

# BREAKFAST

Roasted Sweet Potato Tofu and Kale	<b>£4.85</b>
Crushed Avocado on Toasted Organic Wholemeal Bread	<b>£4.85</b>
Crushed Avocado and Smoked Salmon on Toasted Organic Wholemeal Bread	<b>£5.85</b>
Organic Porridge with Fresh Fruit	<b>£4.85</b>
Organic Egg Benedict on Toasted Muffin with Homemade Hollandaise <i>(with a choice of Ham, Mushroom, Smoked Salmon or Spinach)</i>	<b>£5.85</b>
Baked Butterbeans on Toasted Organic Wholemeal Bread	<b>£4.85</b>
Spinach, Walnut Pesto & Pignolio Cheese Stuffed Mushroom (RAW)	<b>£6.50</b>

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## **ALL DAY FEUILLETE FILO PASTRIES**      80p per piece

Cottage Cheese and Mascarpone  
Cottage Cheese, Mascarpone, Sorrel and Sun-Dried Tomato  
Smoked Chicken, Mushrooms and Herbs

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### **ORGANIC COFFEES**

Espresso	£1.50
Double Espresso	£1.70
Macchiato	£1.70
Latte	£2.10
Cappuccino	£2.10
Flat White	£2.10
Mocha	£2.10
Americano	£1.70

### **ORGANIC TEAS**

English Tea	£1.50
Earl Grey	£1.50
Chamomile	£1.50
Peppermint	£1.50
Other Flavoured Teas	£1.50

### **FRESH JUICES**

£3.50

Orange, Carrot, Turmeric, Lemon
Apple, Mint, Cucumber, Spinach, Celery, Lemon
Apple, Beetroot, Pomegranate, Lemon
Pineapple, Orange, Carrot, Ginger, Lemon, Chilli

### **BOTTLED WATER**

£1.10

# MAIN MEALS

## COLD MAINS

Turkey Kofte	£4.20
Spicy Chicken Leg	£4.20
Poached Paupiette of Salmon	£6.50
Fillet Steak with Horseradish	£9.50
Raw Vegan Sushi	£4.20
Spicy Falafel <b>(RAW, VEGAN)</b>	£4.20
Beetroot Falafel <b>(VEGAN)</b>	£4.20

## HOT MAINS

Beef Lasagne	£4.20
Vegetarian Moussaka	£4.20
Beef Bourguignon	£5.50

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## SALADS Freshly-Prepared Daily

2 Salads – **£3.80** / 4 Salads - **£7.20**

Superfoodilic – Broccoli, Cucumber, Sweetcorn & Dressing **(RAW, VEGAN)**

Avocado and Mango **(RAW, VEGAN)**

Beetroot, Carrot & Ginger **(RAW, VEGAN)**

Green Beans, Mange Tout, Hazelnuts & Orange Dressing **(VEGAN)**

Jersey New Potato, Truffle and Brie Cheese **(VEGETARIAN)**

Kale, Peanuts and Raisins **(RAW, VEGAN)**

Cabbage, Carrot and Sprouting Lentils **(RAW, VEGAN)**

Pinto Beans with Walnut & Basil Pesto **(VEGAN)**

Aubergine with Tahini Dressing **(VEGAN)**

Roasted Sweet Potatoes, Kale and Tofu Dressing **(VEGAN)**

Baby Spinach, Button Mushrooms and Walnut Dressing **(RAW, VEGAN)**

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## DESSERTS **£3.50**

Apple Cake

Baklava

Vanilla  
Cheesecake

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## RAW VEGAN CAKES **£4.85**

Raw Strawberry Cheesecake

Raw Carrot Cake

Raw Mango Cheesecake

Raw Chocolate Cake

Raw Lemon Cake

Raw Chocolate Brownie

Raw Caramel Cake

Raw Royale Cake