

For 30 years, we've been serving up plant-based food and drink within our bakeries. Whether you're a full or part-time vegan, we've put together a selection of bakery, breakfast and all day foods to try. Good for you and good for the planet!

## BREAKFAST

\*Served until 11.30AM Mon-Fri / 12PM Sat & Sun.

<b>PORRIDGE</b> Oats, rye and barley flakes with oat milk • Fruit compote	5 <sup>50</sup>
<b>PARFAIT BOWL</b> <sup>N</sup> Coconut yoghurt with organic granola and berries	5 <sup>75</sup>
<b>FRESH FRUIT SALAD</b>	5 <sup>50</sup>

## BAKERY

<b>ORGANIC BREAD</b> Toasted or untoasted served with a selection of our organic jams • Wheat • Seeded • Rye • White • Spelt • Brioche	3 <sup>50</sup>
<b>BUCKWHEAT</b> <sup>GF</sup>	3 <sup>50</sup>
<b>BAGUETTE ANCIENNE</b>	3 <sup>50</sup>
<b>HAZELNUT &amp; RAISIN FLUTE</b> <sup>N</sup>	3 <sup>50</sup>
<b>BAKER'S BASKET</b> A selection of our organic breads	6 <sup>50</sup>
<b>CINNAMON BUN</b> <sup>N</sup>	3 <sup>25</sup>
<b>ORANGE POLENTA CAKE</b> <sup>N / GF</sup>	4 <sup>50</sup>
<b>CARROT CAKE</b> <sup>N</sup>	4 <sup>50</sup>
<b>CHOCOLATE &amp; SALTED CARAMEL TART</b>	6-

## SIDES

<b>GREEN BEANS &amp; GLAZED CARROTS</b>	4-
<b>LEAF &amp; HERB SALAD</b>	4-
<b>HUMMUS</b>	4-
<b>BABAGANOUSH</b>	4-
<b>SMASHED AVOCADO</b>	4 <sup>25</sup>
<b>AVOCADO</b> (half)	3 <sup>50</sup>
<b>GRILLED MUSHROOMS</b>	3-
<b>ROAST TOMATO</b>	1 <sup>50</sup>
<b>NOCELLARA OLIVES</b>	4 <sup>50</sup>
<b>SOURDOUGH BREAD</b>	3 <sup>50</sup>

## SOUPS, STEWS, & SALADS

Served with sourdough or gluten free bread.

<b>SOUP OF THE DAY</b>	6 <sup>50</sup>
<b>LENTIL &amp; ROAST TOMATO DHAL</b> Organic lentil dhal with tomato, baby spinach, toasted pumpkin seeds and coconut yoghurt	10 <sup>50</sup>
<b>WINTER PANZANELLA</b> <sup>N</sup> Baby beetroot, roast red onion, sun-blushed tomato, roast peppers, croutons, basil and baked spicy seeds	10 <sup>50</sup>
<b>VEGGIE BOWL</b> Charred broccolini, hummus, grains, squash, peppers, onion and mushrooms	11-

## TARTINES & SANDWICHES

Any tartine can be made with gluten free bread.

<b>AVOCADO TOAST TARTINE</b> <sup>N</sup> With sprouted amaranth and romesco	8 <sup>50</sup>
<b>MISO MUSHROOM TARTINE</b> With roasted onions, coconut yoghurt and toasted seeds	9 <sup>50</sup>
<b>V.L.T. BUN</b> <sup>N</sup> Roasted mushroom and aubergine with avocado, roast tomato and romesco	7 <sup>50</sup>

+ A SMALL SOUP 3-

## ORGANIC HOT DRINKS

<b>ESPRESSO</b>	2 <sup>50</sup>
<b>MACCHIATO</b>	2 <sup>75</sup>
<b>LONG BLACK</b> 8oz   12oz	2 <sup>75</sup>   3-
<b>FLAT WHITE</b> 6oz	3 <sup>25</sup>
<b>CAPPUCCINO / LATTE</b> 8oz   12oz	3 <sup>25</sup>   3 <sup>75</sup>
<b>TURMERIC / MATCHA LATTE</b>	3 <sup>75</sup>   4 <sup>25</sup>
<b>MOCHA</b> 8oz   12oz	3 <sup>75</sup>   4 <sup>25</sup>
<b>HOT CHOCOLATE</b>	3 <sup>75</sup>   4 <sup>25</sup>

<b>POT OF TEA</b>	3-
• English Breakfast	• Jasmine Green
• Earl Grey	• Masala Chai
• Chunmee Green	• Chamomile
• Rooibos	• Fresh Mint

+ BONSOY SOYA MILK -50  
+ ORGANIC HAZELNUT SYRUP -50

## ORGANIC WINES & BEERS

### SPARKLING

<b>PEACH BELLINI</b> 125ml	6-
<b>PROSECCO SPUMANTE, GIOL NV</b> 125ml   750ml (11%)	5 <sup>50</sup> 27 <sup>50</sup>

From a family producing wines since 1427, this organic Prosecco is delicate and dry

### WHITE

<b>BODEGAS PIQUERAS, ALMANA VERDEJO, SAUVIGNON BLANC 2019</b> 125ml   250ml & 500ml carafe (12.5%)	4- 8- 15-
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A perfect blend, crisp and friendly

<b>VINA IJALBA, RIOJA MATARANA BLANCA 2019</b> 750ml (13.5%) Rare white grape, creamy stone and citrus fruit	28-
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### ROSE

<b>OXNEY PINOT NOIR ROSE 2019</b> 175ml   750ml (12.5%)	6 <sup>50</sup> 25-
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From an award winning English estate – raspberry and cherry notes with crisp acidity

### RED

<b>GENERACION 76 TEMPRANILLO 2018</b> 125ml   250ml & 500ml carafe (13.5%)	4 <sup>50</sup> 8- 15-
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Dark fruit integrated with oaky spice

<b>BOURGOGNE PINOT NOIR 'LE PRESIDENT' 2017</b> 750ml (13%) Cherry, plum aroma; berries and cream taste	28-
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### BEER

<b>FREEDOM LAGER</b> 33cl (4.8%)	4 <sup>75</sup>
<b>GASPING GOOSE CIDER</b> 33cl (4.8%)	4 <sup>75</sup>

## JUICES & SMOOTHIES

<b>FRESH ORANGE JUICE</b>	3 <sup>75</sup>
<b>FRESH APPLE JUICE</b>	3 <sup>75</sup>
<b>COLD PRESSED CARROT &amp; GINGER</b>	4 <sup>25</sup>
<b>COLD PRESSED GREEN &amp; GOJI</b>	4 <sup>25</sup>

<b>CHOCOLATE, BANANA, ALMOND, CACAO &amp; OAT MILK SMOOTHIE</b>	5 <sup>50</sup>
<b>LEMON &amp; LIMEADE</b> (carafe) House made and served with fresh mint	4 <sup>50</sup>

Before you order, please let us know if you have any allergies or intolerances. We're a bakery so items that don't contain gluten may contain traces. We mark GF on all our bakery and patisserie and serve GF bread which can replace any toast or bread. **Service is not included.** We'll add a discretionary service charge of 10% for groups of five or more.