

brunch is served

ready to eat?

Simply head over to the counter to place your order

vegan breakfast

Homemade quinoa and vegetable patties, avocado, sautéed greens, mushrooms and heritage tomatoes, organic baked beans and organic toast.

12.95

stuffed portobello mushrooms

Two portobello mushrooms stuffed with garlic spinach and topped with a creamy **cashew** hollandaise. Served with organic toast.

10.95

avocado on toast

Smashed avocado with spring onion, herbs, freshly squeezed lemon and chilli flakes, Himalayan rock salt and pepper on three pieces of our heritage toast.

8.5

creamy garlic mushrooms

Heritage grain toast topped with sautéed, garlic infused mushrooms in a creamy béchamel sauce.

9.95

french toast

Organic, heritage grain bread soaked in **almond** milk and fried with coconut oil. served with fresh fruit, maple syrup and coconut yoghurt.

8.5

sweet potato pancakes

Three sweet potato and strawberry pancakes, served with coconut nectar and coconut yoghurt.

9.5

scrambled tofu

With spring onion and herbs (a vegan take on our scrambled egg) served with heritage grain toast.

8.95

omelette with onion and herbs

A chickpea omelette, brimming with spring onion and fresh herbs. Served with organic toast.

8.95

sabich

Sautéed onions, garlic, and rosemary infused potatoes and aubergine served with organic toast.

8.95

zen quinoa bowl

A bowl of goodness, packed with stir fried kale, tender stem broccoli, mustard cress, vermicelli tofu, sprouts and quinoa.

11.95

porridge

Organic porridge oats prepared with organic rice milk. Served with coconut nectar.

5.5

granola

Homemade toasted coconut granola, free from gluten, refined sugars and dairy. Served with coconut nectar and coconut yoghurt. **Contains nuts.**

6.5

heritage grain toast

Organic toast served with butter or coconut oil and homemade, refined sugar free preserves. Gluten free toast available.

4

fresh lunch

served between 12pm - 3pm,
please select from the following at the counter:

'chorizo' and kale salad

roasted vegetable tart

carrot and ginger salad with
garlic, lemon and harissa vinaigrette (RV)

roasted Beetroot with coconut
yoghurt, pumpkin seeds and dill

three bean and roasted pepper salad

tomato, chickpea and
aubergine with ras el hanout

quinoa with wild rice and mint

grapefruit, fennel, spiced
walnut and avocado salad (RV)

shakshuka with Portobello
and green pea spread

green leaf salad with
sesame and garlic (RV)



All of our dishes are created to our clean, healthy ethos. They are free from refined sugars and there's never any hidden gluten or dairy here. We cook with raw virgin coconut oil, Himalayan rock salt and organically sourced ingredients wherever possible. **We can also prepare all brunch dishes with gluten free toast.** If you have any dietary requirements, please let a member our team know.