

Our food sourcing policy is simple: Quality, Seasonal and Sustainable. Our dishes contain an array of natural mixed nutrients, are low in cholesterol and we only use good fats! Our creative team of "raw chefs" prepare everything from scratch, so not only do these dishes taste fabulous but they will suffice any craving you have and boost your body with an abundance of feel-good-nutrients.

If you have any dietary requirements, or require any details on allergens within our dishes, please ask one of the team

## GRAZING MENU

**£9.50 PER DISH / COMBO of 3 - £27.50 / COMBO of 4 - £35**

### **NORI ROLLS**

Seaweed sheet filled with a parsnip and pine nut "rice", avocado, carrot and mixed leaf, served with a soy dipping sauce

### **TOMATO AND DATE SALAD**

Mixed leaf, cherry tomatoes, dates, walnuts and Lyburn cheese, with a garlic balsamic dressing

### **SPICY MEXICAN FIESTA**

Our twist (with a kick!) on traditional tacos - soft tortillas made from corn, peppers, flax seed, sundried tomatoes, onion and our version of spicy "beans" served with guacamole and a tomato and lime salsa

### **WRAP OF THE DAY**

Please check the specials board

### **SMOKED SALMON**

Marinated in lemon, lime and dill, accompanied by a fennel and caper salad

### **SOUP OF THE DAY**

Please check the specials board

### **HAMPSHIRE HAM**

Accompanied by award winning Lyburn cheese, herb house olives and house baked bread

*Bread basket £2.75 - Dehydrated vegetable crisps £3 - Herb House Olives £3*

### **FOREST BOARD £19.50**

Home cured charcuterie, smoked in our Smokehouse less than 2 minutes trot from here, a taste of local award winning cheeses, herb house olives, tomatoes, house baked bread and apple chutney

### **RAW PICNIC BOARD £17**

A small mix of today's salads, a variety of root dips, dehydrated vegetable crisps, crudités and raw bread

A 12.5% gratuity is automatically applied to your bill. If the service wasn't up to scratch please let us know and we will remove the charge. All we ask is that you kindly let us know what we could do to improve.