

& FEAST FLOW

Root to Rise

Autumn/Winter Grab & Go

MORNING

Apple Crumble Overnight Oats £6

spiced oats - oat milk - apples - nuts
raisins - apple & cinnamon crumb

VE

Homemade Granola Pot £6

granola - yoghurt - seasonal compote

V

Chocolate Orange Chia Pudding £6

dark chocolate chia - orange
flaked coconut

V

GF

Wild Berry Pot £5

mixed wild berries - lime

VE

GF

Freshly Baked Pastries £3.75

croissant
pain au chocolat
pain au raisin

cinamon bun

VE

MIDDAY Pick a bowl, add a topping and choose an extra on the side. £8.50

Sliced Shawarma Chicken GF

£2.50

Spiced Sweet Potato VE GF

£1.50

Green Goddess Bowl

shredded white cabbage - cucumber
edamame - radish - new potatoes
green goddess dressing

VE

GF

Spiced Shawarma Bowl

cauliflower - sweet potato - chickpeas
kale
herby yoghurt dressing

V

GF

Mexican Corn Bowl

charred corn - quinoa - black beans
spring onion - red pepper - avocado
lime & maple dressing

VE

GF

EXTRAS

Mini Sausage Rolls £5

3 spiced pork sausage rolls
pear chutney

Maple Chilli Nuts & Seeds £5

cashews - almonds - sunflower seeds

VE

GF

SOMETHING SWEET £30 for 10

Minimum order of 10.

Courgette & Lime Loaf V

Dark Chocolate & Miso Brownies VE

Brown Butter Banana Bread Cookie V

PETIT FOURS £1.50 each

Minimum order of 10.

Dark Chocolate & Orange Truffles VE GF

Tahini & Almond Fudge VE GF

Maple & Cinnamon Bliss Balls VE GF

TO DRINK

Immunity Shots £3.50

apple - ginger - turmeric
pineapple - lime - mint
beetroot - apple - ginger

Juices £4.50

pineapple - celery - cucumber - lime
carrot - apple - ginger - lemon