchi, brown rice noodles, pickled ginger, Teriyaki mayonnaise, nori and toasted sesame

MARINATED TOFU

Sweetcorn salsa, house slaw, sweet potato, pickled shallot, brown rice and spiced mayonnaise

CHICKEN BREAST

Sweetcorn salsa, house slaw, sweet potato, pickled shallot, brown rice and spiced mayonnaise

SANDWICHES

SMOKED SALMON, cream cheese, dill pickled beetroot, cucumber on rye

AVOCADO, black bean, tomato salsa, roast pepper wrap

PASTRAMI, cream cheese, tomato, horseradish, dill pickle, mustard bagel

SALAD COUNTER

Pan roasted chicken thigh, agridulce paprika, preserved lemon and dill cucumber yoghurt

Winter greens, sage, Buckshaw sheep's cheese, pumpkin seed frittata

SALAD

Thai carrot, mooli, lime and coriander

Herb english quinoa, pomegranate, red onion

Black badger pea, red rice, carrot and spring onion

Gochujang cauliflower, coriander salsa, lime yoghurt

Cima di rapa, green beans, chilli garlic chickpeas

Kasha, wild mushrooms, roasted red onion

Cavolo nero, sun-dried tomatoes, shallots, tamari

SOUPS + SOURDOUGH

Red lentil , chard and sage, croutons, parsley oil

Roast carrot, fennel and ginger, toasted pumpkin seeds

Chana dal, coconut and cardamom, yoghurt, coriander chutney

Roast parsnip, rosemary, horseradish cream, spring onion

Smokey sweet potato and chipotle, corn and avocado salsa

SWEET

Banana, cashew and coconut muffins (df)

Levain style thick cookies (Chocolate chip, Walnut and raisin, Dark choc and Peanut butter)

Plum and blackberry friands (gf)

Fig and yoghurt cake

Blood orange polenta cake (gf)

Vegan banana and chocolate cake (df)

Pear, tahini and cardamom brownie (gf)

Earl grey toasted tea bread, home made raspberry jam and butter

Our menus are seasonal, the produce is local and the food is made from scratch on site by our brilliant chef Dale.