

# clean treats

## plant based

5 GRAIN PORRIDGE 7.9

NORDIC PEAR, WHIPPED COCONUT, TONKA BEAN CRUMBLE

HIGH FIBRE, NO REFINED SUGAR, ANTHOCYANIN-RICH

TARTINE 10.9

WINTER PEA, CASHEW RICOTTA, EDAMAME, MINT PESTO, RYE BREAD TARTINE

VITAMINS B, C & E, ZINC

AUBERGINE AND SHITAKE LASAGNA 11.7

SMOKED AUBERGINE, MINCED SHITAKE, ROASTED CAULIFLOWER

RICH IN PHYTONUTRIENTS WHICH MAY IMPROVE MENTAL HEALTH

BAHN MI 9.9

AUBERGINE PATE, HOUSE PICKLES, SAMBAL, LEMONGRASS "MEAT" BALLS, BAGUETTE

VITAMIN A, VITAMIN C, MAGNESIUM, & POTASSIUM

LOW GI GREEN SALAD 11.4

CHARRED WINTER LEAVES, MARINATED EDAMAME BEANS, AMARANTH GRAINS, BROCCOLI,

CELERY PETALS, CHIA CRACKER

MAY BE GREAT FOR YOUR EYESIGHT, & LOW CALORIE

RED VELVET HOT CAKES 8.6

TOASTED FLAX SEED, COCONUT YOGHURT, FRESH BERRIES

HIGH IN OMEGA 3, MANGANESE & MAY LOWER BLOOD SUGAR



## softs

MOJITEA 4.5

kombucha, mojitea iced tea

high in antioxidants

KALE + APPLE 5.1

fresh apple juice, blitzed kale, lime juice

high in plant based calcium, vitamin C, E & K

CHIA FRESCA 4.5

chia seeds, freeze-dried lemon

high in antioxidants & omega 3 fats

CRODINO 6.9

crodino, sparkling water, fresh orange

booze free aperol, aged in oak barrels

MISO CARAMEL MILK TEA 4.9

strong tea, condensed milk, caramel, miso

may support gut health, choline, contains vitamins B&K

## wellness lattes

DAIRY FREE, VEGAN

ALMOND MACADAMIA CAPPUCINO 4.2

double 'half caff' espresso, macadamia & almond milk

vitamin E, manganese, magnesium, high in antioxidants

TURMERIC TONIC 4.4

turmeric, apple cider vinegar, maple syrup

may be antibacterial, anti inflammatory & lowers blood sugars

IMMUNE ROCKET 3.6

lemon, fresh ginger, chilli agave, cayenne, hot water

high in antioxidants

VANILLA ROSE LATTE 4.7

double espresso, vanilla, rose, cardamom, oat milk

antioxidant, anti inflammatory, anti bacterial, may help with digestion

ROAST HAZELNUT HOT CHOC 4.9

mexican champurrado, hazelnut milk

vitamin E, antioxidant, may reduce risk of cardiovascular disease

## booze (because you deserve it)

MATCHA MARTINI 10.5

matcha tia maria, espresso, vodka, vanilla

SLOE G+T 8.9

sloe gin [50ml], zero calorie tonic

VODKA + BERocca 8.2

absolut [50ml], orange berocca