

BREAKFAST

choice of seven seeded granary, tuscan white, rye or gluten free bread
We use a vegan sunflower spread in all our bagels, sandwiches & toasties

Mixed toast with Italian butter or nut butter, jam or marmalade	3.50	V
Toasted banana bread with Italian butter or nut butter	4.50	N
Toasted avocado bread with coconut yoghurt & blueberries	5.50	N
Wheat free granola, with coconut yoghurt, blueberries & pomegranate	5.95	V/N
Banana & mixed seed peanut butter on toast with pecans	4.95	V
Chestnut mushrooms on toast	5.95	V/N
Avocado, feta, chilli & lime on toast	6.95	
Garlic bruschetta, avocado, cherry tomatoes, cashew nut pesto & basil	8.95	V/N
Halloumi, avocado, tomato chutney & fresh coriander on toast	8.95	N
Avocado, fried eggs & za'atar on toast	8.95	

BAGELS

Avocado with rocket, chilli & lime	6.95	V
Hummus with roasted red pepper, sunflower & pumpkin seeds & rocket	7.95	V

BOWLS

DEMETER BOWL

Sweet potato with mustard mayo, avocado, celeriac & beetroot slaw, quinoa, broccoli with chilli & garlic, bean shoots & gordal olives	11.95	V/GF
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CERES BOWL

Caponata, garlic & rosemary roasted peppers, roast zucchini, grilled fennel, roast butternut squash, hummus & sun dried tomatoes	11.95	V/N/GF
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GAIA BOWL

Roasted beetroot, feta, garlic & rosemary puy lentils, avocado, pomegranate, dates & pistachio nuts	11.95	N/GF
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POMONA BOWL

Raw salad of avocado, cherry tomatoes, radishes, cucumber, carrot, fennel, olives, cashews, spring onions & mint with maple syrup & cider vinegar dressing	11.95	V/N/GF
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SANDWICHES

Godminster organic cheddar, garlic pickle & tomatoes	6.95	
Ricotta, roasted red pepper, toasted pistachios & leaves	6.95	
Avocado, hummus & sun dried tomatoes	6.95	V
Cashew nut pesto, plum tomato & grilled aubergine	6.95	V/N

TOASTIES

served with celeriac & beetroot slaw

Perl las blue cheese & roasted artichoke	7.95	
Goats cheese, fig & red onion jam	7.95	
Godminster organic cheddar, plum vine tomato & garlic	7.95	

JUICES

SOPHIE - orange, apple, lime & ginger	4.50	
MIA - carrot, orange & ginger	4.50	
JONAH - strawberry, blueberry, apple & lime	4.50	
LEXIE - pineapple & mint	4.50	
DEXTER - beetroot, carrot, apple & ginger	4.50	
JACK - celery, cucumber, apple, lime & mint	4.50	
Orange / Apple	3.50	

SIDES

celeriac & beetroot slaw 2.00 | vegetarian feta 3.00
avocado 3.00 | vegetarian halloumi 3.95