

Brunch

TRIO OF BRUSHCHETTA £6.5
smashed avocado & tomato, red onion, avocado & boiled egg, hummus with mushrooms

BEANS ON TOAST £6.8
mixed beans in spicy sauce cherry wine tomatoes and poached eggs or tofu

AVO & CHILLI TOAST £4.9
avocado, red onions, cherry tomatoes, radish, seaweed salad, chilli with sriracha or balsamic sauce

SWEET POTATO SLICE (GF) £8.5
slice of sweet potato with paprika chickpeas in tomato sauce on the bed of spinach, mushrooms, chorizo and red onions with tzatziki sauce

SMOKED SALMON £8.5
smashed avocado, poached eggs, spinach, spicy miso hollandaise sauce, capers, sesame seeds and lemon

BAO BENNY £8.5
poached eggs, spinach, avocado, mushrooms and cherry tomatoes topped with spicy miso hollandaise sauce and fresh chilli

OMELETTE (GF) £6.8
3 egg omelette with smashed sweet potato, mushrooms, onions, spinach and tomatoes

all breakfasts which served with bread are choice of sourdough, rye bread or gluten free bread

VEGAN - all dishes can be adapted & eggs swapped for tofu

Skillets

GREENS £7.5
broccoli, spring onions, tomatoes, red onion, mushrooms, edamame, courgette, spinach, baked egg or tofu

CHORIZO & SWEET POTATO £8.5
sweet potato with chickpeas, chorizo, spinach, mushrooms, red onions, tomatoes, baked eggs topped with sesame seeds

BEANS £8.5
mixed beans in spicy tomato sauce with basil feta, spring onions and jalapeños, boiled egg and avocado

all skillets are served with flatbread

Flatbreads

VEGGIE (VG) £6.4
hummus, rocket salad, radish, avocado, tomatoes, cucumber & balsamic glaze

FETA & CHORIZO £7.2
spicy mixed beans with chorizo, mixed leaves, avocado, red onions, tomatoes, jalapeños, feta & coriander

TERIYAKI CHICKEN £7.5
tzatziki, roasted red peppers, cabbage, carrots, rocket salad, tomatoes and capers

KING PRAWN £7.5
spinach, red onions, spring onions, shredded nori, cherry tomatoes and mango salsa

Smoothie Bowls

ACAI BOWL £7.0
acai, banana, granola, honey or maple syrup

BERRY BOWL £7.0
berries, banana, granola, coconut flakes, goji berries, cacao nibs, honey or maple

TROPICAL BOWL £7.0
pineapple, mango, passion fruit, banana, granola, coconut flakes, goji berries honey or maple

BLUE BOWL £7.0
blueberries, mango, banana, kiwi, blue pea flower, coconut flakes, bee pollen, orange, honey or maple

Something Sweet

CAKE OF THE DAY £3.5
please see our specials board

STRAWBERRY SEEDED BANANA BREAD £3.9
yoghurt, banana, fruit salsa, coconut chips cinnamon, honey or maple

KIWI, RASPBERRY & LIME MUFFIN £2.5
spelt flour muffin with kiwi raspberries, lime & mixed seeds

Drinks

STILL WATER £1.2
SPARKLING WATER £1.2
SQUARE ROOT COLA £2.9
SQUARE ROOT LEMONADE £2.9

Tea

english breakfast, decaf, earl grey, green, peppermint, berry, lemongrass & ginger £1.5

Juices

NUDE £4.0
carrot, orange & apple

REPLENISH £4.0
carrot, apple, beetroot, spinach & cucumber

DETOX £4.0
kale, spinach, ginger, cucumber, lime, apple & pear

REVITALISE £4.0
carrot, orange & ginger

REFRESH £4.0
lemon, ginger & apple

IMUNE BOOST £4.0
ginger, turmeric, lemon, apple & carrot

Smoothies

GLOW £4.5
avocado, spinach pineapple, grapes & apple

BERRY BOOST £4.2
raspberry, blueberry, strawberry, banana, almond milk

TONE £4.2
mango, pineapple, bananas, coconut milk

WORKOUT £4.5
banana, dates, almond butter & almond milk

POWER £4.9
acai, banana & apple

Coffees

BLACK | DAIRY | ALT MILK

ESPRESSO	£1.8	£1.9	£2.0
AMERICANO	£2.0	£2.1	£2.2
DECAF	£1.8	£2.5	£2.8
FLAT WHITE		£2.2	£2.6
CAPPUCCINO		£2.5	£2.8
MOKA		£2.9	£3.3

Lattes

CHAI	£2.5	£2.9
MATCHA	£3.1	£3.4
TURMERIC	£3.1	£3.4
HOT CHOCOLATE	£2.1	£2.4

Allergy
Alert:



Mon - Wed 7.30 - 15.00
Thu - Sat 7.30 - 15.00
17.00 - 21.00

Call Us 01534 853589

Gyoza / Dumplings

BUILD YOUR OWN

1- SELECT DUMPLING /2 - SELECT STYLE

DUMPLINGS	SMALL(5)	LARGE(8)
VEG & SOY (GF)	£6.0	£7.5
SPINACH	£6.0	£7.5
CHICKEN & VEG	£6.0	£7.5
DUCK	£6.0	£7.5
PORK	£6.0	£7.5
PRAWN	£6.0	£7.5
EBI SHUMAI	£7.0	£8.5

STYLE

ZEN

asian broth, sour cream & crunchy fried onions

NEPALESE

asian broth, spicy tomato sauce, chilli flakes

BUDDHA

asian broth, spicy tomato sauce, sour cream & chilli flakes

MISO

miso broth with wakame and spring onions

TRADITIONAL

our homemade gyoza sauce

Hot Lunch

CURRY £5.9

see special board for daily curry, served with sushi rice, flatbread, topped with spring onions & chilli flakes

CHORIZO & SWEET POTATO £5.9

sweet potato with spicy chickpeas, chorizo, spinach, mushrooms, red onions, cherry tomatoes & slaw, topped with sesame seeds

KIMCHI STEW £5.9

nappa cabbage, courgette, carrots, spring onions, mushrooms, chickpeas in tomato sauce and coconut milk

Miso Ramen

miso broth with carrots, wakame, spring onions, edamame, shredded nori and rice noodles

TOFU	£7.5
VEGGIE	£7.0
EGG	£7.5
CHICKEN	£8.5
KING PRAWN	£9.2
BEEF	£9.5

Tapas

EDAMAME BEANS £2.8

spicy miso sauce, teriyaki sayce or garlic & chilli sauce

CHORIZO BITES £4.5

cooked in smoked paprika & tomato sauce

SESAME BEEF STRIPS £6.5

spicy beef strips with chilli, garlic and sesame seeds

MINI MISO £2.5

miso broth with carrots, wakame, spring onions, edamame, shredded nori with sushi rice or rice noodles

DIJON PRAWN CROSINI £5.5

prawns in dijon sauce, sourdough crostini with avocado guacamole and seaweed salad

Poke Bowls

NUDE BOWL £5.0

BASE sushi rice with sushi vinegar
TOPPING avocado, wakame, carrot, cucumber, radish, edamame, shredded nori, spring onions, cabbage
SAUCE wasabi mayo
CRUNCH sesame seeds & masago (fish eggs)

PLANT BOWL £5.0

BASE mixed cabbage
TOPPING avocado, seaweed salad, carrot, cucumber, broccoli, edamame, red onions, red peppers
SAUCE GF soya sauce
CRUNCH crunchy onions, chives

NOODLE BOWL £5.0

BASE rice noodles
TOPPING avocado, carrot, cabbage, cherry tomatoes, edamame, spring onions, coriander
SAUCE teriyaki sauce
CRUNCH coconut chips, sesame seeds, coriander

HOT & SPICY BOWL £5.0

BASE sushi rice with sushi vinegar
TOPPING cabbage, cucumber, courgette, seaweed salad, carrots, spicy chickpeas, red onions, red peppers
SAUCE sriracha mayo
CRUNCH crunchy onions, sesame seeds, fresh chilli

SELECT PROTEIN

EGGS (2)	£2.0	RAW SALMON(100G)	£4.5
TOFU (100G)	£2.5	SEARED SALMON (100G)	£4.5
CHICKEN(100G)	£3.0	RAW TUNA(100G)	£7.5
BEEF(100G)	£5.0	SEARED TUNA(100G)	£7.5
		KING PRAWNS(100G)	£4.5

BUILD YOUR OWN POKE BOWL

SELECT BASE (1)

sushi rice, mixed cabbage, rice noodles

SELECT TOPPINGS (5)

seaweed salad, edamame, avocado, shredded nori, red onions, red peppers, carrots, radish, cucumber, red chillies, courgette, spicy chickpeas, spring onions

SELECT SAUCE (1)

GF soy sauce, wasabi mayo, sriracha mayo, teriyaki sauce, sriracha sauce

SELECT CRUNCH (2)

coconut chips, chilli flakes, sesame seeds, crunchy onions

Stir - Fry

broccoli, courgette, mushrooms, red peppers, yellow peppers, carrots, edamame beans, spring onions £8.8

1- SELECT PROTEIN /2 - SELECT BASE /3 - SELECT TASTE

2- SELECT BASE (1)

sushi rice, cabbage, rice noodles

3- SELECT TASTE(1)

spicy miso sauce
teriyaki sauce
coconut & sweet chilli sauce
soy & ginger sauce

SELECT PROTEIN

EGGS (2)	£2.0	RAW SALMON(100G)	£4.5
TOFU (100G)	£2.5	SEARED SALMON (100G)	£4.5
CHICKEN(100G)	£3.0	RAW TUNA(100G)	£7.5
BEEF(100G)	£5.0	SEARED TUNA(100G)	£7.5
		KING PRAWNS(100G)	£4.5