



## AUTUMN RECIPES

FROM 14 SEPTEMBER TO 6 DECEMBER 2020



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE

## HOT DISHES

LASAGNE   6.74\*

\*£7.70 – 12.5% government VAT cut

HOT DISH 7.26\*

\*£8.30 – 12.5% government VAT cut

VEGAN HOT DISH  7.26\*

\*£8.30 – 12.5% government VAT cut

## ORGANIC JUICE - BAR

FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES 4.75

350ml - 100% organic fruits and vegetables.

TO BE MIXED AS YOU WISH

CARROT  
ORANGE  
APPLE  
GINGER

MIXED FRUIT JUICES 4.95

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 5.15

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 seeds.

## SANDWICHES

BAGUETTES

**CURED HAM MOZZARELLA & WALNUT BAGUETTE**

cured ham, mozzarella, rocket, creamy honey, fig and walnut sauce in an organic seed baguette. 4.25

**STILTON, BLUEBERRY & WALNUT BAGUETTE** 

stilton, blueberry, baby spinach, creamy honey and walnut sauce with blueberry in an organic seed baguette. 4.25

RUSTICS

**HAM & CHEESE RUSTIC**

ham, emmental cheese, gherkin, butter in a rustic bread. 2.70

**TUNA & CUCUMBER RUSTIC**  

msc tuna spread, cucumber, chive, basil in a rustic bread. 2.70

**CREAMY CASHEW MUSHROOM RUSTIC** 

grilled carrot, baby spinach, mushroom, cashew nut and tofu spread in a rustic bread. 2.85

BRIOCHÉS

**PUMPKIN GOAT CHEESE & PECAN BRIOCHÉ** 

pumpkin, ash goat cheese, pecan nut, grape, dai- kon cress, tomato sauce in an organic poppy seed brioche. 3.30

**SPECIAL SALMON BRIOCHÉ** 

asc smoked salmon, apple, black radish, dill, grav- lax turkey in an organic poppy seed brioche. 3.50

**TURKEY & EMMENTAL BRIOCHÉ**

turkey, emmental cheese, cherry tomato, mus- tard sauce in an organic multigrain brioche. 3.50

FRUITS  

**FRUIT SALAD**

mixed chopped fresh fruit. 2.45

**PINEAPPLE** 2.85

**MANGO** 2.85

MILKY  

**WHOLE MILK YOGURT** 

lemon, raspberry, blueberry. 1.85

**YOGHURT WITH RASPBERRY COULIS** 

reduced fat yoghurt, raspberry coulis, raspberry. 2.70

**YOGHURT WITH BLUEBERRY & HONEY** 

reduced fat yoghurt, blueberry, honey, pumpkin seed. 2.90

PASTRIES, BREADS & CAKES 

**SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL**  0.35

**COOKIES** 

milk chocolate, white chocolate or triple choco- late. 1.40

**LE PETIT CANELÉ** 

caramelised rum and vanilla flavoured cake. 1.60

**PASTEL DE NATA** 

vanilla flan on a flaky pastry base. 1.60

**CINNAMON ROLL** 1.80

**CAKES** 

carrot, lemon poppyseed, marble, pistachio- chocolate. 1.80

**PECAN NUT BROWNIE**  1.95

## BOWL

ACAI BOWL 6.95

organic acai, organic strawberry, organic banana, organic apple, raspberry, blueberry, granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

## SOUPS

HOMEMADE DAILY SOUPS  3.63\*

300ml - with organic vegetables.

\*£4.15 – 12.5% government VAT cut

GYOZA SOUPS 6.04\*

\*£6.90 – 12.5% government VAT cut

**PRAWN** 

miso broth: prawn gyoza, rice noodle, carrot, shii- take stir fry, green cabbage, edamame, bamboo shoot, red onion, ginger, lemongrass, coriander.

**CHICKEN** 

miso broth: chicken gyoza, rice noodle, carrot, shii- take stir fry, green cabbage, edamame, bamboo shoot, red onion, ginger, lemongrass, purple shiso.

**VEGETABLES** 

miso broth: vegetable gyoza, rice noodle, carrot, shii- take stir fry, green cabbage, edamame, bamboo shoot, red onion, ginger, lemongrass, spring onion.

## TOASTIES

**VEGGIE** 

in whole grain bread. 5.21

\*£5.95 – 12.5% government VAT cut

**CLUB**

in sesame seed bread. 5.56

\*£6.35 – 12.5% government VAT cut

## SALADS

VEGETARIAN

**YOGI BOOST SALAD**  

organic millet, organic red lentil, carrot, lemongrass, chive, lemon juice, hazelnut, cider vinaiger, rapeseed oil with hazelnut, organic hemp yogi sauce with almond, organic blond psyllium, chilli, curry and tur- meric. 5.55

**YOGI FLOW SALAD** 

organic barley, broccoli, raisin, ginger, lemon zest, rocket, grilled almond, mint, organic red fruit vine- gar, organic hemp yogi sauce with almond, organic blond psyllium, rocket and ginger. 5.55

**YOGI RELAX SALAD**  

organic red, white and black quinoa, organic chick- pea, pumpkin, celery, pomegranate, pecan nut, shallot, coriander, pomegranate and cherry vinegar, organic hemp yogi sauce with almond, organic blond psyllium, sumac, pomegranate molasse and orange zest. 5.55

## MEAT & FISH

**CREAMY CHICKEN SALAD**  

grilled chicken breast, green bean, edamame, button mushroom, chervil, shallot, creamy lemon sauce. 5.75

**INDIAN CURRY TABBOULEH SALAD** 

organic bulgur, marinated chicken breast with curry, chickpea, dried raisin, red onion, mint, pars- ley, lemon juice, olive oil, cucumber yoghurt raita sauce with cumin. 6.25

## PASTA

**JAPANESE PASTA SALAD** 

asc soba pasta, smoked salmon, edamame, grapefruit, black sesame seed, wasabi, dill, lemon juice, sesame oil, soya sauce. 5.65

**CHICKEN & NUT PESTO PASTA SALAD** 

orecchiette pasta, grilled chicken breast, comté cheese, button mushroom, baby spinach, grape, chive, hazelnut pesto. 5.65

## DESSERTS

**SMALL SWEET TREATS** 

**COCONUT & COCOA POT**   

coconut milk, cocoa. 2.25

**COCONUT POT**   

coconut milk. 2.25

**COCONUT RICE PUDDING**  

rice from camargue with coconut milk. 2.35

**MOUSSE AU CHOCOLAT**   

2.35

**PEAR & VANILLA CRUMBLE** 

apple and pear compote flavoured with vanilla covered with crumble. 2.55

**KIWI & SPIRULINA BIRCHER MUESLI** 

organic oat flake, roasted hazelnut, apple, coco- nut milk, maple syrup, kiwi coulis, spirulina, rasp- berry. 2.75

**SALTED CARAMEL & ALMOND PORRIDGE**

organic oat flake, caramel, almond, organic coco- nut milk, salted caramel, shredded almond. 2.58\*

\*£2.95 – 12.5% government VAT cut

**CHIA SEED & ALMOND MILK PORRIDGE**  

organic chia seed, organic almond milk, organic banana, blueberry, maple syrup, organic pumpkin seed. 2.58\*

\*£2.95 – 12.5% government VAT cut

**GOLDEN SPICES & BLUEBERRY CHIA PUDDING**  

organic chia seed with organic coconut milk and golden latte spices (turmeric, cinnamon, ginger, red Kampot (sp) pepper), blueberry compote, blue- berry. 3.20

**MANGO & PASSION FRUIT CHIA PUDDING**  

organic chia seed with organic coconut milk, mango and passion fruit coulis. 3.20

## DRINKS

ORGANIC COFFEE & TEA 

**ESPRESSO, ESPRESSO MACCHIATO** 1.70

**AMERICANO** 2.10

**DOUBLE ESPRESSO** 2.10

**LATTE, CAPPUCINO, FLAT WHITE, MOCHA** 2.60

**HOT CHOCOLATE** 2.60

**FRESH MINT** 1.90

**TEAS** 1.90

english breakfast, earl grey, green, peppermint.

prices apply to take away