

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 please ask one of the team . Please note allergens in capitals.

GRAZING MENU

£10.50 PER DISH / COMBO of 3 - £30.00/ COMBO of 4 - £39.50

NORI ROLLS

Seaweed sheet filled with a parsnip and pine nuts "rice", avocado, carrot, red pepper and mixed leaf
Served with a SOY (GLUTEN) dipping sauce

COURGETTE PANCAKE

Filled with Greek Salad & Olive Tapenade (Contains DAIRY)

JAMAICAN JERK BOWL

Portobello Mushroom dehydrated in Jerk Spices
Served with Pearl Barley topped with Fresh mango Salsa
(Contains GLUTEN)

TARTARE OF SALMON

Salmon tartare with cucumber, dill, lime and avocado

SOUP OF THE DAY

Please refer to the specials board
May contain NUTS & GLUTEN

FIG & GOATS CHEESE SALAD

Tender stem Broccoli, Pecans, Sunflower seeds & citrus dressing
(Contains DAIRY & NUTS)

HAMPSHIRE HAM

Accompanied by award winning Lyburn CHEESE (DAIRY), herb house olives and house baked BREAD (GLUTEN)

Bread basket £2.75 - Dehydrated vegetable crisps £4.75 - Herb House Olives £3.95

FOREST BOARD £20.50

Home cured CHARCUTERIE, smoked in our Smokehouse less than 2 minutes from here, local award winning CHEESES (DAIRY), olives, tomatoes, house baked BREAD (GLUTEN) and apple CHUTNEY (CINNAMON)

RAW PICNIC BOARD £17.00

Selection today's salads, Nori Rolls, Salmon Tartare & Humus Canape served on Cornbread
This dish contains NUTS & GLUTEN

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.