



enjoy nutritious, organic choices for

*Eliane is food to make the soul smile. We believe in using healthy, alkaline whole foods.*

## Lockdown menu

**Brunch – 10 -15**

**Medleys – 10-16**

**Dinner – 17 – 20 – a la carte Menu**

Avocado on toast (with poached/scrambled eggs)	£ 7.95
Akuri	£10.95
Scrambled eggs	£ 9.95
Pad Thai – Veg/Chicken	£ 8.95
Burger – Tofu/Chicken	£13.95
Soup (on own or with bread)	£13.95
	£ 5.95
Quiche and 1 veg dish (at chef's discretion)	£ 7.95
Veg Medley	£12.95
Chicken Medley	£14.95
Fish Medley	£15.95

## Menu

Pan fried Salmon with avocado and walnuts  
Chicken Satay  
Asian Slaw  
Middle Eastern Roasted Veg  
Chickpea and Potato with Cumin & Tamarind  
Kale & Apple Salad with Mustard & Pomegranate

**All our dishes are created to our ethos of nutritious, delicious choice.**

All of our dishes are created to our clean, healthy ethos. They are free from refined sugars and there is never any hidden gluten or dairy here. We cook with raw virgin coconut oil, Himalayan pink salt and organic ingredients wherever possible. If you have any dietary requirements, please let a member of our team know.

We care that our food is homemade, fresh, healthy, clean, raw, organic, locally sourced, we are environmentally conscious, we care about biodegradability, we are ethical... Ask our team or find out more at [eliansmiles.com](http://eliansmiles.com)