

FOOD

PLEASE PLACE YOUR ORDER AT THE COFFEE COUNTER WITH YOUR TABLE NUMBER

NIBBLES

Glazed Sticky 'Bacon' Roasted Nuts (GF)	4.5
18hr Dehydrated Cheezy Kale Crisps (GF)	5.5

BREAKFAST / BRUNCH (Available all day)

BEETROOT BORANI	15
Beetroot borani dip, bulgar wheat salad, hispi greens, pickled radishes & glazed king oyster mushrooms.	

Recommended upgrades: Beetroot Ketchup

GRILLED 'CHEESE' AND SPRING ASPARAGUS	15
Long ferment focaccia smothered with rich 'cheese' sauce and topped with grilled local asparagus, pickled radish, and local watercress.	

Recommended upgrades: Elderflower Hot Plant Honey

SPRING PEAS, MINT AND PANISSE (GF)	15.5
Spring pea and mint crush topped with panisse, straciattella, watercress oil, chorizo and plant yolk.	

Recommended upgrades: Griddled Mushrooms

SOUTHERN FRIED MUSHROOM WAFFLE (GF)	15
Golden waffle with cashew cream cheese, battered oyster mushrooms, IOW tomato and cauliflower chow chow pickle, Daisy's allotment elderflower hot plant honey and chives.	

Recommended upgrade: Beetroot Ketchup

LATE RISERS (Available from 12pm)

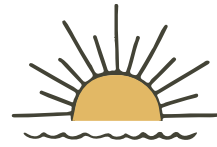
BURNT ONION PORTOBELLO TOAST	16
Toasted sourdough, topped with griddles portobellos, whipped blue cheese, IOW black garlic & burnt onion sauce, watercress dressed with horseradish vinaigrette and pickled samphire.	

Recommended upgrade: Elderflower Hot Plant Honey

RED LENTIL DHAL AND CHARRED HISPI CABBAGE (GF)	15.5
Red lentil dhal topped with grilled British hispi cabbage, spring herb zhoug, pumpkin dukkah and chilli oil.	

Recommended upgrade: Elderflower Hot Plant Honey

See our dog menu
for your pups!



MAKE IT EXTRA

Elderflower Hot Plant honey (GF)	1.5
Beetroot Ketchup (GF)	1.5
Spring Herb Zhoug (GF)	2
Griddled Mushrooms (GF)	3
House Pickles (GF)	2.5

SMALL APPETITES

LEMON MERINGUE PORRIDGE (GF)	8.5
Creamy oats, lemon curd, torched italian meringue, toasted seeds and elderflower plant honey.	

UMAMI SPREAD ON TOAST	5
Pumpkin & sunflower seed spread on toasted sourdough.	

PEA FRITTERS, SPRING HERB ZHOUG (GF)	8.5
Crispy green pea and mint fritters with whipped labneh, spring herb zhoug and a pomegranate salsa.	

SIDES

OFFBEET LAYERED HASHBROWNS (GF)	6.5
Classic hashbrowns topped with beetroot and apple ketchup and finished with 'parmesan'.	

RED LENTIL DHAL (GF)	6
Comforting and fragrant red lentil dhal simmered with aromatic spices, topped with labneh and pumpkin dukkah.	

FOR THE LITTLE ONES

BABY CHEESE ON TOAST	7.5
Toasted focaccia with grilled cheese.	

PANISSE AND SPRING PEAS (GF)	7.5
Crispy panisse on crushed peas.	

TINY LEMON MERINGUE PORRIDGE (GF)	6
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Allergen Info: ALLERGENS ARE ALWAYS PRESENT IN OUR KITCHEN AND IN SOME DISHES.

Please ask for our allergy information sheet if you are unsure about a dish.

Due to restrictions in our kitchen we politely decline any modifications or substitutions to our menu. If you have an allergy please speak to a member of our team so we can help.

DRINKS

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COFFEE

Double Espresso	3.2
Batch Brew	3.5
Americano	3.5
Long Black	3.5
Macchiato	3.4
Piccolo	3.6
Cortado	3.6
Flat White	4.1
Cappuccino	4.1
Latte	4.1
Mocha	4.4

ADD A SYRUP Vanilla, Caramel, Hazelnut + 50p

OFFBEET RECIPE

Hot Chocolate (Add Marshmallows/ Cream +50p)	4.2
Beetroot Latte	4.4
Turmeric Latte	4.4
Chai Latte (Make it a Dirty Chai + 50p)	4.5
Lion's Mane Mushroom Superfood Latte	5.2

Our house blend of Lion's mane powder, coconut sugar & cinnamon over espresso, served with your choice of milk. Aiding memory, digestion and focus.

LOOSE LEAF TEA

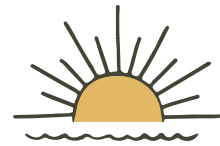
The Breakfast One/Decaf	3.4
The Minty One Zingy, Pure Peppermint	3.4
The Lemon & Ginger One Thai Ginger, Lemon Pieces, Marigold & Safflower petals	3.4
The Green One Chinese, Organic Pure Green Tea	3.4
The Earl Grey Classic Bergamot Infused Black Tea	3.4
The Relaxing One Lemongrass, Lemon, Apple, Raspberry Infusion	3.6
The Fruity One Orange, Apple, Hibiscus Infusion	3.4
The Vanilla One Vanilla & Almond Rooibos	3.8
The Peachy One Peach & Apricot Black Tea	3.4

All drinks served with your choice of Oat, Soya or Coconut 'milk'

MATCHA

Pure Grade	4.9
Raspberry Ripple	4.9
Ice cream	4.9
Super Matcha	4.9

Like a blueberry muffin in a mug. Packed full of superfood goodness. Smooth Japanese matcha with fruity acai berries & tart blueberries.



SEASONAL SPECIALS

Iced Sour Cherry & Plum Matcha With whipped cream and dried cherry pieces.	5.5
Black Sesame Latte Black sesame is a nutrient-dense powerhouse with unlimited health benefits, beyond what we can list here. Look it up and be amazed!	5.8
Banoffee Hot Chocolate With whipped cream, toffee sauce and banana chips	5

SOFT DRINKS

LEMONAID SPARKLING DRINKS 3.8

Blood Orange
Ginger
Passionfruit
Lime

JUICE

In-house Fresh Squeezed Orange 4/5

DAILY DOSE JUICE 4.8

Brilliant Beets: Apple, Beetroot, Ginger, Lemon & Aloe Vera
Super Strawb: Apple, Strawberry, Lemon & Basil
Ginger Zinger: Carrot, Apple, Ginger, Turmeric & Lemon
Glorious Greens: Apple, Cucumber Spinach, Courgette
Kale, Lemon & Mint

KOMBUCHA 4.5

NEW

Cola
Ginger & Lemon
Raspberry & Lemon
Blueberry Lemonade

WATER

Still/ Sparkling 2.8

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