

# SUMMER RECIPES

FROM JUNE TO SEPTEMBER 2021

## HOT DISHES

LASAGNA   8.50

VEGAN HOT DISH  8.70

HOT DISH 8.70

## ORGANIC JUICE BAR

FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES 5.05

350ml - 100% organic fruits and vegetables.

CARROT • ORANGE • APPLE • GINGER TO BE MIXED AS YOU WISH

MIXED FRUIT JUICES 5.20

350ml - 100% organic fruits.

### SUMMER BREEZE

pineapple, strawberry, apple.

### SECRET GARDEN

strawberry, banana, kiwi, apple.

### RED VIVAL

blackcurrant, raspberry, strawberry, apple.

### ACAI BLUSH

acai, raspberry, banana, apple.

EXTRA SHOT OF GINGER +0.50

MIXED FRUIT & VEGETABLE JUICES 5.40

350ml - 100% organic fruits and vegetables.

### GREEN MANGO

spinach, mango, pineapple, ginger, apple.

### GREEN POWER

spinach, cucumber, apple.

### SUPERHULK

kale, banana, pineapple, orange, chia seed.

### YOGI TIME

pineapple, banana, carrot, hemp seed.

## BREAKFAST

SERVED UNTIL 11AM

FREE-RANGE EGG BRIOCHES  4.90

### MUSHROOM & CHEDDAR

free-range omelette, mushroom, mature cheddar, sun-dried tomato, creamy mushroom sauce in an organic toasted bun.

### BACON & EMMENTAL

free-range omelette, bacon, emmental cheese, pepper sauce in an organic toasted bun.

PORRIDGES   3.40

### BANANA & ALMOND BUTTER OAT PORRIDGE

organic oat flake, organic linseed, organic whole milk, banana and almond butter

### BLUEBERRY & AGAVE SYRUP OAT PORRIDGE

organic oat flake, organic linseed, organic whole milk, blueberry and agave syrup.

TOAST  4.90

### AVOCADO TOAST

fresh avocado, lime juice, coriander, organic toasted sesame seed on organic multigrain bread.

## BOWL

ACAI BOWL 9.50

organic açai, organic strawberry, organic banana, organic apple, raspberry, blueberry, raspberry strawberry & mango granola.

## SOUPS

HOT   4.15

300ml - with organic vegetables.

COLD  4.95

### GAZPACHO 350ML

organic tomato, organic cucumber, organic pepper, whole wheat organic bread, olive oil, sherry vinegar.

## BREAD

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL  0.35

## SALADS

VEGETARIAN

YOGI READY SALAD   5.75

organic freekeh, organic chickpea, courgette, onion compote, pine nut, chive, thyme, lemon, organic hemp yogi sauce, organic blond psyllium, pepper, crushed tomato and berber spices.



GREEN SUPERFOOD SALAD   5.75

organic red, white and black quinoa, brocoli, pea, radish, rocket, chive, ginger, olive oil, raspberry vinegar, spinach and basil hummus.

THE TASTY RATATOUILLE PASTA SALAD  5.75

5-colours conchiglie pasta, sun-dried tomato and basil sauce, ratatouille, PDO parmesan and basil.

MEAT

KALE CÆSAR SALAD   5.90

grilled chicken, kale, white cabbage, PDO parmesan, pumpkin seeds, cæsar sauce.


CAJUN TABBOULEH SALAD   5.90

organic bulgur, marinated chicken breast with cajun spices, crushed tomato, dried raisin, rocket, red onion, coriander, parsley, olive oil and lemon sauce.

NICOISE PASTA SALAD   5.90

casarecce pasta, MSC tuna, green beans, cherry tomato, basil pesto, capers, taggiasche olives on a free-range egg salad base with greek yogurt, Dijon mustard, celery, chervil & chive.

## TOASTIES

VEGGIE  6.65

in an organic whole grain bread.

CLUB 6.85

in an organic sesame seed bread.

SEE BLACKBOARD FOR OUR WEEKLY SPECIALS

## SANDWICHES

RUSTICS

TUNA & CUCUMBER RUSTIC   3.20

MSC tuna spread, cucumber, chive, basil in an organic rustic bread.

GREEKY RUSTIC   3.20

sun-dried tomato, cucumber, greek black olive, rocket, feta mint & dill creamy sauce in an organic rustic baguette.

HUMMUS & AVOCADO CHAAT RUSTIC  3.20

lemon tahini hummus, avocado, chaat masala, red radish pickles, coriander in an organic rustic baguette.

HAM & CHEESE RUSTIC 3.40

ham, emmental cheese, gherkin, salted butter in an organic rustic bread.

CHICKEN CÆSAR RUSTIC   3.40

chicken breast, PDO parmesan, baby spinach, cæsar sauce in an organic rustic baguette.

BRIOCHÉS  3.70

SUNNY EGG BRIOCHÉ  3.70

free-range egg, sun-dried tomato, pine nuts, rocket, red pepper spread in an organic vegan sesame and nigella seeds brioche.

TURKEY & EMMENTAL BRIOCHÉ 3.70

turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain brioche.

CHICKEN TAHINI & ZAAATAR BRIOCHÉ  3.70

zaatar marinated chicken breast, roasted aubergine, coriander and tahini lemon sauce in an organic multigrain brioche.

EXTRA SALMON BRIOCHÉ  3.90

ASC smoked salmon, granny smith apple, black radish, dill, gravlax sauce in an organic poppy seeds brioche.

BLOOMERS  4.20

THE BLT 4.20

bacon, lettuce, tomato, PDO parmesan, creamy parsley sauce with caper and gherkin, organic multigrain bloomer bread.

THE PLOUGHMAN'S  4.20

matured cheddar, red onion pickles, baby spinach, celery & granny smith apple herby sauce, organic multigrain bloomer bread.

## DESSERTS

SWEET TREATS 

YOGHURT WITH RASPBERRY COULIS  2.80

reduced fat yoghurt, raspberry coulis, raspberry.

PLAIN MUESLI BIRCHER  3.10

organic oat flake, roasted hazelnut, apple, coconut milk, maple syrup, raspberry.

MOUSSE AU CHOCOLAT  3.10

organic oat flake, roasted hazelnut, apple, coconut milk, maple syrup, raspberry.

PEAR & VANILLA CRUMBLE  3.20

apple and pear compote flavoured with vanilla covered with crumble.

BLUE MOON RASPBERRY CHIA PUDDING   3.65

organic chia seed with organic coconut milk, superfood mix, raspberry coulis, raspberry, blueberry.

FRUIT  

FRUIT SALAD 3.50

mixed chopped fresh fruit.

PINEAPPLE 3.60

MANGO 3.60

PASTRIES & CAKES 

COOKIES 1.60

milk chocolate or white chocolate.

LE PETIT CANELÉ 1.60

caramelised rum and vanilla flavoured cake.

CROISSANT 1.60

PAIN AU CHOCOLAT 1.70

PASTEL DE NATA 1.80

vanilla flan on a flaky pastry base.

PECAN NUT BROWNIE 2.50

CAKES 2.50

lemon poppyseed, marble.

BANANA BREAD 2.50

CINNAMON BUN 2.50

## DRINKS

ORGANIC COFFEE & TEA

choose between coconut milk, oat drink, semi-skimmed milk or whole milk.

ESPRESSO, ESPRESSO MACCHIATO 2.10

AMERICANO 2.40

DOUBLE ESPRESSO 2.45

LATTE, CAPPUCCINO, FLAT WHITE, MOCHA 2.85

HOT CHOCOLATE 2.85

FRESH MINT 2.20

TEAS 2.20

english breakfast, earl grey, green, peppermint.

ORGANIC ICED DRINKS

ICED COFFEE 2.65

ICED LATTE 2.85

LEMON & GINGER ICED GREEN TEA 2.85

 VEGAN

 VEGETARIAN

 GLUTEN FREE

 DAIRY FREE

 ORGANIC

 CLEAN LABEL CHICKEN

 FREE-RANGE EGG

 SUSTAINABLE SEAFOOD

 ANIMAL-DERIVED GELATINE FREE