

WINTER RECIPES

FROM JANUARY TO MARCH 2022

JUICE-BAR FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES  **£5.05**
35cl - 100% organic fruits and vegetables

TO BE MIXED AS YOU WISH:
CARROT · ORANGE · APPLE · GINGER

MIXED FRUIT JUICES  **£5.20**
35cl - 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.

MIXED FRUIT & VEGETABLE JUICES **£5.40**
35cl - 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.

EXTRA SHOT OF GINGER + £0.50

HOT DISHES

LASAGNA  **£8.40**

HOT DISH **£8.70**

VEGAN HOT DISH  **£8.70**

VEGETABLE GYOZA MISO SOUP  **£8.70**

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

BREAKFAST SERVED UNTIL 11AM

FREE-RANGE EGG BRIOCHES 

MUSHROOM & CHEDDAR EGG BRIOCHE  **£4.90**

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

BACON & EMMENTAL EGG BRIOCHE **£4.90**

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

PORRIDGES 

BANANA & ALMOND BUTTER OAT PORRIDGE **£3.40**

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

BLUEBERRY & AGAVE SYRUP OAT PORRIDGE **£3.40**

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

TOAST

AVOCADO TOAST  **£4.90**
Fresh avocado, lime juice, coriander, organic gomasio on an organic multigrain bread.

BOWL

ACAI BOWL **£9.50**
Acai*, strawberry*, banana*, apple*, raspberry, blueberry, strawberry & mango cojean organic granola.
*From organic farming

SOUPS

HOT **£4.15**
30cl - With organic vegetables.

SALADS

VEGETARIAN

SOBA VEGGIE PASTA SALAD  **£5.75**

Soba pasta, marinated tofu, shiitake and button mushrooms, edamame, kale, sesame, sesame oil, sweet soya sauce.

YOGI FLOW SALAD  **£5.75**

Organic barley, broccoli, raisin, ginger, lemon zest, rocket, grilled almond, mint, organic red fruit vinegar, organic hemp yogi sauce with almond, organic blond psyllium, rocket and ginger.

MEAT

CHICKEN KALE CÆSAR SALAD   **£5.90**

Grilled chicken, kale, white cabbage, PDO parmigiano reggiano, pumpkin seeds, caesar sauce.

GNOCCHI SARDE PASTA SALAD   **£5.90**

Gnocchi sarde, sustainably sourced tuna, courgette, caper, greek black olive, chive, sun-dried tomato sauce, artichoke spread with basil.

CHICKEN & POMEGRANATE TABBOULEH SALAD  **£5.90**

Organic bulgur, grilled chicken breast, goat cheese ball, rocket, pomegranate, red onion, mint, lemon juice, olive oil.

BREAD

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL **£0.35**

SANDWICHES

BAGUETTES

CHICKEN CÆSAR BAGUETTE   **£4.85**

Chicken breast, PDO parmigiano reggiano, baby spinach, caesar sauce in a seeded baguette.

AVOCADO & WATERCRESS BAGUETTE  **£4.85**

Turmeric hummus, fresh avocado, carrot, sesame oil, xeres vinegar, coriander in a seeded baguette.

HAM & CHEDDAR BAGUETTE **£4.85**

Ham, mature cheddar, baby spinach, honey mustard sauce in a seeded baguette.

RUSTIC

TUNA & CUCUMBER RUSTIC   **£3.20**

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

HAM & CHEESE RUSTIC **£3.40**

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

BRIOCHES

TURKEY & EMMENTAL BRIOCHÉ **£3.70**

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


CHICKEN & GUACAMOLE BRIOCHÉ  **£3.70**

Marinated chicken breast with smoked spices, guacamole, pineapple, coriander in an organic poppy seed brioche.

BLOOMERS

THE BLT **£4.20**

Bacon, lettuce, tomato, PDO parmigiano reggiano, 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.

YOGHURT WITH MAPLE SYRUP & GRANOLA **£3.10**

Reduced fat yoghurt, maple syrup, organic cojean granola with almond & seeds.

PLAIN MUESLI BIRCHER  **£3.10**

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

MOUSSE AU CHOCOLAT    **£3.10**

Free-range eggs.

PEAR & VANILLA CRUMBLE   **£3.20**

Apple and pear compote flavoured with vanilla covered with crumble.

BLUE MOON RASPBERRY CHIA PUDDING   **£3.85**

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

FRUITS

FRUIT SALAD **£3.50**
Mixed chopped fresh fruit.

MANGO **£3.60**

PINEAPPLE **£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**

FINANCIERS  **£3.00**
Almond, hazelnut, matcha & white chocolate, tonka & chocolate

HOT DRINKS

TEAS & INFUSIONS

L'AUTHENTIQUE **£2.75**
Black tea from Nepal

LE VIF **£2.75**
Sencha green tea from Japan

L'AUDACIEUX **£2.75**
Roasted green tea from Japan

L'ÉLÉGANT **£2.75**
White tea from Nepal with rose petal

LA BIENFAISANTE **£2.75**
Detox herbal tea

LA SAISSANTE **£2.75**
Spicy herbal tea

SPECIALTY COFFEE

ESPRESSO, ESPRESSO MACCHIATO **£2.10**

AMERICANO **£2.40**

DOUBLE ESPRESSO **£2.45**

LATTE, CAPPUCCINO, FLAT WHITE, MOCHA **£2.85**

HOT CHOCOLATE **£2.85**

SUPERCHARGED LATTES

CHAI LATTE **£3.95**

MATCHA **£3.95**



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE



DO NOT REFREEZE