

### JUICE £6.50

**(J) COCKA-DOODLE-DOO – Apple, Pear, Turmeric, Lemon, Celery & Ginger**

*Reduces bad cholesterol, helps control osteoporosis, lowers stress & aids digestion*

**(J) GODDESS OF GREENS – Spinach, Lemon, Ginger, Apple & Cucumber**

*Good for the heart and blood pressure, alkalize & high in anti-oxidants*

**(J) GINGER TEASE – Apple, Ginger, Grape & Carrot**

*Healthy immune function, boosts glowing skin & cardiovascular health*

**(J) CITRUS ZINGER– Grapefruit, orange, lemon & ginger**

*Invigorating, light & refreshing*

### SMOOTHIES £6.50

**(S) GYMMY-CHINOO – Banana, Oats, Honey, Almond Milk, Maca, Chia Seeds & Espresso (Contains NUTS)**

*Boosts energy, aids digestion, high in amino acids, lots of potassium to regulate blood sugar!*

**(S) HEAVY METAL DETOX – Dates, Coriander, Spinach, Banana & Coconut Water**

*Supports digestion, good source of potassium, restores energy & a natural isotonic*

**(S) – PLUMALCIOUS – Plum, Pineapple, Maple & Mango Juice**

*Delightfully refreshing and fruity*

**(S) OATY BERRY - Raspberries, Yoghurt, Oats & Maple**

*Perfect for starting your day, especially if you missed Breakfast*

**“Give your system an added boost with Organic Maca, Spirulina or Wheatgrass - 65p per serving”**

### SOFT DRINKS £2.50

**Still or Sparkling Water / Soft Juices / Coke / Diet Coke / Lemonade / Ginger Beer**

**Jax Coco 330ml glass £3.25**, 100% pure coconut water sourced from the Philippines, boosts immunity – naturally Isotonic - low in calories – includes 5 essential electrolytes

### REAL KOMBUCHA £4.50

Selected from small gardens around the world. Working closely with their very own tea expert, they have experimented with 150

Teas to develop three individual brews. Focused on complexity of flavour, their drinks have an ability, unique amongst non-alcoholic drinks, to pair with a wide variety of different foods

**ROYAL FLUSH – Brews with rich notes of Rhubarb & Gooseberry with a touch of Blackcurrant – ideal celebration drink**

**DRY DRAGON -Fremets to give delicate citrus notes of grapefruit & sweet lemons – Wonderful all-day drink**

**SMOKE HOUSE – Rich Rounded & full of Apple & caramel with delicate Smokey top note – similar to a light natural Cider**

### SEEDLIP

Taking inspiration from a 1651 book “The Art of Distillation”, Seedlip still manages to be completely revolutionary; a “distilled non-alcoholic spirit” consisting of the distillates of six unique botanicals, blended together without any alcohol or sugar.

**Seedlip & Tonic - £6.50 per glass & Garden £28.00 per bottle Spice £30.00 per bottle**

A 12.5% gratuity is automatically applied to your bill. If the service wasn't up to scratch, don't pay for it but do let us know what we could do to improve

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

125ml glasses and 250ml & 500ml carafes of wine are available upon request

### WINES

**Hartnett, Holder & Co Bianco, Tuscany, Italy 2017** - 175ml gls £7.00 / btl £29

*Intense, yet delicate, with light notes of gardens herbs & white fruits. Fresh & dry*

**Hartnett, Holder & Co Rosso, Tuscany, Italy 2016** - 175ml gls £7.00 / btl £29

*Bright red fruits and a shot of vanilla are enveloped in toasty oak & layers of spice*

**Williams Chase, Grenache Blend, Luberon, Provence, France 2016** - 175ml gls £11 / btl £46

*White flowers and shades of peach with a crisp dry finish and gorgeous salmon pink colour*

### BEST OF BRITISH

**Hambledon Premier Cuvée, Hampshire, England NV** - 150ml gls £17.00 / btl £88

*Rich and warm with vanilla and just the merest hint of salted caramel*

**English Oak, Dorset, England 2014** - 150ml gls £12.00 / btl £60

*Crisp strawberries, spice and all things nice*

### ENGLISH BEERS & CIDER

**Menabrea** - Crisp, tangy, spicy, 5% **330ml btl £6.00**

**Devon Mist** – Sparkling Cloudy, 4.5% **500ml btl £7.50**

### TEA £3.75

**CF. Evening calm.** chamomile, nettle, lemon balm and peppermint, good for digestion

**CF. Lime Wood blend.** cleansing, dandelion, liquorice, burdock, red clover, peppermint, basil and lemon

**CF. Rooibos.** orange and eucalyptus with sweet peach, menthol and fruity

**Earl Grey supreme.** rich, full bodied flavour. Ceylon black tea, scented with bergamot and corn flower petals  
**English breakfast.** picked from a select blend of teas from Assam and Ceylon for just the right body and aroma

**Haug Shan Mao Feng.** an exquisite green tea, full of flavour

**Milk Oolong.** milky, almost sweet in flavour and scent, Half way between a black and green tea

**Silver Needle.** has a soft, mellow flavour, with a freshness of honeydew melon

**Winchester Fruit Basket.** hibiscus, rose hip, apple pieces, orange peel, black current leaves and raspberries

**Classic Chai.** cardamom, aniseeds, cinnamon, ginger and cloves, a black tea served with frothy milk

**Turkish Apple.** apple pieces, pineapple cubes, vitamin C, flavouring and freeze-dried apple pieces

**Variety of Matcha Lattes - £3.75 please ask for more details**

### COFFEE £3.75

**Americano / Espresso / Cappuccino / Latte / Macchiato / Cafe Mocha / Hot Chocolate**

### SPECIALITY LATTE £4.95

**Turmeric Latte contains** Ginger, Cayenne pepper, Cinnamon, Honey, and Turmeric served with Almond Milk (contains NUTS)