

BREAKFAST (until 11.30am)

Gluten-free Homemade Lu-Ma Pancakes £9.00

Drizzled with maple syrup and fresh fruits & berries and chia seeds & edible flowers

Homemade Granola (N) £5.95

Seasonal fruits, coconut yoghurt and a sprinkle of coconut flakes

Acai Berry Bowl £6.5

Homemade granola (N), fresh fruits, coconut and chia seed sprinkles

Vegan Full English £9.75

Whole earth baked beans, cherry tomatoes, mushrooms, $2 \times \text{heck}$ sausages, sliced avocado, spinach, and G/F toast

Add Smoked salmon £4.00 Organic egg £2.00 Tempeh bacon (S) £3.50

Golden omelette £9.00

Organic eggs (E) with a splash of soya milk (S) & turmeric with mushroom, baby spinach, spring onion & vegan cheese served with a slice of GF bread

Smashed Avocado on g/f Toast £7.25

Served with cherry tomatoes, mushrooms and topped with seeds and sprouts (SS)

Add Smoked salmon £4.00 Organic egg £2.00 Tempeh bacon £3.50

Eggs on toast £6.75

Scrambled, fried or poached on G/F toast and a bed of leafy salad (M,S)

Please check our vegan deli counter with a selection of pastries like croissant (chocolate, apricot, plain or raspberry), sausage roll, pizza or focaccia. Contain gluten



Super Green Goodness

Almond milk (N), spinach, kale, spirulina, banana and cashew nuts (N)

Tropical Taster

Almond milk (N), Pineapple, mango, passion fruit, banana & maca powder

Acai Berry

Almond milk, mixed berries, banana, açai powder, cashew nuts (N) & chia seeds

Chocoholic

Almond milk (N) Banana, dates, cocoa powder, & cashew nuts (N)

ORGANIC

PRESSED JUICES £4.60

Verde - Romaine, kale, spinach, cucumber, lemon & mint

Rouge - Apple, beetroot, ginger, lemon & aloe vera

Zenzero - Apple, ginger, lemon & thyme

O'Fresco - Apple, carrot, lemon, ginger & turmeric

Strawb'- Strawberry, apple, lemon, basil

Please turn over for our drinks menu...









ICED DRINKS

lemon & orange slices

Iced Matcha latte	£3.95
Matcha green tea powder with a choice	of milk
Iced Latte	£3.75
With a choice of milk	
Home-made Iced Tea	£3.60

Black & citrus black tea brewed with agave syrup,



HOT DRINKS

With your choice of milk -Semi skimmed, almond (N), oat (G) or coconut

Americano	£2.60
Espresso	£1.85
Macchiato	£2.00
Capuccino	£3.10
Latte	£3.10
Extra shot	£0.50
Chai Latte	£3.80
Turmeric Latte	£3.80
Matcha Green Tea Latte	£3.80
Hot Chocolate	£3.90
Mocha	£4.10

COLD DRINKS

Organic Apple Juice	£3.50
Organic Pear Juice	£3.50
Fresh orange juice	£3.75
Still or Sparking water (330ml)	£1.50
Still or Sparking water (750ml)	£2.50
Dalston Can	£2.30
Elderflower. Ginger Beer or Lemonade	
Fizzy Nix Kix	£2.25
Mango & Ginger or Blood Orange & Turr	meric
Remedy Kombucha	£3.50
Karma Kola	£2.60

ORGANIC TEA

£2.70

With your choice of milk - semi skimmed, almond (N), oat (G) or coconut

Choose from – Mint, Green, English Breakfast, Early Grey, Lemon & Ginger, Orange Hibiscus

Kukicha -

Japanese twig tree tea £2.85

