

SMOOTHIES

Boost - strawberries, raspberries, blueberries, banana and almond mylk	£4.5
Tone - mango, pineapple, banana and coconut mylk	£4.5
Workout - almond butter, banana, dates, and almond mylk	£4.5
Glow - avocado, grapes, pineapple, spinach and apple	£4.5
Power – acai, banana and apple	£4.5

REFRESHMENTS

Still or Sparkling spring water 330ml / 750ml	£1.9 / £3.8
Coconut water	£2.2
Square root – Cola, Lemonade or Flavor of the month	£2.9

COFFEE

Espresso (double)	£2.2
Long black	£2.3
Americano (black)	£2.3
Macchiato/Piccolo	£2.3
Flat White	£2.5
Cappuccino	£2.8
Latte	£2.8
Mocha	£2.9
Iced Café Latte	£2.9

Choose from a range of alternative barista mylks; Soya, Oat, Almond and Coconut for an extra £0.5

JUICES

Nude – carrot, orange, apple	£4.2
Replenish - beetroot, carrot, apple, spinach, cucumber	£4.2
Detox - apple, pear, kale, cucumber, lime	£4.2
Immune Boost - apple, carrot, ginger, turmeric, lemon	£4.2
Revitalise - carrot, orange, ginger	£4.2
Purely Apple – freshly juiced apples	£4.2
Purely Orange – freshly juiced oranges	£4.9







TEA

Breakfast Tea	£1.5
Green/Mint/Lemon & Ginger/Berry/Redbush	£1.9




HOT DRINKS / LATTES

Chai Latte	£2.9
Matcha Latte	£2.9
Turmeric Latte	£2.9
Hot Chocolate	£2.2



STARTERS & LIGHT BITES (12.00 – 3:00 & 5:00 - 8.30 last orders)

Cauliflower Frittats – spiced cauliflower frittats with a mango chilli and lime salad and curried vegan mayonnaise	£7.5	 
Smashed Avocado – smashed avocado, feta and cherry tomatoes on toasted organic sourdough	£8.5	
Rainbow Bruschetta – organic sourdough bruschetta with; smoked salmon and cream cheese free range poached eggs and avocado beetroot hummus and feta sautéed mushrooms, spinach and cherry tomatoes	£9.0	
Prawn Lettuce Wraps – prawns in herb mayonnaise with pickled cucumber and ginger, and fresh tomato	£9.0	
Jersey Crab Salad – picked jersey crab with pickled cucumber, yuzu marie rose, salad leaves on organic sourdough	£12.5	
Scallops – grilled jersey scallops in garlic butter with butternut and rocket	£9.5	
Salt and Pepper Crispy Squid – with a lime, salted cucumber and chilli mayonnaise	£9.5	
Sushi Plate (8pcs) – a selection of fresh sushi rolls, wasabi, pickled ginger and soy	£11.0	
Feta Flat Bread - feta, butternut squash, sun dried tomato, red onion, rocket and balsamic served on a grilled flat bread	£7.5	
Cajun Chicken Flat Bread – grilled free range cajun chicken, red onion, carrot and rocket with a lime and coriander yogurt on grilled flat bread	£8.0	
Sticky Chicken Wings – maple infused chicken wings with a nude slaw and a cashew and ginger sauce	£7.5	

PLATTERS — FOR 2 PEOPLE OR MORE

Plant Platter — turmeric roasted cauliflower, cauliflower frittas, roast sweet potato and butternut squash, broccolini, pickled vegetables, aubergine caponata, beetroot hummus and flatbreads	£16.0	
Vegilloumi - halloumi, feta, pickled vegetables, aubergine caponata, beetroot hummus and flatbreads	£17.0	
Parmalloumi — parma ham, halloumi, pickled vegetables, aubergine caponata, beetroot hummus and flatbreads	£19.0	
From the Sea — Jersey crab, smoked salmon, crevette prawns, salt and pepper squid, scallops in the shell and a selection fresh sushi served with jersey royals (when in season)	£27.0	
From the Land — cajun chicken strips, sticky chicken wings, ribeye strips with caramalized onions, parma ham, salad, hand-cut triple cooked chips and dips	£25.0	

BURGERS

Plant burger — beetroot and quinoa burger in a vegan bun with lettuce, tomato, sweet potato ketchup, vegan mayo and pickles and hand-cut triple cooked chips	£10.0	
Halloumi burger - grilled halloumi and a field mushroom in a brioche bun with rocket, red onion, tomato, sweet potato ketchup, brown onion mayo and pickles and hand-cut triple cooked chips	£12.5	
Fish burger — breaded fillet of plaice on a brioche bun, baby gem lettuce, tomato, pickled cucumber, tartar sauce and hand-cut triple cooked chips	£11.5	
Cajun Chicken burger — free range cajun chicken strips on a brioche bun, nude slaw, lettuce, salted cucumber, chilli mayonnaise, hand-cut triple cooked chips and side salad	£11.5	
Beef burger - grass fed beef burger in a brioche bun with lettuce, tomato, sweet potato ketchup, brown onion mayo, pickles and hand-cut triple cooked chips *add mozzarella £2.0 *add halloumi £2.0	£15.0	

ADDITIONS AND SIDES

Triple cooked chunky chips   £3.50 | Nude salad  £3.50 | Steamed quinoa and activated seeds  £3.50
Turmeric roasted cauliflower  £3.50 | Jersey royals  £3.50



BOWLS — PICK YOUR BOWL AND ADD YOUR TOPPING

Nude bowl — kos lettuce, mixed green leaves, beetroot hummus, beets, carrots, cucumber, tomato and avocado with balsamic dressing and seeds	£8.0	 
Wholesome bowl - quinoa, avocado, spinach, broccoli, mushrooms, cherry tomatoes, sweet potato hash, poached eggs/scrambled tofu, seeds and balsamic dressing	£9.5	 
Mexican bowl - steamed coriander quinoa, romaine lettuce, roasted sweet potato, guacamole, tomato salsa, corn chips, koyo vegan coriander yoghurt and jalapeños	£9.5	 
Curry bowl - Thai vegetable massaman curry with brown rice, crispy onions and coriander	£12.5	
Asian Poke bowl — brown sushi rice, mixed salad, carrot, avocado, pickled cucumber, edamame beans, red cabbage, picked ginger and wasabi	£9.5	 
Noodle bowl — Asian rice noodles and stir-fried vegetables with cashew nuts, coriander and chilli topped with crispy onions	£11.5	

BOWL TOPPINGS

Tofu £2.5 | Poached Eggs £2.0 | Grilled Halloumi £3.0 | Crumbled Feta £3.0 | Seared Salmon £5.0 | Garlic Prawns £6.0 Cajun Chicken strips £5.0 | Seared Steak strips £9.0

NATURALLY SWEET

Cake of the day — see board	£3.5	
Minioti ice cream — chocolate, strawberry, vanilla	£3.0	
Banana Bread Slice	£3.5	add koyo, sliced banana, cinnamon and maple syrup
	£5.0	
Brownie Slice	£3.5	warm it up and add vanilla ice-cream, berry coulis and honey
	£5.0	