

Breakfast

served all day

Cereal bowls £5.75

Choose a **base**, a **topping** and a **milk** to make your breakfast bowl

Base

House granola – oven baked oats, almonds, coconut and pumpkin seeds. Sweetened with coconut nectar. [gl(oat)/nu]

House muesli – barley flakes, raisins, oats, almond, rice flakes, sunflower seeds and cashews. [gl(oat)/nu]

Choco-nola – with baked oats, cacao nibs, walnuts and coconut. [gl(oat)/nu]

Bircher super oats – oats (gf), chia seeds, and fruit soaked overnight in coconut yoghurt and soy milk. [so]

Porridge – slowly simmered buckwheat, oats (gf) and coconut milk.

Topping

Banana – with chocolate sauce, maple and pecans. [nu]

Fresh berries – with coconut, fruit coulis and fresh mint.

Mixed nuts – with peanut butter and selected nuts and seeds. [nu/pe]

Milk

– **oat** [gl(oat)]– **almond** [nu]– **soy** [so]–
– **coconut** – **hemp** –

Switch your milk for coconut yoghurt for **75p**

Smoothie bowls £7.25

The Pink one – with raspberry, açai, banana, pineapple, chia, coconut and granola. [gl(oat)/nu]

The Chocolate one – with banana, peanut butter, cacao nibs, hemp seeds and choco-nola. [gl(oat)/nu/pe]

The Green one – with mango, avocado, pineapple, coconut, flax seed, strawberry, fresh mint and apple.

**Please see the specials board for our
current seasonal favourites!**

gl = gluten / so = soya / se = sesame / nu = nuts / pe = peanut
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All dishes may contain trace amounts of any allergens
Everything is 100% plant-based

Brunch

served all day

Avocado on toast – with our unique green dressing, crispy kale sprinkles and amaranth shoots. £7.95
[gl(o)/so/se/mu]

Mushrooms on toast – with our spinach and garlic dressing, sprouted lentil, dehydrated oyster mushroom and fresh dill. £7.95
[gl(o)/mu]

Mixed beans on toast – in our tomato sauce with a spiced tomato topping and chive oil. £6.95
[gl(o)]

Smoked carrot on toast – with fresh dill and our homemade cashew-cream cheese and samphire. £7.95
[gl(o)/nu/mu]

Banana on toast – with tahini, pecan, maple syrup and fresh mint. £6.95
[gl(o)/se/nu]

Full brunch – with avocado, mushroom, tomato, beans, spinach and toast. £9.95
[gl(o)/so/se/mu]

Toast with...

margarine	£2.00
homemade fruit jam	£2.60
peanut butter <small>[pe]</small>	£2.60

Pancake stack – with fresh berries, coconut & fruit coulis. £7.95
 or
 bananas, pecans & chocolate sauce. [nu]

Bread options:

Seeded sourdough
 from The Sussex
 Kitchen. [gl/se]

or

**Gluten free, seeded
 brown toast.**

Extras

Avocado	£2.25	Beans	£2.00	Toast <small>[gl(o)]</small>	£1.00
Mushrooms <small>[mu]</small>	£2.00	Smoked carrot <small>[mu]</small>	£2.20		

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Lunch

served from 11am

Lunch bowls

£8.50

Choose a **base**, a **topping** and a **sauce** to make your lunch bowl.

Base

Mixed Grains – unprocessed, wholegrain rice and red quinoa. A complete protein. [mu]

Sprouting salad – handpicked leaves and micro shoots with sprouted seeds. [mu]

Topping

Broccoli – pan-fried with tamari, edamame beans, red cabbage, cashew, chilli, ginger and sesame. [so/se/nu]

Super slaw with mange tout, sprouted mung beans, petit pois, roasted chickpeas, cranberry and spring onion. [mu]

Sweet potato – roasted with pecan, goji, spinach, chives and a garlic maple dressing. [nu/mu]

Sauce

Almond lime – activated almond, fresh lime and tamari. [so/nu]

Horseradish cream with cashew, spinach, garlic and coconut. [nu]

Harissa houmous – mildy spiced chickpeas with roasted garlic. [se]

Extras

Avocado £2.25 – **Tempeh** [so] £2.25 – **Bread chunk** [gl(o)] £1.00

Soup

Please see the specials board for today's homemade soup.

£6.50

Sandwiches

Falafel wrap – homemade herby falafels, avocado, cucumber, crispy little gem lettuce, lemon & coconut yoghurt and chilli sauce in a wholewheat wrap. [gl] £5.95

Smoked carrot – ribbons of carrot, smoked with fresh dill, spinach, our homemade cashew-cream-cheese, black cracked pepper and a twist of lemon. Served on granary wholewheat. [gl(o)/nu] £5.95

Roasted sweet potato – fresh rocket, pickled red onion and tahini. Served on seeded sourdough. [gl/se/mu] £5.95

Snacks

Kale crisps – spiced and dehydrated with tamari and sesame. (so/se) £3.50

Roasted chickpeas – crunchy, spiced chickpeas with sea salt. £1.50

Mushroom crisps – Oyster mushrooms with wasabi and ginger. [mu] £3.50

Paprika jerky – smoked, chewy, red peppers. £2.00

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Sunday brunch

served all day Sunday

Tofu scramble on toast – silken tofu in a spiced dijon marinade served with fresh rocket and fresh herb oil. **£7.95**
[gl(o)/so/mu]

Avocado on toast – with our unique green dressing, crispy kale sprinkles and amaranth shoots. **£7.95**
[gl(o)/so/se/mu]

Mushrooms on toast – with our spinach and garlic dressing, sprouted lentil and fresh dill. **£7.95**
[gl(o)/mu]

Mixed beans on toast – in our tomato sauce with a spiced tomato topping and chive oil. **£6.95**
[gl(o)]

Smoked carrot benedict – with our ‘mangonnaise’ sauce, fresh dill and homemade cashew-cream cheese. **£7.95**
[gl(o)/mu/nu]

Chickpea omelette – with steamed beetroot, fresh rocket and coconut yoghurt. **£7.95**
[so/mu]

<p>The Full Sunday – £10.55 with tofu scramble, hash brown, mushroom, slow-roasted tomato, spinach, beans and toast. [gl(o)/so/se/mu]</p>	<p>Toast with...</p> <p>margarine £2.00 homemade jam £2.60 peanut butter [pe] £2.60</p>
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Banana on toast – with tahini, pecan, maple syrup and fresh mint. **£6.95**
[gl(o)/nu/se]

Pancake stack – with... fresh berries, coconut & fruit coulis. **£7.95**
or
bananas, pecans & chocolate sauce. [nu]

All brunches are served with:

Seeded **sourdough** from The Sussex Kitchen. [gl/se] **or** **Gluten free, seeded brown toast.**

Extras

Avocado	£2.25	Hash brown	£2.00	Smoked carrot [mu]	£2.00
Mushrooms [mu]	£2.00	Tofu scramble		Spinach	£1.00
Beans	£2.00	[so/mu]	£2.00	Toast [gl(o)]	£1.00

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Cold drinks

Smoothies

Green – with apple, banana, spinach, kale, coconut, spirulina and a touch of ginger.	£4.00
Blue – with blueberries, banana, açai and almond. [nu]	£4.00
Tropical – with mango, pineapple, coconut and maca.	£4.00
Red – with mixed berries and coconut yoghurt.	£4.00
Matcha – with matcha green tea, mango, mint, hemp and lime.	£4.00
Coffee – with espresso, banana and oat. (gl(oat))	£4.00

Add our own organic hemp, rice, chia and sunflower **protein boost** for **£1**

Add some gluten-free **oats** for **50p**

Hot shot – a small and intense kick of cold-pressed ginger, turmeric, apple and lemon. **£2.25**

Cold-pressed juices

The good folk at **Rejuce** use fruit and veg that is deemed too ugly to sell, thus eliminating unnecessary food waste.

Cold-Pressing is a slower method of juicing that retains more of the nutrients in the juice.

Apple, spinach and elderflower	£2.65
Beetroot, apple and ginger	£2.65
Mixed apple	£2.65
Mixed orange	£2.65
Mixed berry	£2.65
Mango, orange & turmeric	£2.65

Kombucha – by Kombucha Kat **£3.25**
original/ginger/blueberry
 organic, slow brewed, fermented teas

CBD – by Botanic Lab **£3.25**
 sour cherry and hibiscus tea drink with CBD to ease anxiety

Organic soft drinks with real ingredients by **Gusto**

Real cola	£2.25
Naturally slim cola	£2.25
Fiery ginger	£2.25
Sicilian blood orange	£2.25
Sicilian Lemon & Yuzu	£2.25

Iced tea – by ChariTea **£1.95**
 organic rooibos with passionfruit

Pineapple & coconut – by Chillio **£2.25**
 grown-up soft drinks with fresh chilli

Coconut water – by Jax Coco **£2.55**
 a premium mix of young and old coconut water

Mineral water – by Belu **£1.25**
still/sparkling

Mineral water (large) – by Belu **£2.55**
still/sparkling

Hot drinks

Coffees

our beans are organic, fair-trade and Rainforest Alliance certified

Single espresso	£1.55	Flat white	£2.95
Machiato	£1.75	Cappuccino	£2.95
Double espresso	£2.35	Latte	£3.15
Black Americano	£2.35	Mocha	£3.35
White Americano	£2.65	Bulletproof	£3.35
Cortado	£2.75	Extra shot	75p

Loose leaf Teas

made in Kent by Debonair Tea Co

	mug/pot	Masala chai	£2.05/3.30
English breakfast	£2.05/3.30	Ginger	£2.05/3.30
Rooibos	£2.05/3.30	Earl Grey	£2.10/3.35
Green tea	£2.05/3.30	Raspberry & orange	£2.10/3.35
Chamomile	£2.05/3.30	Matcha tea	£2.65
Peppermint	£2.05/3.30	+ plant milk	20p

We use **oat** [gl(oat)] milk as standard,
or why not try **soy** [so], **almond** [nu], **coconut**, or **hemp**?

Specialities

Camden fog	£3.15
Our exclusive blend of Earl Grey and Vanilla with steamed soy milk. [so]	
Matcha latté	£3.15
Ceremonial Japanese green tea with steamed almond milk. [nu]	
Golden latté	£3.00
Cold-pressed turmeric & ginger with steamed coconut milk.	
Beetroot latté	£3.00
Organic beetroot with steamed organic soy milk. [so]	
Chai latté	£2.85
delicately spiced tea with steamed organic soy milk. [so]	
Dirty chai latté	£3.45
As above, but with a shot of espresso. [so]	
Hot chocolate	£3.15
Organic cocoa and steamed organic soy milk. [so]	
Add a shot of espresso to any drink	75p

Our milks:

Oat – our favourite! perfect for coffee and tea. [gl (oat)]	Soy – organic and creamy. [so]
Almond – unsweetened, foamable. [nu]	Coconut – light and refreshing.
	Hemp – super healthy and unique.

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