



Day menu

Please notify us of any allergies, intolerance or dislikes upon ordering. (vegan unless otherwise indicated NV)

Toast £1.50 add 50p for jam

Soup 4.50

Big bowl thick and wholesome home-made soup dressed with herbs and seeds served with chunky home made bread.

Cream of Cauliflower and herb soup made with Almond milk or

Fresh nettle soup. Velvety and bursting with healthy minerals.

Toasted chunky bread 7.95

Smashed avocado. Sweet red pepper and tomato with chilli and lime dressing or

Curry pate with red onion and roasted veg

(both served with a generous side salad)

Jacket potato 6.50 served with large side salad

With fillings 7.95

Vegetable curry

Bean and vegetable chilli

Garlic Mushroom

Cheese (+ onion, tomato) not vegan (please request vegan)

Celery cheese and onion not vegan (please request vegan)

Creamy cottage cheese nv

Delicious Chocolate orange drizzle cake served with cream and dressing £3.50 NV

Cheesecake with fruit and coulis V £3.50

Citrus tart with fruit and coulis & cream £2.50 NV

Apple tart with fruit coulis and cream £2.50 NV

Soft home-made tacos with spicy bean and vegetable filling, served with large salad 8.95

Baby cauliflower with a creamy cashew and herb sauce with sweet potato fries or a salad bowl £7.95

Zen plantburger 7.95

Tasty plant burger on a bun with salad, dressed with avocado, corriander and roasted sweet pepper, served with sweet potato fries.

Bumper stuffed mushroom burger £8.95

in a bun with salad and sweet pepper and served with sweet potato fries and salad

Spicy wrap with spicy veg pate and salad with side of sweet potato fried or salad bowl £7.95

Vegetable & butterbean curry or Vegetable and kidney bean chilli £8.50

Served with rice and mixed grain balls baked and rolled in toasted seeds.

Salads 8.50

Greek salad with a selection of olives, lettuce, cucumber, red onion and creamed cashew sauce

Mediterranean salad with tomatoes, cucumber, corriander, avocado, red onion, spiced sweet potatoes, roasted red peppers, seasonal fresh herbs in a herby dressing

Health Burst salad with baby leaves, green shoots, toasted sunflower seeds, quinoa, and tomato

*Please note our salads and side salads are often inspired by nature and availability, So you may find edible flowers or other delights that are not mentioned on the menu. Please let us know if there is anything you do