

AUTUMN RECIPES

FROM SEPTEMBER TO NOVEMBER 2021

JUICE-BAR organic FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES £5.05
350ml - 100% organic fruits and vegetables.

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

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.

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.

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.

BLUEBERRY & AGAVE SYRUP OAT PORRIDGE £3.40
Organic oat flake, organic linseed, blueberry and agave syrup.

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
300ml - With organic vegetables.

SALADS

VEGETARIAN

AUTUMN PASTA SALAD £5.75
Orecchiette pasta, green bean, levanto cheese, hazelnut, mushroom with tarragon sauce, rapeseed oil infused with walnuts, cider vinegar.

YELLOW SUPERFOOD SALAD £5.75
Organic red, white and black quinoa, pumpkin, white radish, chickpea, cranberry, blueberry, organic pumpkin seed, ginger, rapeseed oil infused with walnuts, raspberry vinegar, turmeric hummus.

MEAT

CHICKEN KALE CAESAR SALAD £5.90
Grilled chicken, kale, white cabbage, PDO parmigiano reggiano, pumpkin seeds, caesar 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 made with greek yogurt, Dijon mustard, celery, chervil & chive.

INDIAN CURRY TABBOULEH SALAD £5.90
Organic bulgur, marinated chicken breast with wild spices, chickpea, dried raisin, cucumber, red onion, mint, parsley, lemon juice, olive oil, yoghurt raita sauce with cumin.

BREAD

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL £0.35

SANDWICHES

BAGUETTES

CHICKEN CAESAR BAGUETTE £4.85
Chicken breast, PDO parmigiano reggiano, baby spinach, caesar sauce in a seeded baguette.

GREEKY BAGUETTE £4.85
Sun-dried tomato, cucumber, greek black olive, rocket, feta mint & dill creamy sauce in a seeded baguette.

TURMERIC HUMMUS, AVOCADO & CARROT BAGUETTE £4.85
Turmeric hummus, fresh avocado, carrot, sesame oil, xeres vinegar, coriander 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 TAHINI & ZAAATAR BRIOCHÉ £3.70
Zaatar marinated chicken breast, roasted aubergine, coriander and tahini lemon sauce in an organic multigrain brioche.

FOREST EGG BRIOCHÉ £3.70
Free-range egg, hazelnut, daikon cress, creamy mushroom sauce in an organic vegan sesame and nigella seeds brioche.

EXTRA SALMON BRIOCHÉ £3.90
Ham, emmental cheese, gherkin, salted butter in an organic rustic bread.

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 organic

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.



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE



DO NOT REFREEZE

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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.

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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.

BLUEBERRY & AGAVE SYRUP OAT PORRIDGE **£3.40**
Organic oat flake, organic linseed, blueberry and agave syrup.

TOAST _____

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

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NICOISE PASTA SALAD  **£5.90**
Casarecce pasta, MSC tuna, green beans, cherry tomato, basil pesto, capers, taggiasche olives, on a free-range egg salad made with greek yogurt, Dijon mustard, celery, chervil & chive.

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Organic bulgur, marinated chicken breast with wild spices, chickpea, dried raisin, cucumber, red onion, mint, parsley, lemon juice, olive oil, yoghurt raita sauce with cumin.

BREAD

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL **£0.35**

SANDWICHES


BAGUETTES _____

CHICKEN CAESAR BAGUETTE  **£4.85**
Chicken breast, PDO parmigiano reggiano, baby spinach, caesar sauce in a seeded baguette.

GREEKY BAGUETTE  **£4.85**
Sun-dried tomato, cucumber, greek black olive, rocket, feta mint & dill creamy sauce in a seeded baguette.

TURMERIC HUMMUS, AVOCADO & CARROT BAGUETTE  **£4.85**
Turmeric hummus, fresh avocado, carrot, sesame oil, xeres vinegar, coriander 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 TAHINI & ZAAATAR BRIOCHÉ  **£3.70**
Zaatar marinated chicken breast, roasted aubergine, coriander and tahini lemon sauce in an organic multigrain brioche.

FOREST EGG BRIOCHÉ  **£3.70**
Free-range egg, hazelnut, daikon cress, creamy mushroom sauce in an organic vegan sesame and nigella seeds brioche.

EXTRA SALMON BRIOCHÉ  **£3.90**
Ham, emmental cheese, gherkin, salted butter in an organic rustic bread.

BLOOMERS 

THE BLT **£4.20**
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Matured cheddar, red onion pickles, baby spinach, celery & granny smith apple herby sauce, organic multigrain bloomer bread.

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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.

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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

ORGANIC COFFEE & TEA _____

Choose between coconut milk, oat drink, semi-skimmed milk or whole milk

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AMERICANO **£2.40**

DOUBLE ESPRESSO **£2.45**

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

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