



enjoy nutritious, organic choices for drinks...

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

organic coffee

latte	2.9
cappuccino	2.9
flat white	2.9
americano	2.7
espresso	s 2.25 / d 2.5
macchiato	s 2.45 / d 2.6
mocha	3.85
hot chocolate	3.45
(choose milk or white chocolate)	
dairy free options available:	0.75
coconut, almond, brown rice, oat soya	free

bespoke jing teas

assam breakfast	2.85
malty, rich, satisfying	
earl grey	2.85
bold, fragrant, uplifting	
rooibos	2.85
sweet, honeyed, refreshing	
lemongrass & ginger	2.85
bright, spicy, invigorating	
blackcurrant & hibiscus	2.85
bright, fruity, quenching	
chamomile flowers	2.85
floral, delicate, calming	
yellow gold	3.75
sweet, syrupy, soothing	
genmaicha	3.75
mellow, toasted, warming	
flowering dragon eye	3.75
light, floral, mesmerising	
silver needle	3.75
sweet, mellow, soothing	
organic jade sword	3.75
grassy, spring-fresh, reviving	
jasmine pearls	3.75
sweet, floral, enticing	
flowering jasmine & lily	3.75
floral, honeyed, enticing	
peppermint	3.75
intense, cool, refreshing	
whole rose buds	3.75
delicate, floral, enchanting	
yunnan white peony	3.75
uplifting, sweet, rounded	
darjeeling second flush	3.75
fragrant, rounded, warming	

hot organic specials

golden milk	4
Fresh organic turmeric & coconut milk	
matcha latte	4
Organic matcha & almond milk	
cacao bullet	4.5
The ultimate boost to kick start your day. Raw cacao, maca, cayenne pepper, coconut oil, coconut sugar	
chai tea latte	4
A homemade blend of spices, steamed with assam tea leaves and your choice of milk	
ashwagandha latte	4
An uplifting blend of ashwaganda, cacao and oat milk	
fresh peppermint tea	3.5
moon tea	4
A soothing blend of shatavari, turmeric, cinnamon, coconut nectar and almond milk	
bone broth	4.95
Organic, grass fed beef bones, simmered for 12 hours with fresh herbs. Full of gut friendly amino acids, minerals and collagen	

cold organic specials

homemade lemonade	3
Freshly squeezed organic lemons, apple & mint	
ice tea	3
Iced Assam tea with fresh mint & lemon	
milkshake	4.95
Made with locally sourced organic milk and ice cream	

shots

ginger shot	4
100% freshly juiced organic ginger	
turmeric shot	4
100% freshly juiced organic turmeric	
cider vinegar shot	2.5
Unfiltered apple cider vinegar with a hit of fresh lemon and black pepper	
wheatgrass shot	4
Organic wheatgrass, blended with fresh celery juice	

rejuvenating juices

energy boost	Pepper, carrot, beetroot, orange	5.95
cool as a cucumber	Apple, cucumber, coriander, celery	
calm down	Apple, fennel, sweet potato, courgette, mint	
wakey wakey	Apple, carrot, lemon, ginger	
detox	Cucumber, celery, lemon, mint, coriander	
multi flex boost	Grapefruit, pepper, orange, turmeric, carrot	
quick fix	Turmeric, orange, ginger, pineapple, black pepper	
hydrotherapy	Orange, cucumber, cabbage, pear	
hydrate	Cucumber, apple, kale, lime, mint	
bloody eliane	Tomato, lemon, celery, cayenne pepper, pink salt	
casanova	Celery, kale, apple, pepper, cinnamon, lime	
pump it up	Pear, beetroot, carrot, cayenne pepper	

sumptuous smoothies

protein punch	Avocado, kale, lemon, orange, spirulina, chia seeds	5.95
elixir	Kale, courgette, apple, spirulina, mango, flaxseeds	
6-a-day	Apple, spinach, pineapple, avocado, banana, wheatgrass	
magic mushrooms	Passionfruit, pineapple, ginger, lemon, apple, 6-mushroom complex	
magic mango	Mango, passionfruit, lime, orange, wheatgrass	
gogo	Cacao nibs, cashews, banana, apple, goji berries, spirulina	
sub zero	Fennel, banana, coconut milk, berries, courgette, mint	
core cleanse	Turmeric, black pepper, honey, spinach, cucumber, apple	
body warmer	Carrot, pineapple, mango, cinnamon, pepper, maca	
white walker	Apple, spinach, coriander, grapefruit, coconut milk, ice	

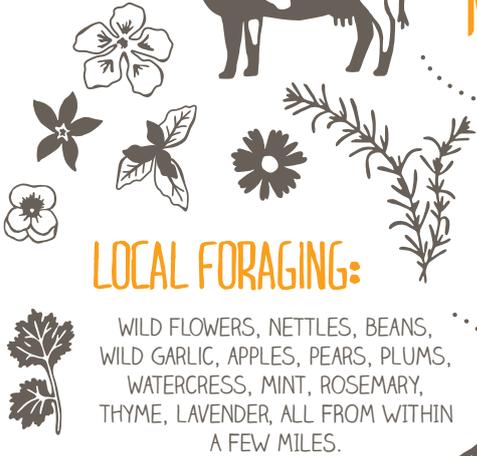
All our drinks are created to our ethos of nutritious, delicious choice..

Just like our food, the drinks at eliane are made using only the best ingredients to make sure you feel full, well and happy. In the vast majority of our drinks, you'll find organic raw ingredients crafted into a truly delicious blend of liquid goodness. If you have any dietary requirements, please let a member of our team know.

We care that our drinks are 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 elianesmiles.com



ORGANIC MILK, CREAM AND ICE CREAM THE BERKELEY FARM COWS GRAZE IN PASTURES IN THE IMMEDIATE SURROUNDING AREA.

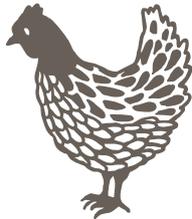


LOCAL FORAGING:

WILD FLOWERS, NETTLES, BEANS, WILD GARLIC, APPLES, PEARS, PLUMS, WATERCRESS, MINT, ROSEMARY, THYME, LAVENDER, ALL FROM WITHIN A FEW MILES.



EGG SUPPLIER FOR THE ELIANES. MARSH BENHAM, NEWBURY. FRESH, LOCALLY SOURCED, ORGANIC EGGS.



CHOICE ORGANICS

100% ORGANIC FRUIT AND VEG SUPPLIER. HOUNSLOW, LONDON. USED FOR (MOSTLY) SEASONAL FRUIT AND VEG. ESPECIALLY FOR JUICING.

ENVIROPACK

OUR PACKAGING SUPPLIER - ALL BIODEGRADABLE AND/OR COMPOSTABLE



WROUGHTON



ASTONS BAKEHOUSE

DELICIOUS BREADS, ORGANIC TOO!

RAMSBURY BREWERY



OUR ALE SUPPLIER. WE USE RAMSBURY GOLD



WHERE WE SOURCE ALL OUR ORGANIC FLOURS FOR BAKING AND COOKING.

ELIANE MARLBOROUGH



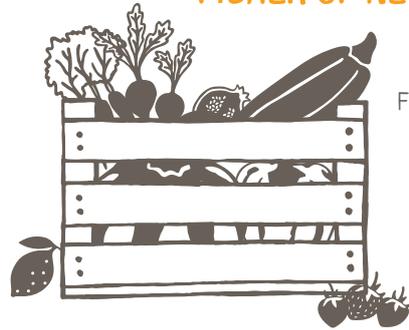
NAKED GRAPE



WINE SUPPLIER FOR THE ELIANES, PROVIDING US WITH BIODYNAMIC, ORGANIC WINES. A LOCAL, INDEPENDENT BUSINESS.

ELIANE HUNGERFORD

FISHER OF NEWBURY



FABULOUS FRUIT AND VEG SUPPLIER. NEWBURY. A LOCAL INDEPENDENT BUSINESS.



ELIANE SUNNINGDALE



STEMS OF LONDON

FLORIST FOR THE ELIANES. DIRECTLY OPPOSITE OUR SUNNINGDALE BRANCH. STEMS CREATE WONDERFUL ARRANGEMENTS ON A WEEKLY BASIS USING SEASONAL FOLIAGE.



TEA SUPPLIER. MARYLEBONE, LONDON. HIGH QUALITY, ETHICAL TEA.



LONDON

SMITHS COFFEE

COFFEE SUPPLIER. HEMEL HEMPSTEAD, LONDON. PRODUCERS OF OUR SIGNATURE ORGANIC ELIANE BLEND NO 2.



WE DON'T LIKE WASTE, WE COMPOST AS MUCH AS POSSIBLE.