\****Brekfast&brunch\****

ACAI BOWL (GF) (V). £6,45

Acai Mix, **Granola**, Banana, Kiwi, Green Apple, Desiccated Coconut

Contains **Nuts, Sulphites.**

GRANOLA BOWL (GF). £6.45

**Granola**, Strawberry, Blueberry, Coconut Flakes, Agave, Hemp Seeds

**CHOOSE YOUR YOGURT**

Coconut, Soy Yogurt (V) or **Greek Yogurt\***

Contains **Nuts, Sulphites, Milk\*.**

VEGAN PORRIDGE (GF) (V). £5.10

Gluten Free Oats, Rice Milk, Berry & Chia Compote, Banana

LOVE TOAST (V). £6.95

Open-faced**Choice of Toast**\*, **Almond Butter**, Banana Slices, Strawberry, Agave

Contains **Nuts, Gluten\*. (GF option available)**

### AVO TOAST (BUILD YOUR OWN AVO TOAST). £4.45

### ****THE OG (ORIGINAL)****

Avocado on **Toast\***

Contains **Gluten\* (GF Option Available)**

**ADD ONS:**

### Feta **(Dairy)**. £0,50p

Quinoa (V)**.** £1

Sesame Tofu **(Sesame, Soy)**. £3

Poached Egg **(Eggs)**. 0,75p

Hardboiled Egg **(Egg)**. £0,75

Smoked Salmon **(Fish)**. £3

***\*SALADS\****

(Low calories)

AVOCADO SALAD WITH GOMA (GF) (DF) (V) £6,95

Avocado, Field greens, mixed **Nuts**\*, dressed with White **Sesame** dressing.

Contains **Nuts\***

TOMATO CEVICHE WITH QUINOA (GF) (DF) (V). £6,45

Mixed yellow, green, and red Tomato, thinly sliced Onion, mixed quinoa with Ceviche dressing.

### SPINASH SALAD TRUFFLES (choice your own protien) £6,45

### Baby spinach, Crispy leeks, Grated parmesan\*, Yuzu Truffle oil

### The original contains (Mushrooms), Dairy\* (DF Option Available)

Blanched Shrimp (Sh F) £3,50

Blanched Scallop (Sh F) £4,50

***\*mains\****

(Medium & Hight calories)

**Farmer’s selection (V). £7,95**

Steamed seasonal vegetables with **Teriyaki\*** sauce and choice of Steamed Brown or White rice. Contains **Gluten\***

### GOODNESS BOWL (GF) (V). £8.95

Shredded Greens & Broccoli w/ **Turmeric Dressing**, Sweet Potato & Harissa Mash, Seeded Crackers, **Quinoa Falafels** w/ Lemon **Tahini**, Marinated Beetroot, **½ Seeded Avocado**

Contains **Mustard, Soy, Celery, Sesame**

### VEGAN EARTH STEW (GF) (V). £8.45

Seasonal **Vegetables**in a Tomato Stew with Tomato Chickpeas and **Omega Seeds**

Choice of Quinoa or Brown Rice

Contains **Celery, Sesame**

### DAILY SOUP.  £5.50

All of Our Soups are Garnished with **Omega Seeds** and **Choice of Toast\***

Contains **Sesame, Gluten\*.**

### PLEASE FIND BELOW A LIST OF OUR DAILY SOUPS:

Broccoli & Spinach**.** Carrot & Ginger

**.** **Mushroom (Celery).**Red Lentil & Red Pepper

**\*GF Option Available**

\*Sides\*

Steamed: broccoli or Asparagus topped with black volcanic salt & Shiso salsa £3.95

Steamed Rice with choice of White or Brown £3

**\* Cakes\***

### OAT & CRANBERRY COOKIE (GF). £1.60

Contains **Egg, Milk, Nuts, Sulphites.**

### SPELT CROISSANT. £1,95

Contains **Gluten, Milk.**

### BANANA MUFFIN (GF) (V). £2,35

Contains **Nuts.**

BLUEBERRY MUFFIN (GF) (V). £2,35

Contains **Nuts.**

### MATCHA VANILLA CAKE SLICE (GF). £3,75

Contains **Milk.**

### CHOCOLATE BROWNIE (GF). £2,65

Contains **Egg, Milk, Soy.**