

SOUP

Lentil dhal & crusty bread
3.95

Carrot & coriander & crusty bread
3.95

WINTER WARMER

Rich chunky vegetable Goulash
3.95

LUNCH

Mezze Plate babaganoush & houmus
& flat bread
4.15

Halloumi Tapanede grilled haloumi,
tomato & olive tapanede
4.15

Roasted aubergine salad & ciabatta
4.15

Warm Thai tofu salad green thai
sauce
Regular 3.95 large 6.95

Risotto
Regular 3.95 large 6.95

BREAKFAST

Spicy scrambled egg
chilli coriander & tomato)on toasted Ciabatta
4.105

Omelette, Choice of fillings
4.15

Ciabatta Vegetarian Cumberland sausage
free Range egg
tomato
4.15

Huevos Rancheros tortilla, tomato &
jalapeno sauce egg & salsa topped with cheese
4.55

Porridge
2..95

Spicy scrambled tofu chilli coriander
& tomato with Ciabatta
4.15

Home Fried Potatoes Vegetarian Cumberland sausage
& Tomato
4.35

Sausage & Egg wrap
2.75

Mish Mash
4.15

Vegan mish mash
4.15

SANDWICHES

Mature cheddar cheese
2.95

Fried egg
2.95

Mozzarella and tomatoes
2.95

Vegetarian Cumberland sausage
& tomato
3.15

PASTA BOWL

Pasta in a rich tomato
sauce with roasted
vegetables

And mature cheese
3.95

AFTERS

Pavlova
3.95

Ice cream sundae
3.95

LIGHT BITES

Bread & oil with green olives
Tomato salsa & ciabatta
Houmus & flatbread
Aubergine salsa & flatbread
3.95

Cookies & Cakes

Oatmeal cookies
Vegan cookies
Chocolate brownie
1.95

Carrot cake 1.95
Ginger cake 1.05
Coffee cake 1.05

CIABATTAS & WRAPS

Roasted Mediterranean veg, halloumi & pesto

Falafel, beans & houmous

Mozzarella, basil, tom & pesto

Avocado, salsa & red pesto

Jalapeño chillies roast aubergine roast pepper
& tomato sauce

Mozzarella & sun dried Tomatoes

Cheese melt

4.05

Fresh organic leaf tea
Served in a caffertire

Lemon
Rebush roobios
Peppermint
Chamomile
Green
Darjeeling
Rooibos & Vanilla
2.00

English Breakfast
1.25

Cookies & Cakes

Oatmeal cookies
Vegan cookies
Chocolate brownie
1.95

Carrot cake
1.95

Ginger cake
1.05

Coffee cake
1.05

Bread pud
1.85

Organic
Lemonade
.80

All our coffee is
premium
& double shots.
If you would
prefer single shot
please ask

Fresh ground Organic
Coffee

Latte
Capachino
decaff
Machiatto
2.00

Americano
1.50

Iced Coffee
2.25

Flavoured
2.25

Hot Chocolate
2.00

JUICE SMOOTHIES SHAKES

Orange bright

Carrot & orange (energy & immunity booster)

Apple zinger

Apple carrot & ginger (clears digestion & skin)

Citrus sharp

Orange lemon & lime (boosts immunity & refreshes)

Easy morning

Carrot apple orange & ginger (For mums to be or
the morning After)

Beetle juice

Beetroot apple & celery (a great detox and booster with the added benefit of clearing
the complexion)

SHAKES

All our shakes are made using Organic fair trade ice cream, Agave nectar organic sweetener
and fresh organic milk.

CHOCOLATE : VANILLA : BROWNIE : BERRY : TROPICAL + MUCHMORE INSIDE

Lge juice 3.75 reg juice 2.55 lge shake 3.95 reg shake 3.25

Mighty berry

Mixed berries yogurt banana honey (A great booster after your morning practise)

Morning mash

Banana pear orange apple (breakfast on the run)

Pink melon

Strawberries melon
yogurt apple (kick start the system and cleanse the digestive system)

Tropicana

Melon grape mandarin apple honey vanilla yogurt
(fight the winter blues with this tantalizing summer cocktail)

Vanilla delight

Iced yogurt vanilla honey apple juice (not so naughty but very nice)